





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

AUGUST 2020

Program	Date & Time	Zoom	Important Program Details
<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, August 5th, 12th, 19th & 26th 5:30pm – 6:00pm</p>	<p>https://cityofsacramento-org.zoom.us/j/95344111457 Meeting ID: 95344111457 Phone: 1(669) 900-6833</p>	 <p>Free! Use the Zoom link to the left 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 of 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 volunteer yoga instructor.</p>	<p>Monday, August 17th & 24th 4:00pm – 4:45pm</p>	<p>https://cityofsacramento-org.zoom.us/j/96344586867 Meeting ID: 96344586867 Phone: 1(669) 900-6833</p>	 <p>Free! Use the Zoom link to the left to log in at 4:00pm. Our volunteer 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>Freeze Dance Please join us for some music and friendly competition!</p>	<p>Tuesday, August 4th 5:00pm – 6:00pm</p>	<p>https://cityofsacramento-org.zoom.us/j/95678671103 Meeting ID: 95678671103 Phone: 1(669) 900-6833</p>	<p>Free! Use the Zoom link to the left to log in at 5:00pm. Staff will lead a fun-filled hour of Freeze Dance for all to enjoy! Can't log in? Call in instead.</p>
<p>Jeopardy: Summer Fun! It's our favorite answer-and-question game, "Jeopardy!"</p>	<p>Thursday, August 6th 4:00pm – 5:00pm</p>	<p>https://cityofsacramento-org.zoom.us/j/93284657943 Meeting ID: 93284657943 Phone: 1(669) 900-6833</p>	<p>Free! Join us for Jeopardy! Summer Fun edition! This team competition will keep you on your toes as we work together to find all of the answers.</p>
<p>Cinema at Home Grab the popcorn, let's watch a movie together from home!</p>	<p>Thursday, August 13th 6:00pm – 8:00pm</p>	<p>https://cityofsacramento-org.zoom.us/j/91432697126 Meeting ID: 91432697126 Phone: 1(669) 900-6833</p>	 <p>Free! Use the Zoom link to the left to log in at 6:00pm. Feel free to bring along some tasty snacks... or dinner! Please plan to be "muted" for the majority of this activity. This month's theme is nature! The movie selection will be announced the day of the event. See you there!</p>
<p>Step by Step Drawing Join us for an Art & Sip Night – drawing edition! Be sure to bring along your favorite non-alcoholic beverage to enjoy while we draw together.</p>	<p>Thursday, August 20th 5:00pm – 6:00pm</p>	<p>https://cityofsacramento-org.zoom.us/j/96714014218 Meeting ID: 96714014218 Phone: 1(669) 900-6833</p>	 <p>Free! Use the Zoom link to the left to log in at 5:00pm. Access Leisure 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>

Word Games Join us for an hour of word games on Zoom!	Friday, August 21 st 4:00pm – 5:00pm	https://cityofsacramento-org.zoom.us/j/98574878456 Meeting ID: 98574878456 Phone: 1 (669) 900-6833	Free! Staff will lead participants in an hour of word games. Games may include some past favorites such as Pictionary and Parachute! Great for all abilities.
Jokes & Poetry In this hour on Zoom, staff and participants have the opportunity to share jokes and poetry with each other.	Tuesday, August 25 th 3:00pm – 4:00pm	https://cityofsacramento-org.zoom.us/j/97619368603 Meeting ID: 97619368603 Phone: 1 (669) 900-6833	Free! If you would like to share jokes and/ or poetry with the group, please email Heather at heverett@cityofsacramento.org no later than Monday, August 24 th at 5:00pm. All jokes and poetry must be preapproved. You can choose to verbally share, utilize sign language, and/ or share a printed version. Staff will have jokes and poetry to share too! All are welcome to join, whether you choose to share or relax and enjoy the session. Can't log in? Call in instead.
Dance Party Put those dancing shoes on! Join us for an hour of fun music as we get the weekend started!	Friday, August 28 th 5:00pm – 6:00pm	https://cityofsacramento-org.zoom.us/j/92563771121 Meeting ID: 92563771121 Phone: 1 (669) 900-6833	Free! Use the Zoom link to the left to log in at 5:00pm. We'll play a variety of fun dancing music! Can't log in? Call in instead.

Program end times are approximate and subject to change based on the activity.

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>

We look forward to seeing you all via Zoom! Please see Zoom information below. All Zoom programs in August are free. No registration required. Email us if you have questions or concerns.

Please be sure to email Heather at heverett@cityofsacramento.org if you plan to share jokes and/ or poetry on 8/25. All jokes and poetry must be preapproved.

Zoom Information:

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.
- Some of these programs may run during a typical meal time. Feel free to bring your meal along to your Zoom session! (Please avoid bringing food to any of the exercise sessions).

****No pre-registration or registration required for these virtual August activities. Log into your Zoom account utilizing the links provided. We'll see you there!****

Program and Date	Zoom Link/ Meeting ID	Zoom Phone Number
Get Fit – Wednesday Virtual Workouts! – 8/5, 8/12, 8/19 & 8/26	https://cityofsacramento-org.zoom.us/j/95344111457 Meeting ID: 95344111457	Number: 1(669) 900-6833 Meeting ID: 95344111457
Yoga – 8/17 & 8/24	https://cityofsacramento-org.zoom.us/j/96344586867 Meeting ID: 96344586867	Number: 1(669) 900-6833 Meeting ID: 96344586867
Freeze Dance – 8/4	https://cityofsacramento-org.zoom.us/j/95678671103 Meeting ID: 95678671103	Number: 1(669) 900-6833 Meeting ID: 95678671103
Jeopardy: Summer Fun! – 8/6	https://cityofsacramento-org.zoom.us/j/93284657943 Meeting ID: 93284657943	Number: 1(669) 900-6833 Meeting ID: 93284657943
Cinema at Home – 8/13	https://cityofsacramento-org.zoom.us/j/91432697126 Meeting ID: 91432697126	Number: 1(669) 900-6833 Meeting ID: 91432697126
Step by Step Drawing – 8/20	https://cityofsacramento-org.zoom.us/j/96714014218 Meeting ID: 96714014218	Number: 1(669) 900-6833 Meeting ID: 96714014218
Word Games – 8/21	https://cityofsacramento-org.zoom.us/j/98574878456 Meeting ID: 98574878456	Number: 1(669) 900-6833 Meeting ID: 98574878456
Jokes & Poetry – 8/25	https://cityofsacramento-org.zoom.us/j/97619368603 Meeting ID: 97619368603	Number: 1(669) 900-6833 Meeting ID: 97619368603
Dance Party – 8/28	https://cityofsacramento-org.zoom.us/j/92563771121 Meeting ID: 92563771121	Number: 1(669) 900-6833 Meeting ID: 92563771121

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.