

# JANUARY 2021 Special Needs Community Zoom & Outdoor Activities



\*activities will be provided via Zoom for all disabilities, FREE of charge and for all ages unless noted.  
You need not belong to the organization to participate.

Visit [www.myrecreationdistrict.com/adaptive-sports-calendar](http://www.myrecreationdistrict.com/adaptive-sports-calendar) for complete calendar listings with links

## Desert Recreation online activities

Registration required at <https://www.myrecreationdistrict.com/adaptivetherapeutic-sports-recreation>

\*\*indicates the activity is in conjunction with Palms to Pines Parasports (PPP) For more info, contact Mike at [pppmiker@palmstopinesparasports.org](mailto:pppmiker@palmstopinesparasports.org)

**Cycling!	1817 N. San Clemente Palm Springs	Saturday	Meet at 8:30am	Jan-02	
Karate	Zoom	Monday	4:15-5:15pm	Jan 4-25	\$25
Adaptive Basketball**	Palm Desert	Monday	10-11:30am	Jan 4-25	
Adaptive Basketball**	Palm Desert	Monday	3-4:30pm	Jan 4-25	
Youth Archery	Indio CC	Tuesday	3:30-4:30pm	Jan 5-26	
Adult Archery	Indio CC	Tuesday	2:30-3:30pm	Jan 5-26	
Wheelchair basketball**	Palm Desert	Wednesday	3-4:30pm	Jan 6-27	
Support Group**	Zoom	Wednesday	7-8pm	Jan 6-27	
Fitness	Zoom	Thursday	11am-12pm	Jan 7-28	
Tennis**	Palm Desert	Thursday	3:30-4:30pm	Jan 7-28	
Pickleball**	Palm Desert	Thursday	4:30-5:30pm	Jan 7-28	
Seated Fitness	Zoom	Friday	10-11am	Jan 8-29	
Boccia**	Palm Desert	Friday	11:30am-12:30pm	Jan 8-29	
Meditation**	Zoom	Friday	3-4pm	Jan 8-29	
Abili-Tee Golf (Tentative)	Palm Desert	Monday	10am-12pm	Jan-25	\$70

Presented by LEAPS Services-Contact Karina for Zoom instructions at [kmelgar@leapsservices.com](mailto:kmelgar@leapsservices.com) or call 760.673.6564

Movement	Zoom	Monday	1-2pm	Jan 4-25	
Self-reflection	Zoom	Monday	2-2:30pm	Jan 4-25	
Reading	Zoom	Tuesday	1-2pm	Jan 5-26	
Music	Zoom	Tuesday	4-4:45pm	Jan 5-26	
Art	Zoom	Wednesday	1-2pm	Jan 6-27	
Karaoke	Zoom	Thursday	1-2pm	Jan 7-28	
Cooking	Zoom	Thursday	4-5pm	Jan 7-28	
Games	Zoom	Friday	1-2pm	Jan 8-29	
Meditation with Michael	Zoom	Saturday	1-2pm	Jan 2-30	

Presented by High Hopes Dance Troupe-Contact Renée for Zoom instructions at [highhopesdance@yahoo.com](mailto:highhopesdance@yahoo.com) or on Facebook at High Hopes Dance

Dance class	Zoom	Saturday	10-11am	Jan 2-30	
Hip Hop Dance class	Zoom	Sunday	4-5pm	Jan 3-31	

Presented by Desert Arc -Contact Martha for Zoom instructions at [mgonzalez@desertarc.org](mailto:mgonzalez@desertarc.org) or call 760.601.2325

Meditation/Tai Chi	Zoom	Tuesday	2-3pm	Jan 5-26	
Zumba!	Zoom	Wednesday	2-3pm	Jan 6-27	
Arts & Crafts	Zoom	Thursday	2-3pm	Jan 7-28	

Presented by UCPIE -Contact Ronica for Zoom instructions at ronica@ucpie.org or call 951.588.3716					
Adaptive Karate w/Sensei Tamara	Zoom	Monday	3-4pm	Jan 4-25	
Adaptive Crossfit w/Ms. Cheryl	Zoom	Tuesday	3-4pm	Jan 5-26	
Adaptive Karate w/Sensei Tamara	Zoom	Wednesday	3-4pm	Jan 6-27	
Adaptive Yoga	Zoom	Thursday	3-4pm	Jan 7-28	
Art w/Mr. Joel	Zoom	Friday	4-5pm	Jan-08	
Game	Zoom	Friday	4-5pm	Jan-15	
Game	Zoom	Friday	3-4pm	Jan-22	
Social Share & Art w/Mr. Joel	Zoom	Friday	3:30-5pm	Jan-29	
Presented by Autism Society Inland Empire (formerly CVASA) Sign up at <a href="https://www.ieautism.org/events/">https://www.ieautism.org/events/</a>					
***Disney Music Bingo!	Zoom	Friday	6:30pm	Jan 8	
Group Music Therapy Ages 8-12	Zoom	Monday	5:00pm	Jan 4 & 18	
Group Music Therapy Ages 13-17	Zoom	Monday	5:00pm	Jan 11 & 25	
Bedtime Stoies	Zoom	Monday	7:00pm	Jan 7-28	
Talk to Me Tuesday	Zoom	Tuesday	2:30pm	Jan 5-26	
Fun Friday	Zoom	Friday	3:00pm	Jan 8-29	
Let's Play...Games	Zoom	Friday	7:00pm	Jan 15 & 29	
Anime Club	Zoom	Saturday	2:00pm	Jan 16 & 30	



