

Monday	Tuesday	Wednesday	Thursday	Friday
28 <b><u>Weekly Exercise</u></b> 10am 45 minutes of sweating and smiling!	29 <b><u>Art Your Heart Out</u></b> 3pm Get creative and let your inner artist shine! See notes.	30 <b><u>Trivia</u></b> 3pm What fun facts do you know? Disney, food, sports.... anything goes!	1 <b><u>Weekly Exercise</u></b> 10am 45 minutes of sweating and smiling!	2  <i>No Program</i>
5 <b><u>Weekly Exercise</u></b> 10am 45 minutes of sweating and smiling!	6 <b><u>Cooking Class</u></b> 4:30pm Let's prep a simple & tasty meal! See program notes for details.	7 <b><u>Disney Game Day</u></b> 3pm Join your Disney loving friends in an afternoon of themed games!	8 <b><u>Weekly Exercise</u></b> 10am 45 minutes of sweating and smiling!	9 <b><u>Talent Show</u></b> 6:30pm Showcase your talents! See program notes for details.
12 <b><u>Weekly Exercise</u></b> 10am 45 minutes of sweating and smiling!	13 <b><u>Art Your Heart Out</u></b> 3pm Get creative and let your inner artist shine! See program notes.	14 <b><u>Haunt the Halls</u></b> 3pm Let's get crafty and spook our own halls with homemade décor!	15 <b><u>Exercise - 10am</u></b> Same as Monday. & <b><u>Bunco - 6:30pm</u></b> A fun night with our favorite dice game!	16  <i>No Program</i>
19 <b><u>Weekly Exercise</u></b> 10am 45 minutes of sweating and smiling!	20 <b><u>Cooking Class</u></b> 4:30pm Let's prep a simple & tasty meal! See program notes for details.	21 <b><u>Disney Sing Along</u></b> 3PM Join us to sing all our favorite Disney songs together!	22 <b><u>Weekly Exercise</u></b> 10am 45 minutes of sweating and smiling	23 <b><u>Virtual Dance</u></b> 6:30pm Let's dance "together" in our own houses to our favorite songs!
26 <b><u>Weekly Exercise</u></b> 10am 45 minutes of sweating and smiling!	27 <b><u>Art Your Heart Out</u></b> 3pm Get creative and let your inner artist shine! See program notes.	28 <b><u>Haunted Hunt</u></b> 3pm Compete to see who can find spooky household items!	29 <b><u>Weekly Exercise</u></b> 10am 45 minutes of sweating and smiling	30 <b><u>Coffee &amp; Chat</u></b> 9am Pour a mug of your favorite morning beverage and chat with us!

**Zoom Links**

Classes: <https://us02web.zoom.us/j/92839313964>  
**Classes include exercise and cooking programs.**

Social programs: <https://us02web.zoom.us/j/89455375538>  
**Social programs are everything else!**

**For some programs, if you are more than 15 minutes late you will not be granted entry. If late for instructional programs, there may not be time to get assistance from staff in catching up.**

October 4, 11, 18, 25  
**Sunday Night Movie Club – 5:30pm**  
A virtual weekly gathering for movie lovers! Log in & curl up with a snack or dinner – we'll enjoy the final 4 of the 8-part *Harry Potter* movie series together this month, one movie per week.

**Program Notes:**  
You do not need to register for these programs. If you are interested in joining any program, enter Zoom info into your device at the scheduled date & time, and we'll see you there!

For programs that require supplies, we will email supply lists within one week in advance to allow for plenty of time to prepare. If you are not receiving our emails and would like to, please reach out to TRS@SacCounty.net so we can send you all of our program information!

**Talent Show**

If you have a talent you would like to practice to perform in the show, send an email to [TRS@SacCounty.net](mailto:TRS@SacCounty.net) to be approved and added to the line up! All talents need to be sent in for approval by Wed. Oct. 7th. Each participant will have 3 minutes to perform what they've been practicing. Talents can be anything from juggling, magic tricks, poetry, singing, acting, dancing, etc.





## How this will work:

These programs are our effort to stay connected during these uncertain times.

Since we cannot physically be together, we are going to utilize Zoom which allows us to see each other and communicate “live”.

You will need to have an internet connection to create a Zoom account, and can connect through a smart phone, laptop, tablet, or desktop computer.

To create a Zoom account, go to: <https://zoom.us/> . Click Sign up for free and follow the prompts and you will be able to connect with us for future programs!

When it becomes time to join our Programs, type the URL link given into your device’s browser on the date and time listed, and you’ll be good to go! See you soon!

**We are doing frequent email communication as program reminders and announcements. If you would like to be added to our email mailing list to stay up to date, please email [TRS@SacCounty.net](mailto:TRS@SacCounty.net).**

### **Board of Supervisors**

- Phil Serna, District 1
- Patrick Kennedy, District 2
- Susan Peters, District 3
- Sue Frost, District 4
- Don Nottoli, District 5
- Nav Gill, County Executive

**FREE MATTER FOR  
THE BLIND AND  
PHYSICALLY DISABLED**

County of Sacramento  
Therapeutic Recreation Services  
5325 Engle Rd. #810  
Carmichael, CA 95608



RETURN SERVICE REQUESTED



# TRS October 2020 Virtual programs



Programs designed for individuals with disabilities ages 14 & up.

**Check out the virtual programs that TRS is offering during October. Please see inside for how we will be connecting with our TRS family!**

County of Sacramento  
Department of Regional Parks  
**Therapeutic Recreation Services**  
5325 Engle Rd. #810, Carm. 95608  
916.484.2044, Fax: 916.484.2041  
[TRS@SacCounty.net](mailto:TRS@SacCounty.net)  
[www.regionalparks.saccounty.net](http://www.regionalparks.saccounty.net)