

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

SEPTEMBER 2020

Program	Date & Time	Zoom	Important Program Details
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, September 2nd, 9th, 16th, 23rd and 30th 5:30pm – 6:00pm	https://cityofsacramento-org.zoom.us/j/97574797254 Meeting ID: 97574797254 Phone: 1(669) 900-6833	 <p>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>
Fitness Fridays Join us for 30 minutes of indoor exercise via Zoom! These sessions will focus on stretching, breathing, cardio, and strength conditioning.	Friday, September 11th & 25th 11:00am – 11:30am	https://cityofsacramento-org.zoom.us/j/92811818003 Meeting ID: 92811818003 Phone: 1(669) 900-6833	<p>These Friday morning exercise sessions will review similar workouts to the Wednesday Get Fit sessions. However, each session will always be unique based on the strengths of the attendees. Exercises can be completed while seated or standing... or both!</p>
Yoga Let's exercise, relax, breathe and learn together with our yoga instructor.	Monday, September 14th & 28th 4:00pm – 4:45pm	https://cityofsacramento-org.zoom.us/j/95398520028 Meeting ID: 95398520028 Phone: 1(669) 900-6833	 <p>Use the Zoom link to the left to log in at 4:00pm. Our 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>
Freeze Dance Please join us for some music and friendly competition!	Friday, September 4th 5:00pm – 6:00pm	https://cityofsacramento-org.zoom.us/j/97729794052 Meeting ID: 97729794052 Phone: 1(669) 900-6833	<p>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>
Name that Tune This month's Name that Tune will feature songs from the year 2000 and later!	Thursday, September 10th 5:00pm – 6:00pm	https://cityofsacramento-org.zoom.us/j/91664750098 Meeting ID: 91664750098 Phone: 1(669) 900-6833	 <p>Join us for a fun and competitive hour of Name that Tune! Staff will lead teams of participants through an awesome hour of groovy tunes! Guess the song title or band name correctly to earn a point for your team! Can't log in? Call in instead!</p>
Jeopardy: Disney Edition! Join us for our favorite question and answer game!	Friday, September 11th 4:00pm – 5:00pm	https://cityofsacramento-org.zoom.us/j/94921618352 Meeting ID: 94921618352 Phone: 1(669) 900-6833	<p>This month's Jeopardy game will be all about Disney! You won't want to miss this fun-filled hour. Although Jeopardy is a competition, this competition is fun for all experience levels – whether you're a Disney fanatic or a casual Disney fan.</p>

Cinema at Home Grab the popcorn, let's watch a movie together from home!	Tuesday, September 15 th 6:00pm – 8:00pm	https://cityofsacramento-org.zoom.us/j/92698297366 Meeting ID: 92698297366 Phone: 1(669) 900-6833	 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... a THROWBACK from before the year 2000! The movie selection will be announced the day of the event. See you there!
Scavenger Hunt Join us for an hour of in-home adventures and sharing!	Thursday, August 17 th 2:00pm – 3:00pm	https://cityofsacramento-org.zoom.us/j/95116437605 Meeting ID: 95116437605 Phone: 1(669) 900-6833	Get ready to move... around your home! Staff will have a list of fun and unique items for us to find one by one in our house. This competition is fun for all abilities and provides many opportunities to share interests with peers. Make sure to clean up afterwards!
Step by Step Drawing Be sure to bring along your favorite non-alcoholic beverage to enjoy while we draw together.	Monday, September 21 st 5:00pm – 6:00pm	https://cityofsacramento-org.zoom.us/j/98607755978 Meeting ID: 98607755978 Phone: 1(669) 900-6833	 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.).
Dance Party Let's Dance! Join us for an hour of fun music as we get the weekend started!	Friday, September 25 th 5:00pm – 6:00pm	https://cityofsacramento-org.zoom.us/j/96602400535 Meeting ID: 96602400535 Phone: 1(669) 900-6833	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. Email us if you have questions or concerns. This schedule of Zoom programs is free to participants. Please contact us regarding additional Zoom opportunities which require a program fee.

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.

****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! – 9/2, 9/9, 9/16, 9/23 & 9/30	https://cityofsacramento-org.zoom.us/j/97574797254 Meeting ID: 97574797254	Number: 1(669) 900-6833 Meeting ID: 97574797254
Fitness Fridays – 9/11 & 9/25	https://cityofsacramento-org.zoom.us/j/92811818003 Meeting ID: 92811818003	Number: 1(669) 900-6833 Meeting ID: 92811818003
Yoga – 9/14 & 9/28	https://cityofsacramento-org.zoom.us/j/95398520028 Meeting ID: 95398520028	Number: 1(669) 900-6833 Meeting ID: 95398520028
Freeze Dance – 9/4	https://cityofsacramento-org.zoom.us/j/97729794052 Meeting ID: 97729794052	Number: 1(669) 900-6833 Meeting ID: 97729794052
Name that Tune – 9/10	https://cityofsacramento-org.zoom.us/j/91664750098 Meeting ID: 91664750098	Number: 1(669) 900-6833 Meeting ID: 91664750098
Jeopardy – 9/11	https://cityofsacramento-org.zoom.us/j/94921618352 Meeting ID: 94921618352	Number: 1(669) 900-6833 Meeting ID: 94921618352
Cinema at Home – 9/15	https://cityofsacramento-org.zoom.us/j/92698297366 Meeting ID: 92698297366	Number: 1(669) 900-6833 Meeting ID: 92698297366
Scavenger Hunt – 9/17	https://cityofsacramento-org.zoom.us/j/95116437605 Meeting ID: 95116437605	Number: 1(669) 900-6833 Meeting ID: 95116437605
Step by Step Drawing – 9/21	https://cityofsacramento-org.zoom.us/j/98607755978 Meeting ID: 98607755978	Number: 1(669) 900-6833 Meeting ID: 98607755978
Dance Party – 9/25	https://cityofsacramento-org.zoom.us/j/96602400535 Meeting ID: 96602400535	Number: 1 (669) 900-6833 Meeting ID: 96602400535

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.