

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

NOVEMBER 2020

These programs require prior registration. Participants can access these Zoom opportunities for \$30.00 for the full month. Details are provided below the calendar. Thank you!

Program	Date & Time	Program Details
<p>Morning Meditation Meditation is a great way to start the day, let's practice together. Sessions will vary and can include a variety of Tai Chi, guided meditation and solo meditation with nature sounds and peaceful music.</p>	<p>Tuesday, November 3rd & 24th 10:00am – 10:30am</p>	<p>Join us for a quiet and calm morning of meditation and mindfulness. <i>Please note that staff will not allow late arrivals from the waiting room after 10:05am in an effort to keep this Zoom session as focused as possible.</i> No prior experience needed.</p>
<p>Get Fit – Wednesday Virtual Workout! Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.</p>	<p>Wednesday, November 4th, 18th & 25th 5:30pm – 6:00pm</p>	 <p>Use the Zoom link to log in at 5:30pm. All exercises can be taken at your own pace and can be completed while standing, seated on a mat, seated in a chair... or all the above! Our goal is to provide some time for socializing, movement, and fun!</p>
<p>Yoga Let's exercise, relax, breathe and learn together with our yoga instructor.</p>	<p>Monday, November 9th & 30th 4:00pm – 4:45pm</p>	 <p>Our yoga instructor will guide us through some basic yoga. You may participate while seated or standing. Mats are awesome too! Great for all experience levels!</p>
<p>Fitness Fridays Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.</p>	<p>Friday, November 13th & 20th 11:00am – 11:30am</p>	<p>These Friday morning exercise sessions will review similar workouts to the Wednesday Get Fit sessions. Each session will be unique based on the strengths of the attendees. Exercises can be completed while seated or standing... or both!</p>
<p>Name that Tune This month's Name that Tune will feature a wide variety of songs from the 70s, 80s, 90s and today!</p>	<p>Thursday, November 5th 4:00pm – 5:00pm</p>	<p>Join us for a fun and competitive hour of Name that Tune! Staff will lead teams of participants through an awesome hour of groovy tunes! Guess the song title or band name correctly to earn a point for your team!</p>
<p>Cinema at Home Grab the popcorn, let's watch a movie together from home!</p>	<p>Tuesday, November 10th 6:00pm – 8:00pm</p>	 <p>Feel free to bring along some tasty snacks... or dinner! Please plan to be "muted" for most of this activity. This month's theme... friendship! The movie selection will be determined the day of the event.</p>
<p>Dance Party! Let's dance! Join us for an hour of fun music as we get the weekend started!</p>	<p>Friday, November 13th 5:00pm – 6:00pm</p>	<p>Use the Zoom link to log in at 5:00pm. We'll play a variety of fun dancing music.</p>

Jokes, Poetry & Art

Be sure to bring along your favorite non-alcoholic beverage to enjoy while we share our favorite jokes, poetry, and art.

Monday,
November 16th
3:30pm – 4:30pm

Join us to share your favorite jokes, poetry and/ or art! You can choose to share something original or one of your favorites that has been created by someone else. If you would like to share jokes, poetry or art, please email Heather by Friday, November 13th. All shared pieces must be preapproved. Email: heverett@cityofsacramento.org. In addition to sharing, we will take some time to create our own acrostic poems. Supplies needed: paper or something to draw on and something to draw with (pencils, markers, pens, crayons, etc.). Technological devices may be utilized in place of paper/ art supplies.

Paint & Sip

****This event requires separate registration.***
Details are on the next page of this document.

Thursday,
November 19th
7:00pm – 8:30pm

\$15 per person includes staff time, a canvas, paintbrushes, and paint for the activity.

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

Access Leisure YouTube & Facebook

Looking for more activities and videos? Access Leisure posts activity suggestions and videos on YouTube and on Facebook. Be sure to follow our pages!

YouTube: <https://bit.ly/AccessLeisureHome>

Facebook: <https://www.facebook.com/accessleisure>

Registration Information:

We are hopeful that as many of you as possible will sign up for monthly programming. If \$30 for a month of Zoom programs is problematic for you financially, please call or email us and we will work with you to find a solution.

(916) 808-7970 or heverett@cityofsacramento.org

November monthly Zoom fee = \$30 per participant (this fee will give you access to ALL of the Zoom activities in the calendar above - except for Paint & Sip which requires a separate fee).

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

Activity #: 14972

Registration window: 10/13/2020 - 11/25/2020

Register online:

https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/11856

Register over the phone: Heather, (916) 808-7970 or directly to the registration office, (916) 808-6060

Cash and checks are not accepted at this time.

Most City staff are working remotely. 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. Zoom information will be provided accordingly.

November Virtual Paint & Sip fee = \$15 per participant (this fee is separate from the monthly Zoom fee and includes a canvas, paintbrushes, and paints for the activity).

Activity date & time: 11/19/2020 at 7:00pm

Activity #: 14971

Registration window: 10/13/2020 - 11/16/2020

Register online:

https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/11855

Register over the phone: Heather, (916) 808-7970 or directly to the registration office, (916) 808-6060

Cash and checks are not accepted at this time.

Most City staff are working remotely. 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. Zoom information will be provided accordingly.

Supply pick-up: Thursday, 11/19/2020 between 8:00am-10:00am OR between 5:00pm-6:00pm at the Belle Cooledge Community Center (back side of building on the way to the dog park). 5699 S. Land Park Drive, Sacramento, CA 95822.

Zoom Information:

All Zoom meeting links, meeting IDs and Zoom phone number will be provided after you have registered for the monthly Zoom sessions and/ or Paint & Sip. Staff will check rosters daily and provide Zoom information accordingly.

Please do not share your Zoom links and meeting IDs with anyone. Zoom information is provided only to registered participants. Thank you!

We hope to be able to meet in person for activities and programs soon. In the meantime, virtual programming is a great way to enjoy activities and have some fun while we are apart.

What you will need: internet connection + a Zoom account + a smart phone, laptop, tablet, or a desktop computer.

****If you do not want to create a Zoom account or do not have access to internet and a device, you can still join these activities by phone.****

To create a Zoom account, go to this link: <https://zoom.us/>

- In the top right-hand corner of the screen, click "Sign Up for Free." Follow the prompts, and you will be all set!
- Find the programs/ activities on these pages that you are interested in. Enter the meeting link into your device, and you will be ready to go! ☺ Depending on how you log in, you may also need the meeting ID (provided in the Zoom Link columns on the previous and next pages).
- Zoom activities will start on time. We will have casual "hang out" time for the first 3-5 minutes of each session to be sure everyone has logged in.

Having trouble getting Zoom on your tablet, laptop, phone, or home computer and still want to participate? You can also choose to call in to each session by utilizing the phone number provided for each activity in the table above.

If you would like additional assistance setting up your Zoom account, you may email Heather at heverett@cityofsacramento.org.