

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

JANUARY 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. 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, January 5 th & 26 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 – Wednesday Virtual Workout! Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.	Wednesday, January 6 th , 13 th , 20 th , & 27 th 5:30pm – 6:00pm	 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!
Fitness Fridays Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.	Friday, January 8 th & 22 nd 11:00am – 11:30am	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!
Yoga Let's exercise, relax, breathe and learn together with our yoga instructor.	Monday, January 11 th & 25 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!
Welcome & Zoom Guidelines Starting in January, we will hold a welcome meeting at the beginning of each month to review Zoom/ program guidelines.	Tuesday, January 5 th 5:30pm – 6:30pm	Staff will review expectations for Zoom sessions for the month. These expectations will include basic Zoom etiquette, running through settings, and more. There will also be time to "get to know" everyone in a casual social meeting session.
Kitchen Fun Join us for some fun in the kitchen! Follow along and bake with us or log in to join the fun.	Friday, January 8 th 5:00pm – 6:30pm	Staff will lead a step-by-step recipe (refer to the last page of the calendar document for the recipe and instructions). We will be baking a basic chocolate cake and topping it with cool whip & chopped fruit of your choice 😊 We will have time for socializing and maybe even some dancing while the cake is baking.
Jeopardy It's time for Jeopardy! One of our favorite trivia games.	Thursday, January 14 th 5:30pm – 6:30pm	The theme for Jeopardy this month is MOVIES. Join us for a fun-filled hour of trivia, competition, and laughs.
Group Mad Libs Join us for a new game for our Zoom group – Mad Libs!	Friday, January 15 th 5:00pm – 6:00pm	Staff will use the "share screen" function to share Mad Libs for the group to complete together. Get ready for some laughs, teamwork, and fun! Great for all abilities. Participants of all reading levels are welcome.

<p>Cinema at Home Grab the popcorn, let's watch a movie together from home!</p>	<p>Tuesday, January 19th 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... new beginnings! The movie selection will be determined the day of the event.</p>
<p>Dance Party! Join us for an hour of fun music as we get the weekend started!</p>	<p>Friday, January 22nd 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>
<p>Step by Step Drawing Be sure to bring along your favorite non-alcoholic beverage to enjoy while we draw together.</p>	<p>Friday, January 29th 5:00 – 6:00pm</p>		<p>Staff will lead us in some step-by-step drawing activities. Supplies needed: paper or something to draw on and something to draw with (pencils, markers, pens, crayons, etc.).</p>

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

December monthly Zoom fee = \$30 per participant (this fee will give you access to ALL of the Zoom activities in the calendar above).

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

Activity #: 15751

Registration window: 12/16/2020 – 1/29/2021

Register online:

https://apm.activecommunities.com/cityofsacparksandrec/Activity_Search/12635

Register over the phone: Heather, (916) 808-7970 or directly to the registration office, (916) 808-6060 (registration is available over the phone Monday – Thursday between 9:00am – 4:00pm). *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.

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 heverett@cityofsacramento.org.

Chocolate Cake Recipe & Instructions

Want to make it even easier?! Feel free to purchase a pre-mixed cake mix and bake it along with us



Ingredients	Instructions
<ul style="list-style-type: none">- 2 ¼ cups all-purpose flour- 1 teaspoon baking powder- ¾ teaspoon baking soda- ¼ teaspoon salt- 2/3 cup butter or margarine- 1 ¾ cups sugar- 2 eggs- 3 ounces unsweetened chocolate, melted and cooled- 1 teaspoon vanilla- Shortening or your choice for greasing the pan(s)- Optional for toppings: frosting, cool whip, chopped fruit, sprinkles, etc.	<p>Preheat oven to 350 degrees. Prep time = approximately 25 minutes. Bake time = approximately 30 minutes.</p> <ul style="list-style-type: none">- Grease & lightly flour either one 13x9x2 inch baking pan OR two 9x1.5-inch round baking pans.- Stir together the flour, baking powder, baking soda, and salt and set aside.- In large mixing bowl (by hand or machine) – mix the butter or margarine, add sugar, beat until combined. Add eggs, one at a time, beating well after each. Add in chocolate and vanilla. Add dry mixture. Add 1 ¼ cups water (alternate adding dry mixture and water and beat it all in evenly).- Pour batter into pan(s).- Bake for 30-35 minutes or until a wooden toothpick comes out clean. Cool cake on drying rack or cutting board.- If desired – add cool whip or your favorite frosting with chopped fruit for a delicious addition 😊