



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


JULY 2021

These programs require prior registration. Participants can access these Zoom opportunities for \$15.00 for the full month (please note that we will only be offering Zoom for the first half of the month due to our Summer Day Camp which will be July 26th – July 30th). For more information about Summer Day Camp, email HKopf@cityofsacramento.org. Thank you!

Program	Date & Time	Program Details
Morning Meditation Meditation is a great way to start the day, let's practice together. Sessions will vary and may include a variety of Tai Chi, guided meditation and solo meditation with nature sounds and peaceful music.	Tuesday, July 6 th & 13 th 10:00am – 10:30am	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.
Get Fit Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.	Wednesday, July 7 th & 14 th 5:30pm – 6:00pm	While it's warm out in July, let's exercise inside together on Zoom! Each session will be unique based on the strengths of the attendees. Exercises can be completed while seated or standing... or both!
Cinema at Home Grab the popcorn, let's watch a movie together from home!	Thursday, July 8 th 6:00pm – 8:00pm <i>Depending on the length of the movie, the end time may run later than 8:00pm. Thank you!</i>	Feel free to bring along some tasty snacks... or dinner! Please plan to be "muted" for most of this activity. Our theme this month is... MYSTERY! Get ready for an adventure! The movie selection will be determined the day of the event.
Fitness Friday Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.	Friday, July 9 th 11:00am – 11:30am	Each session will be unique based on the strengths of the attendees. Exercises can be completed while seated or standing... or both!
Name that Tune – USA & Movie Themed! Join us for an hour of musical fun and group competition	Friday, July 9 th 5:00pm – 6:00pm	 The theme for this month's Name that Tune is a two-for-one... USA & movies! Let's celebrate July with some music, competition, and fun!
Yoga Let's exercise, relax, breathe and learn together with our yoga instructor.	Monday, July 12 th 4:00pm – 4:45pm	 This basic yoga session is great for all experience levels! You may participate while seated or standing. Mats are awesome too!

All program end times are approximate and vary based on participation. Additional programs, registration information, and Zoom information are on the following pages.

Thank you!

<p>Art & Wellness Join us once in July for some thoughtful art and learning time.</p> 	<p>Wednesday, July 14th 10:00am – 11:00am</p>	<p>We will focus on a topic of self-care and learn together. July topic: Giving back – we will focus on the importance of giving back to the community Supplies: You will need paper and something to draw with (if you choose to follow along with the drawing of the day). If you have colored pencils, markers, crayons, or pastels at home – that would be fantastic. That way you can add in some fun colors.</p>
<p>Dance Party! Join us for an hour of fun music as we get the weekend started!</p>	<p>Friday, July 16th 5:00pm – 6:00pm</p>	<p>We'll play a variety of dancing music for all to enjoy. This is a great event to “dress up” for if you would like. It's Friday night, let's dance!</p>

We are hopeful that as many of you as possible will sign up for monthly programming. If \$15 for the half 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 hkopf@cityofsacramento.org

July 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 July has started. However, you are welcome to join us any time during the month once you have registered.

Activity #: 16998

Registration window: 6/21/21-7/16/21

Register online: [City of Sac | YPCE Online Services \(activecommunities.com\)](https://www.cityofsacramento.org/YPCE)

Register over the phone: Heather, (916) 808-7970
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 beginning July 1st. Zoom information will be provided accordingly.

Zoom Information:

All Zoom meeting links, meeting IDs and Zoom phone number will be provided after you have registered for the monthly Zoom sessions. 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 hkopf@cityofsacramento.org.

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>