


Access Leisure: Virtual Activities & Information
Community programs for young adults and adults with disabilities.

OCTOBER 2022

These programs require registration. Participants can access these Zoom opportunities for \$15.00 for the full month. For more information, email HKopf@cityofsacramento.org. Thank you!
Be sure to check out the Champion Group details at the end of this calendar.

Program	Date & Time	Program Details
Favorites Join us for four sessions, including some of the group favorites on Zoom! 	Wednesday, October 5th 5:00pm – 6:00pm Wednesday, October 12th 6:00pm – 8:00pm Monday, October 17th 5:00pm – 6:00pm Friday, October 28th 5:00pm – 6:00pm	10/5: Welcome & Freeze Dance! Join us for an hour of reviewing Zoom expectations, socializing, and freeze dance! 10/12: Movie Night, Halloween edition! Snacks welcome 😊 10/17: Spooky Places & Halloween Fun 10/28: Dance Party!
Fitness Join us for a variety of Fitness activities throughout the month of October.	Thursday, October 6th 5:30pm – 6:15pm Thursday, October 13th 5:15pm – 6:00pm Tuesday, October 18th 5:30pm – 6:15pm Monday, October 24th 5:30pm – 6:15pm	10/6: Get Fit 10/13: Yoga (this is a basic Yoga session that is great for all abilities). Participate while seated or standing. Mats are great too! 10/18: Get Fit 10/24: Get Fit <i>Get Fit sessions will include a variety of cardio, weights, stretching, movement, and fun!</i> 😊
Champion Group This group is for parents, guardians, care providers, and family members only. Topic: Boundary Styles	Thursday, October 20th 7:00pm – 8:00pm	Champion Group Zoom: https://cityofsacramento-org.zoom.us/j/91631814658 Meeting ID: 916 3181 4658 Phone: 1 (669) 900-6833

All program end times are approximate and vary based on participation. Thank you!

Are you new to Zoom? Contact Heather for details and/ or to learn how to get started:
(916) 808-7970 or hkopf@cityofsacramento.org

October Zoom fee = \$15 per participant (this fee will give you access to ALL of the Zoom activities in the calendar).

Fees will not be reduced if you sign up after October has started. However, you are welcome to join us any time during the month once you have registered.

Activity #: 20443

Registration window: 9/22/22 – 10/28/22

Register online: [Activity detail](#) | [City of Sac](#) | [YPCE Online Services \(activecommunities.com\)](#)

Register over the phone: Heather, (916) 808-7970

If you are unable to reach us directly, please leave a voicemail with your name, phone number and reason for your call and we will get back to you as soon as possible.

Staff will check roster signups every business day beginning October 3rd. Zoom information will be provided accordingly. Please be sure your email address is up-to-date on your online registration account.

Follow us on Facebook: www.facebook.com/AccessLeisure

Check out our website for in person program opportunities: [Calendar - City of Sacramento](#)