

ACCESS LEISURE ADULT PROGRAMS SPRING '26

RECREATIONAL & SOCIAL PROGRAMS FOR ADULTS 18+ WITH INTELLECTUAL AND/OR DEVELOPMENTAL DISABILITIES

ADULT SOCIAL PROGRAMS AT HART SENIOR CENTER: WEDNESDAYS, 6:00PM-8:30PM

Game Night | \$13

1/7 - Activity #: 30815

[Click here to register](#)

3/4 - Activity #: 30706

[Click here to register](#)

Karaoke Night | \$13

1/14 - Activity #: 30817

[Click here to register](#)

Paint & Sip | \$18

1/21 - Activity #: 30819

[Click here to register](#)

3/11 - Activity #: 30707

[Click here to register](#)

Self-Care Night | \$13

1/28 - Activity #: 30822

[Click here to register](#)

Winter Olympics | \$13

2/4 - Activity #: 30887

[Click here to register](#)

Lunar New Year & Valentine

Arts & Crafts | \$18

2/11 - Activity #: 30885

[Click here to register](#)

Mardi Gras | \$13

2/18 - Activity #: 30886

[Click here to register](#)

Hawaiian Day | \$13

2/25 - Activity #: 30888

[Click here to register](#)

Trivia Night | \$13

3/18 - Activity #: 30708

[Click here to register](#)

Movie & Popcorn | \$13

3/25 - Activity #: 30709

[Click here to register](#)

Silent Disco | \$13

4/1 - Activity #: 30710

[Click here to register](#)

Talent Show | \$13

4/8 - Activity #: 31343

[Click here to register](#)

Fun with Food | \$13

4/15 - Activity #: 31344

[Click here to register](#)

Earth Day | \$13

4/22 - Activity #: 31350

[Click here to register](#)

Arts & Craft | \$18

4/29 - Activity #: 31351

[Click here to register](#)

WELLNESS AND FITNESS PROGRAMS: THURSDAYS, 6:00PM-7:30PM

LOCATION: HART SENIOR CENTER | \$8

1/8 - Activity #: 30816

[Click here to register](#)

1/22 - Activity #: 30820

[Click here to register](#)

2/12 - Activity #: 30889

[Click here to register](#)

2/26 - Activity #: 30892

[Click here to register](#)

3/26 - Activity #: 30893

[Click here to register](#)

4/23 - Activity #: 30894

[Click here to register](#)

LOCATION: BELLE COOLEDGE COMMUNITY CENTER | \$8

3/12 - Activity #: 30890

[Click here to register](#)

LOCATION: MCKINLEY PARK | \$8

4/9 - Activity #: 30891

[Click here to register](#)

COMMUNITY OUTINGS: SATURDAYS, 10:30AM-1:30PM

Railroad Museum | \$14

1/17 - Activity #: 30818

[Click here to register](#)

Library Day | \$13

2/28 - Activity #: 31321

[Click here to register](#)

Ropes Course | \$16

3/28 - Activity #: 31435

[Click here to register](#)

Mural Walk | \$13

4/25 - Activity #: 31352

[Click here to register](#)

DANCES: SATURDAYS, 6:00PM-8:30PM

Sweetheart Dance | \$17

Location: Hart Senior Center

2/7 - Activity #: 31316

[Click here to register](#)

St. Patrick's Dance | \$17

Location: North Natomas Community Center

3/21 - Activity #: 31349

[Click here to register](#)



SCAN TO REGISTER

QUESTIONS? Contact Kou Yang at
916-808-6045 or KYang2@cityofsacramento.org.

HOW TO REGISTER: Scan the QR
code to register for activities online.

City of
SACRAMENTO
Youth, Parks, & Community Enrichment