



**Community programs for young adults and adults with intellectual and/ or developmental disabilities.**

**October 2022**

**Notes about Covid policies:** The City will continue to adhere to local health guidelines regarding COVID-19 safety. As of the date this calendar was published, **masks will be required for our indoor activities at the Hart Senior Center. Masks are optional for our other activities.** If you have had any symptoms of Covid-19 or have been exposed to Covid-19, please plan to stay home. We can always work with you to provide a refund if needed. We appreciate your understanding. If you are dropping participants off, please plan to stay until the health screen has been completed.

Program	Date & Time	Location	Important Program Details
<b>Evening Tai Chi &amp; Tea</b> Join us for some light evening exercise followed by a social tea. Tea, cookies, & socializing games will be provided. <b>Activity # 20444</b>	Monday, October 10 <sup>th</sup> 6:30pm – 8:00pm	Hart Senior Center 915 27 <sup>th</sup> Street Sacramento, CA 95816	\$5.00 per person, <a href="#">Click or tap here to register</a> Last day to register: 10/6/22
<b>Mural Walk</b> Join us for a 1.5 mile walk or roll! We will start at the Hart Senior Center and then enjoy a guided tour of the many amazing murals of midtown. Bottled water will be provided if needed. <b>Activity # 20445</b>	Friday, October 14 <sup>th</sup> 10:00am – 12:30pm  <i>If we finish the adventure early, we will enjoy some social time at the Hart Senior Center.</i>	Hart Senior Center 915 27 <sup>th</sup> Street Sacramento, CA 95816	FREE, <a href="#">Click or tap here to register</a> Last day to register: 10/11/22
<b>Bingo!</b> Join us for an evening of Bingo! Beverages & Bingo prizes will be provided. <b>Activity # 20446</b>	Wednesday, October 19 <sup>th</sup> 6:30pm - 8:00pm	Hart Senior Center 915 27 <sup>th</sup> Street Sacramento, CA 95816	\$8.00 per person, <a href="#">Click or tap here to register</a> Last day to register: 10/16/22
<b>Paint &amp; Sip</b> Paint & Sip is the perfect place for a great evening with friends. A little paint, a drink of choice, and a whole lot of fun! Access leisure will provide all materials and beverages. <b>Activity # 20447</b>	Wednesday, October 26 <sup>th</sup> 6:30pm - 8:00pm	Hart Senior Center 915 27 <sup>th</sup> Street Sacramento, CA 95816	\$15.00 per person, <a href="#">Click or tap here to register</a> Last day to register: 10/23/2022  

<b>Halloween Dance</b> Join us at the brand new North Natomas Community Center for our annual Halloween Dance! Costumes are welcome. Light Halloween refreshments will be provided. <b>Activity # 20448</b>	Saturday, October 29 <sup>th</sup> 6:30pm – 8:30pm	North Natomas Community Center 2603 Market Drive, Sacramento, CA 95835  <i>Masks are optional at this location, but highly encouraged. Thank you!</i>	\$10.00 per person, <a href="#">Click or tap here to register</a> Last day to register: 10/26/22
---	--	---	---

**Online registration is the most efficient way to register for these programs. The links are in each row listed above (in the 4<sup>th</sup> column, under "Important Program Details").**

**If you are unable to register online, here are some additional options:**

To register, please fill out the following form completely and send it in with your check payment. If the program is full when we receive your check, we will contact you directly to let you know.

Pay by card on the phone: (916) 808-7970.

