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

October 2023

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 optional 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.

<table>
<thead>
<tr>
<th>Program</th>
<th>Date &amp; Time</th>
<th>Location</th>
<th>Important Program Details</th>
</tr>
</thead>
</table>
| **Yoga**                 | **Wednesday, October 4th** & **Wednesday, October 18th**
Yoga: 23823
Yoga: Wednesday, October 18th Activity: 23824 | Hart Senior Center
915 27th Street, Sacramento, CA 95816 | October 4th: $5 per person,
Click or tap here to register
Last day to register: 10/3/23
October 18th: $5 per person
Click or tap here to register
Last day to register: 10/15/23 |
| **Football Watch Party** | **Monday, October 9th** 5:30pm - 8:00pm | Hart Senior Center
915 27th Street, Sacramento, CA 95816 | October 9th: $10.00 per person,
Click or tap here to register
Last day to register: 10/8/23 |
| **Paint & Sip**          | **Wednesday, October 11th** 6:30pm – 8:00pm | Hart Senior Center
915 27th Street, Sacramento, CA 95816 | October 11th: $15.00 per person,
Click or tap here to register
Last day to register: 10/9/23 |
| **Fab 40s Walking Group** | **Monday, October 23rd** 6:00pm-7:30pm | Rite Aid Parking lot on 48th & J,
Address: 4830 J Street, Sacramento, CA 95819 |
Pick up and drop off in the Rite Aid parking lot. |
| **Sac Kings Watch Party** | **Wednesday, October 25th** 6:00pm - 8:00pm | Hart Senior Center
915 27th Street, Sacramento, CA 95816 | October 25th: $10.00 per person,
Click or tap here to register
Last day to register: 10/22/23 |
Halloween Dance
Join us for our Halloween Dance. Access Leisure will turn the Hart Senior Center into a mysterious and spooky building. Come dress in your best costume and you might win an award.
Activity#23828

Saturday, October 28th
6:00pm - 8:30pm
Hart Senior Center
915 27th Street,
Sacramento, CA 95816

October 28th: $15.00 per person. Click or tap here to register
Last day to register: 10/25/23

Online registration is the most efficient way to register for these programs. The links are in each row listed above (in the 4th 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.

<table>
<thead>
<tr>
<th>Program and Date</th>
<th>Cost</th>
<th># of People Attending</th>
<th>Total</th>
<th>Activity #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga (10/4)</td>
<td>$5.00</td>
<td>#</td>
<td>= $</td>
<td>23823</td>
</tr>
<tr>
<td>Yoga (10/18)</td>
<td>$5.00</td>
<td>#</td>
<td>= $</td>
<td>23824</td>
</tr>
<tr>
<td>Football Watch Party (10/9)</td>
<td>$10.00</td>
<td>#</td>
<td>= $</td>
<td>23825</td>
</tr>
<tr>
<td>Paint &amp; Sip (10/11)</td>
<td>$15.00</td>
<td>#</td>
<td>= $</td>
<td>23826</td>
</tr>
<tr>
<td>Fab 40s Walking Group (10/23)</td>
<td>Free</td>
<td>#</td>
<td>= $</td>
<td>23829</td>
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<tr>
<td>Sacramento Kings Watch Party (10/25)</td>
<td>$10.00</td>
<td>#</td>
<td>= $</td>
<td>23827</td>
</tr>
<tr>
<td>Halloween Dance (10/28)</td>
<td>$15.00</td>
<td>#</td>
<td>= $</td>
<td>23828</td>
</tr>
</tbody>
</table>

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 Cooledge 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 Sy Vue at (916) 808-7970 or svue1@cityofsacramento.org.

Community Notes
- For adult programs or volunteer opportunities, contact Sy Vue: svue1@cityofsacramento.org.
- For Adaptive Sports, contact Kou Yang: KYang2@cityofsacramento.org.
- For youth & teen programs, contact Paige Domgaard: PDomgaard@cityofsacramento.org.