

Monday	Tuesday	Wednesday	Thursday	Friday
31 Weekly Exercise 10am 45 minutes of sweating and smiling!	1 Pathways Fundraiser at Skip's Restaurant 3-9pm See flyer for details.	2 Game Time 3pm Let's gather for some favorite or even new games!	3 Weekly Exercise 10am 45 minutes of sweating and smiling!	4 <i>No Program</i>
7 Weekly Exercise 10am 45 minutes of sweating and smiling!	8 Cooking Class 4:30pm Let's prep a simple & tasty meal! See program notes for details.	9 Sing Along 3pm Join us to sing our favorite classic tunes from all decades!	10 Exercise – 10am Same as Monday. & Healthy Lunch 12pm Cook & enjoy a quick lunch!	11 Disney Trivia 6:30pm For the ultimate Disney lovers—put your knowledge to the test!
14 Weekly Exercise 10am 45 minutes of sweating and smiling!	15 Art Your Heart Out 3pm Get creative and let your inner artist shine! See program notes.	16 Tea Party 3pm Brew your favorite tea and grab a snack—it's a high tea hang out!	17 Weekly Exercise 10am 45 minutes of sweating and smiling!	18 Virtual Dance 6:30pm Let's dance "together" in our own houses to our favorite songs!
21 Weekly Exercise 10am 45 minutes of sweating and smiling!	22 Cooking Class 4:30pm Let's prep a simple & tasty meal! See program notes for details.	23 Silly Stuff 3pm Gather for silly activities: could be drawing, acting things out, & more!	24 Exercise - 10am Same as Monday. & Bunco - 6:30pm A fun night with our favorite dice game!	25 Coffee & Chat 9am Pour a mug of your favorite morning beverage and chat with us!
28 Weekly Exercise 10am 45 minutes of sweating and smiling!	29 Art Your Heart Out 3pm Get creative and let your inner artist shine! See program notes.	30 Trivia 3pm What fun facts do you know? Disney, food, sports.... anything goes!		

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.

September 6, 13, 20, 25
Sunday Night Movie Club – 5:00pm
 A virtual weekly gathering for movie lovers! Log in & curl up with a snack or dinner – we'll enjoy the first 4 of the 8-part *Harry Potter* movie series together this month, one movie per week.
Please note the time change due to longer movies!

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 at least 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!



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.

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 September 2020 Virtual programs



Programs designed for individuals with disabilities ages 14 & up.

Check out the virtual programs that TRS is offering during September. 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
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TRS@SacCounty.net
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