**\*NOTE: If you need more room to list full names, please attach a separate piece of paper.**

Name(s) \_\_\_\_\_ Age \_\_\_\_\_ M/F \_\_\_\_\_ Number Attending \_\_\_\_\_

**Current** Address \_\_\_\_\_

Care Home/Facility (if applicable) \_\_\_\_\_ Email \_\_\_\_\_

**Current Phone Numbers:**

Home # \_\_\_\_\_ Cell # \_\_\_\_\_ Emergency # \_\_\_\_\_

Support Needs (wheelchair, meds, dietary, etc.) \_\_\_\_\_

<input checked="" type="checkbox"/>	Program and Date	Cost	# of People Attending	Total	Activity #
	Evening Tai Chi & Tea (10/10)	\$5.00	#	= \$	20444
	Mural Walk (10/14)	FREE	#	= \$	20445
	Bingo (10/19)	\$8.00	#	= \$	20446
	Paint & Sip (10/26)	\$15.00	#	= \$	20447
	Halloween Dance (10/29)	\$10.00	#	= \$	20448
	October Monthly Zoom Calendar	\$15.00	#	= \$	20443

**If using a Visa or Mastercard please indicate the following:**

Name on Card being used: \_\_\_\_\_

Visa or Master Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

**Total Amount Enclosed (or Charged) = \$ \_\_\_\_\_**

**\*OFFICE USE ONLY:**

Processing Date: \_\_\_\_\_ Payment Form: \_\_\_\_\_ Check/MO# \_\_\_\_\_ Payment Amount: \_\_\_\_\_

**Make checks payable to: City of Sacramento**

**Registrations and payments (check & Master Card or Visa) can be sent to:**

Belle Coolege Community Center, 5699 S. Land Park Drive, Sacramento, CA 95822 Attn: Access Leisure

**In-Person Registration:**

Coloma Community Center, 4623 T Street, Sacramento, CA 95816 (Monday – Thursday, 9am-4pm)

Pannell Meadowview Community Center, 2450 Meadowview Road, Sacramento, CA 95832 (Monday – Friday, 9am-6pm)

South Natomas Community Center, 2921 Truxel Road, Sacramento, CA 95833 (Monday – Thursday, 9am-4pm)

**Registrations must be received 3 days prior to the event date.**

1. Be aware that mailing in registrations does *not* guarantee acceptance into the program.
  2. Individuals whose checks bounce will be responsible for the check amount plus associated bank fees.
  3. If you are a rider of ParaTransit and you have a pick-up time later than thirty minutes after the scheduled end of the program, we ask you to find an alternative means home.
  4. We are unable to administer medication during program hours. Participants must be able to take own meds or have an attendant provided to assist them.
  5. Events costing \$10 or more, personal assistants will need to cover the program fees.
  6. Refund Policy: Full Refund 72 hours prior to event; 50% within 72 hours; No refunds day of & after event.
- If you have questions, contact Heather Kopf at (916) 808-7970 or [HKopf@cityofsacramento.org](mailto:HKopf@cityofsacramento.org).**

**Community Notes**

- Champion Group is scheduled for 7:00pm on Thursday, October 20<sup>th</sup> (Zoom group for parents, guardians, family members, and care providers). Contact Heather Kopf at [HKopf@cityofsacramento.org](mailto:HKopf@cityofsacramento.org) for details.
- Looking for adaptive sport opportunities for individuals with physical disabilities? Contact Kou Yang at [KYang2@cityofsacramento.org](mailto:KYang2@cityofsacramento.org).
- Looking for programs for youth & teens with disabilities? Contact Paige Domgaard at [PDomgaard@cityofsacramento.org](mailto:PDomgaard@cityofsacramento.org).
- Looking for volunteer opportunities with Access Leisure? Contact Sy Vue at [SVue1@cityofsacramento.org](mailto:SVue1@cityofsacramento.org).
- Save the date for our annual Holiday Concert with the K Street Orchestra: Wednesday, December 14<sup>th</sup> at 7:00pm (location: TBD).
- Most of our staff are working a hybrid schedule at this time (partially at home and partially in the office). As we continue to navigate COVID-19 and its effects on our programming, we will respond to all calls, emails, and mail as soon as we can. Thank you for your participation!
- We are so excited to see as many of you as possible this month – both in person and on Zoom! Thank you!
- Follow us on Facebook: [www.facebook.com/AccessLeisure](https://www.facebook.com/AccessLeisure)