


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

MARCH 2023

These programs require registration. Participants can access these Zoom opportunities for \$15.00 for the full month. For more information, email svue1@cityofsacramento.org. Thank you!

Program	Date & Time	Program Details
Favorites Join us for five sessions, including some of the group favorites on Zoom! 	Monday, March 6th 5:00pm – 6:00pm Friday, March 10th 5:00pm – 6:00pm Tuesday, March 14th 5:00pm – 6:00pm Tuesday, March 21st 5:00pm – 6:00pm Monday, March 27th 6:00pm – 8:00pm Tuesday, March 28th 5:00pm-6:00pm	3/6: Welcome & Name that Tune – Join us for an opportunity to get to know friends, socialize, and learn about Zoom etiquette 3/10: Step by Step Drawing 3/14: Complete the Phrase 3/21: Sing Along 3/27: Movie Monday 3/28: Dance Party!
Fitness Join us for a variety of Fitness activities throughout the month of February.	Tuesday, March 7th 5:30pm – 6:15pm Thursday, March 23rd 5:30pm – 6:15pm	3/7: Get Fit 3/23: Get Fit
Champion Group This group is for parents, guardians, care providers, and family members only.	Returning soon!	Stay tuned for a survey that will assist staff in continuing to offer sessions that are beneficial for this important group. See you all soon!

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

Are you new to Zoom? Contact Sy for details and/ or to learn how to get started:
(916) 808-7970 or svue1@cityofsacramento.org.

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

You are welcome to join us any time during the month once you have registered.

Activity #: 22416

Registration window: 2/24/23 – 3/28/23

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

Register over the phone: Sy, (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 March 1st. 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](#)