




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

JUNE 2021

These programs require prior registration. Participants can access these Zoom opportunities for \$30.00 for the full month. Details are provided below the calendar.
An additional \$15 Paint & Sip event is available as well (see row below highlighted in yellow).
Thank you!

Program	Date & Time	Program Details
Monthly Welcome & Fun This is our once monthly meeting all about Zoom and program guidelines.	Thursday, June 3 rd 6:00pm – 7:00pm	This is a great time to get to know your peers for monthly programs. There will be some fun “get to know you” time. Staff will also review expectations for Zoom sessions for the month. These expectations will include basic Zoom etiquette, running through settings, and more.
Music Hour Join us for an hour of musical fun!	Friday, June 4 th 5:00pm – 6:00pm	 This hour will be all about variety! Join us for a bunch of music-oriented games including Name that Tune, Freeze Dance, Lip Syncing, and more!
Yoga Let's exercise, relax, breathe and learn together with our yoga instructor.	Monday, June 7 th & 21 st 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!
Art & Wellness Join us twice in June for some thoughtful art and learning time.	Wednesday, June 9 th & 30 th 10:00am – 11:00am	 We will focus on a topic of self-care and learn together. June 9 th topic: Step by Step Drawing Fun June 30 th topic: Meditative Exercise 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.
Fitness Fridays Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.	Friday, June 11 th & 25 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!
Cinema at Home Grab the popcorn, let's watch a movie together from home!	Friday, June 11 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... MARVEL! Get ready for some action! The movie selection will be determined the day of the event.
Jeopardy! It's our favorite question and answer game... Zoom style!	Monday, June 14 th 4:00pm – 5:00pm	This month our Jeopardy game will be all about SUMMER! Join us for some fun trivia. Great for all abilities.

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, June 15 th & 29 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.
Summer Dessert & Social Hour Calling all foodies! Join us for a fun hour of preparing food and socializing with friends 😊	Thursday, June 17 th 6:00pm – 7:00pm	We will take some time at the beginning of the session to demonstrate and prepare a summer snack together (on Zoom). Then, we will have some time to socialize and have fun! Family members and care providers are welcome to join in on the fun and conversations. Summer dessert: Let's layer some beautiful berries, whipped cream, & sprinkles! Suggested recipe: Refer to the last page of this document.
Mad Libs Join us for some word game and storytelling fun!	Friday, June 18 th 4:00pm – 5:00pm	Let's complete some Mad Libs together. Get ready for some laughs, teamwork, and fun! Great for all abilities. Participants of all reading levels are welcome.
Dance Party! Join us for an hour of fun music as we get the weekend started!	Friday, June 25 th 5:00pm – 6:00pm	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!
Drum Fitness Let's have some fun with music and exercise!	Monday, June 28 th 3:00pm – 3:45pm	Get ready to work those arms and focus on cardio endurance. Recommended supplies: <ol style="list-style-type: none"> 1. Drumsticks (or drumstick substitutes – e.g. wooden spoons... or your hands will work great too). 2. Something to use as a drum. Suggestions: a yoga exercise ball, a pillow, an actual drum... or your knees will work great too).
Paint & Sip **This event requires separate registration.* Details are on the next page of this document.	Tuesday, June 22 nd 7:00pm – 8:30pm	\$15 per person includes staff time, a canvas, paintbrushes, and paint for the activity. Last day to sign up for Paint & Sip: Sunday, June 20th

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

Registration and Zoom information can be found on the following pages.

Thank you!

Please see the following pages for Registration & Zoom 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 hkopf@cityofsacramento.org

June 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 an extra fee).

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

Activity #: 16329

Registration window: 5/20/21-6/28/21

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

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 June 1st. Zoom information will be provided accordingly.

June 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: 6/22/21 at 7:00pm

Activity #: 16331

Registration window: 5/20/21-6/20/21

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

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. Zoom information will be provided accordingly.

Supply pick-up: Tuesday, June 22nd between 8:00 – 10:00am at the Belle Coolidge Community Center (back side of building on the way to the dog park).

5699 S. Land Park Drive, Sacramento, CA 95822.

If you would like to participate and cannot pick up supplies at this time, please let us know as soon as possible so that we can assist you.

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.

June 17th Summer Dessert Recipe:

Ingredients

- 1 container of strawberries
- 1 container of raspberries or other fresh berries
- 1 cup whipped cream topping see recipes below or use a store-bought option
- 2 tbsp dye-free sprinkle or other toppings

Whipped Cream

- 1 cup heavy whipping cream

- 2 tsp maple syrup
- 1/2 tsp pure vanilla extract

Whipped Cream

For regular whipped cream, place cold cream in a large bowl or in the bowl of your stand mixer. Whip cream with a hand mixer or in stand mixer until soft peaks form. Add maple syrup and vanilla then whip for a few more seconds. You don't want to overwhip cream or it will be too thick to spoon over the berries. Keep chilled.

[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>