



City of SACRAMENTO


Youth, Parks, & Community Enrichment




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

September 2022

Notes about Covid policies: COVID-19 & Physical Distancing Procedures will be followed. Guidelines will be reviewed with groups at each in-person session. The City will continue to adhere to local health guidelines regarding COVID-19 safety, mask wearing, and physical distancing. As of the date this calendar was published, **masks will be required for our indoor activities. Masks are optional for outdoor 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
<p>River Cats Baseball Game Come one, come all baseball fans and root, root, root for the home team! Join us at Sutter Health Park as the River Cats take on the Las Vegas Aviators.</p>	<p>Wednesday, September 7th 6:00pm – 9:45pm</p> <p>Sutter Health Park has a clear bag policy. All belongings must be placed in a clear bag for entry. Zip lock bags work great!</p>	<p>Sutter Health Park 400 Ballpark Dr. West Sacramento, 95691</p> <p><u>Drop off & pick up:</u> Outside of the Sutter Health Park Box Office</p>	<p>\$28.00 per person, please contact Heather directly to register (space is limited) Hkopf@cityofsacramento.org or (916) 808-7970 Last day to register: 9/4/22</p> <p><u>Additional Cost:</u> Cash is no longer accepted at the park. Please plan to bring along a debit, credit, or a River Cats gift card. Our staff can assist with purchases as needed. Thank you!</p>
<p>Aqua Aerobics & Social Swim It's pool time! This session is great for all abilities. The pool has a chair lift & a zero depth entry (like the beach ☺). Staff will lead participants in an aqua aerobics session, followed by time for free swim, socializing, and enjoying the water features. Activity # 20197</p>	<p>Sunday, September 11th 10:30am – 12:00pm</p> <p><i>Participants may arrive as early as 10:15am to start getting in the pool. Thank you!</i></p> <p><i>Bleacher seating is available.</i></p>	<p>Pannell Meadowview Pool 2450 Meadowview Road, Sacramento, CA 95832</p> <p><u>Drop off & pick up:</u> In front of the Pool building (located between the Community Center and the River Cats Independence Field)</p>	<p>\$12.00 per person, Click or tap here to register Last day to register: 9/8/22</p> <p><u>What to bring or wear:</u></p> <ul style="list-style-type: none"> - Bathing suit - Towel - Sunscreen
<p>Bingo! Join us for an evening of Bingo! Beverages & Bingo prizes will be provided. Activity # 20198</p>	<p>Wednesday, September 14th 6:30pm - 8:00pm</p>	<p>Hart Senior Center 915 27th Street Sacramento, CA 95816</p>	<p>\$8.00 per person, Click or tap here to register Last day to register: 9/11/22</p> 

<p>Paint & Sip 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. Masks are required for this event. If guidelines change, we will notify you. Thank you!</p> <p>Activity # 20199</p>	<p>Wednesday, September 28th 6:30pm - 8:00pm</p>	<p>Hart Senior Center 915 27th Street Sacramento, CA 95816</p>	<p>\$15.00 per person, Click or tap here to register Last day to register: 9/25/2022</p> 
<p>Matter of Balance Many adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among adults. The Matter of Balance workshop includes 8 two-hour sessions and are led by two trained facilitators for a small group of 8-12 participants.</p> <p>Activity # 20200</p>	<p>Mondays, September 12th – November 7th (no class on October 31st) 8 Week Course 6:00pm – 8:00pm</p>	<p>Hart Senior Center 915 27th Street Sacramento, CA 95816</p>	<p>FREE: Click or tap here to register <i>Participants should be able to attend every session (September 8th – November 7th, no class on October 31st). If you need to miss a session, please let us know ASAP so that facilitators can plan accordingly. Thank you!</i></p> <p>Last day to register: 9/8/22</p> <p>This nationally recognized program was developed at the Roybal Center at Boston University and is evidence-based.</p>

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.**

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 #
	River Cats Baseball (9/7)	\$28.00	#	= \$	N/A
	Aqua Aerobics & Social Swim (9/11)	\$12.00	#	= \$	20197
	Bingo (9/14)	\$8.00	#	= \$	20198
	Paint & Sip (9/28)	\$15.00	#	= \$	20199
	Matter of Balance (9/12 – 11/7)	FREE	#	= \$	20200
	September Monthly Zoom Calendar	\$15.00	#	= \$	20195

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.

Community Notes

- Champion Group & Book Club are returning to the Zoom calendar in September. Contact Heather Kopf at HKopf@cityofsacramento.org for details.
- Looking for adaptive sport opportunities for individuals with physical disabilities? Contact Kou Yang at KYang2@cityofsacramento.org.
- Looking for programs for youth & teens with disabilities? Contact Paige Domgaard at PDomgaard@cityofsacramento.org.
- Looking for volunteer opportunities with Access Leisure? Contact Sy Vue at SVue1@cityofsacramento.org.
- 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. We cannot thank you enough for your patience and 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