

# ACCESS LEISURE

Community programs for young adults and adults with intellectual disabilities.



## JULY 2018



Program	Date & Time	Location	Important Program Details
<b>River Cats Baseball Game</b> Come one, come all baseball fans and root, root, root for the home team! Join us at Raley Field for the River Cats versus Fresno Grizzlies baseball game. <b>Course # 182538</b>	Tuesday, July 3 <sup>rd</sup> 6:30 – 10:00pm Register by: 7/1	400 Ballpark Dr. West Sacramento, 95691  <u>Drop off &amp; pick up:</u> Raley Field Box Office	<u>Registration fee (paid in advance):</u> \$35.00  <u>Additional Cost:</u> • Bring extra money if you want snacks  <u>Additional Information:</u> Dress for the weather - bring a light jacket or sweater
<b>Lunch &amp; Cinema</b> Come and enjoy a day out to the movies and lunch with friends. Several food choices available in the market place venue. <b>Course # 188723</b>	Saturday, July 14 <sup>th</sup> 10:30am – 3:15pm Register by: 7/12	UA Market Palace 1739 Arden Way Sacramento, Ca 95815  <u>Drop off &amp; pick up:</u> Meet at the back of the complex	<u>Registration fee (paid in advance):</u> \$8.00  <u>Additional Cost:</u> • \$6.00 for movie • \$10.00 for lunch
<b>Evening Social</b> Sometimes the hot, long days of July are called the "dog days of summer" so come out and enjoy an evening of food and friends. <b>Course # 188724</b>	Monday, July 16 <sup>th</sup> 6:00pm – 8:30pm Register by: 7/14	Senior Center 915 27 <sup>th</sup> St., Sacramento, Ca 95816	<u>Registration fee (paid in advance):</u> \$8.00



## GET FIT CLUB

Celebrate the fun and importance of fitness and regular physical activity in your life. Get in shape with friends and learn how to lead a healthier and more active lifestyle. The Get Fit Club will host a range of activities and will track your progress throughout the program. To celebrate participants hard work and dedication they will be entered in a local 5k walk/run and receive an Access Leisure Get Fit t-shirt at completion of the program.

The Get Fit Club will meet monthly from May to September (for signups, pricing, and the monthly schedule please see the Get Fit Club flyer below).



To register, please fill out the following form completely and send it in with your payment.

**\*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 _____
<b>Current Phone Numbers:</b>
Home # _____ Cell # _____ Emergency # _____
Special Needs (wheelchair, meds, dietary, etc.) _____

<input checked="" type="checkbox"/>	Program and Date	Cost	# of People Attending	Total	Course #
	River Cats Baseball Game (7/3)	\$35.00	#	= \$	Course # 182538
	Lunch & Cinema (7/14)	\$8.00	#	= \$	Course # 188723
	Evening Social (7/16)	\$8.00	#	= \$	Course # 188724
	Get Fit Club	Free	#		

If using a Visa or Mastercard please indicate the following:

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, money order, & Master Card or Visa) can be sent to:** Coloma Community Center  
4623 T Street, Suite B, Sacramento, Ca 95819 Attn: Access Leisure

**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.
7. Any checks written less than 30 days in advance of the event, may delay refunds.

**If you have questions, contact Jenny Yarrow at 916-808-6017 or [jyarrow@cityofsacramento.org](mailto:jyarrow@cityofsacramento.org)**

**If you wish to register in person for our programs, there are 3 locations. Call for hours as they vary.**

- Coloma Community Center, 4623 T Street, Sacramento, CA. 95819; 916-808-6060
- Pannell Community Center, 2450 Meadowview Road, Sacramento, CA. 95832; 916-808-6680
- Natomas Community Center, 2921 Truxel Road, Sacramento, CA. 95833; 916-808-1571

**Community Notes**

**Due to the new system going into effect, the on-line registration is still down, we apologize for any inconveniences this may cause. Please continue to send in your registration forms for any of the programs listed. For questions or concerns, please feel free to contact Jenny Yarrow at 916-808-6017.**

# *Get Fit Club*

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This program will run from: May – September, meeting twice a week! The cost of this walking program will be Free. Yoga will be added \$15 and will start in the fall and winter.

## *June*

Dates: June 12<sup>th</sup>, 14<sup>th</sup>, 26<sup>th</sup>, & 28<sup>th</sup>

Location: McKinley Park

Time: 6:00 – 7:30pm

## *July*

July 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, & 19<sup>th</sup>

Location: William Land Park

Time: 6:00 – 7:30pm



# Get Fit Club

Name(s) \_\_\_\_\_ Age \_\_\_\_\_ M/F \_\_\_\_\_

**Current** Address \_\_\_\_\_

Care Home/Facility (if applicable) \_\_\_\_\_ Email \_\_\_\_\_

**Current Phone Numbers:** Home # \_\_\_\_\_ Cell # \_\_\_\_\_

Emergency # \_\_\_\_\_

Special Needs (wheelchair, meds, dietary, etc.) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Any physical limitations or surgeries \_\_\_\_\_

\_\_\_\_\_

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Program Goal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Shirt size: \_\_\_\_\_

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