

## FEBRUARY 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 and outdoor activities (at Community Centers)

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

**NOTE:** No basketball on Feb. 15th due to Presidents Day

Outdoor Basketball	Palm Desert CC	Mondays	3-4pm	Feb 1, 8, & 22	Free/ Closed Feb. 15th
Karate	Zoom	Mondays	4:15-5pm	Feb 1, 8, 15 & 22	\$25
Adult Outdoor Archery	Indio CC	Tuesdays	2:30-3:30pm	Feb. 2, 9,16, & 23	Free
Youth Outdoor Archery	Palm Desert CC	Tuesdays	3:30-4:30pm	Feb. 2, 9,16, & 23	Free
Wheelchair basketball	Palm Desert CC	Wednesdays	3-4:30pm	Feb 3, 10, 17, & 24	Free
Fitness	Zoom	Thursdays	11am-12pm	Feb 4, 11, 18, & 25	Free
Tennis	Palm Desert CC	Thursdays	3:30-4:30pm	Feb 4, 11, 18, & 25	Free
Pickleball	Palm Desert CC	Thursdays	4:30-5:30pm	Feb 4, 11, 18, & 25	Free
Seated Fitness	Zoom	Fridays	10-11am	Feb 5, 12, 19, & 26	Free
Boccia	Palm Desert CC	Fridays	11:30am-12:30pm	Feb 5, 12, 19, & 26	Free
Meditation	Zoom	Fridays	3-4pm	Feb 5, 12, 19, & 26	Free

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

Membership classes available at 10am and 12pm.

**NOTE:** Cooking Camp will be offered daily Feb. 15-19 from 1-3pm for a fee in place of the free afternoon virtual activities..

Self-reflection	Zoom	Mondays	1:30-2pm	Feb 1, 8, & 22	Free
Reading	Zoom	Tuesdays	1-1:45pm	Feb. 2, 9, & 23	Free
Music	Zoom	Tuesdays	4-4:45pm	Feb. 2, 9, & 23	Free
Art	Zoom	Wednesdays	1-1:45pm	Feb 3, 10, & 24	Free
Karaoke	Zoom	Thursdays	4-4:45pm	Feb 4, 11, & 25	Free
Cooking	Zoom	Thursdays	4-5pm	Feb 4, 11, & 25	Free
Vurtual Field Trip	Zoom	Fridays	1-1:45pm	Feb 5, 12, & 26	Free
Meditation with Michael	Zoom	Saturday	1-1:45pm	Feb 6, 13, 20, & 27	Free

Presented by UCPIE -Contact Ronica for Zoom instructions at [ronica@ucpie.org](mailto:ronica@ucpie.org) or call 951.588.3716

**NOTE:** No karate on Feb. 15th due to Presidents Day

Adaptive Karate w/Sensei Tamara	Zoom	Mondays	3-4pm	Feb 1, 8, & 22	Free/ Closed Feb. 15th
Adaptive Crossfit w/Ms. Cheryl	Zoom	Tuesdays	3-4pm	Feb. 2, 9,16, & 23	Free
Adaptive Karate w/Sensei Tamara	Zoom	Wednesdays	3-4pm	Feb 3, 10, 17, & 24	Free
Adaptive Yoga	Zoom	Thursdays	3-4pm	Feb 4, 11, 18, & 25	Free
Letters to self w/Ms. Ronica	Zoom	Friday	3-4pm	Feb-05	Free
Valentine's Day Drive-Up Event	UCPIE	Friday	1-4pm	Feb-12	Free
Song of your choice w/Ms. Ronica	Zoom	Friday	3-4:30pm	Feb-19	Free
Recycling art lesson w/Mr. Joel	Zoom	Friday	3:30-5pm	Feb-26	Free
Valentine's Day Dance Party w/DJ Paul	Zoom	Saturday	1-2pm	Feb-13	Free
Team Freedom Drive-Up	UCPIE	Saturday	12-4pm	Feb-20	Free

Presented by Desert Arc -Contact Martha for Zoom instructions at <a href="mailto:mgonzalez@desertarc.org">mgonzalez@desertarc.org</a> or call 760.601.2325					
Meditation/Tai Chi	Zoom	Tuesdays	2-3pm	Feb. 2, 9,16, & 23	Free
Zumba!	Zoom	Wednesdays	2-3pm	Feb 3, 10, 17, & 24	Free
Arts & Crafts	Zoom	Thursdays	2-3pm	Feb 4, 11, 18, & 25	Free
Movie Night	Zoom	Fridays	5-6pm	Feb 5th "Soul" Feb 19th "Up" Feb 26th "Aladdin" (new version)	Free
Valentine's Dance w/DJ Martha	Zoom	Friday	5-6pm	Feb. 12th	Free
Presented by High Hopes Dance Troupe-Contact Renée for Zoom instructions at <a href="mailto:highhopesdance@yahoo.com">highhopesdance@yahoo.com</a> or on Facebook at High Hopes Dance. For Hip Hop Zoom instructions, email <a href="mailto:dani.hjerpe@gmail.com">dani.hjerpe@gmail.com</a>					
Dance class for teens & adults	Zoom	Saturdays	10-11 am	Feb 6, 13, 20, & 27	Free
Hip Hop Dance class teens & adults	Zoom	Sundays	4-5pm	Feb 7,14, 21, & 28	Free
Presented by Autism Society Inland Empire (formerly CVASA) Sign up at <a href="http://www.ieautism.org/events/">www.ieautism.org/events/</a>					
Parents of Adults Support Group	Zoom	Mondays 2x/month	3-4pm	TBA	Free
Group Music Therapy Ages 8-12	Zoom	Mondays Bi-weekly	5-5:45pm	TBA	Free
Group Music Therapy Ages 13+	Zoom	Mondays Bi-weekly	5-5:45pm	TBA	Free
Talk to Me Tuesday	Zoom	Tuesdays	2:30-3:30pm	Feb 2, 9, & 16	Free
Art Class	Zoom	Tuesdays	3:30-4:30pm	Feb 2, 9, & 16	Free
Teen/Adult Social Club (ages 13+)	Zoom	Thursdays	3-4pm	TBA	Free
Bedtime Stories	Zoom	Thursdays	7-7:15pm	TBA	Free
Fun Friday	Zoom	Fridays	3-3:30pm	Feb 5, 12, & 26	Free
Adult Group Game Night (ages 18+)	Zoom	Fridays every other	7-8pm	Feb 5, 12, 19, & 26	Free
Anime Club (ages 16+)	Zoom	Saturdays Bi-weekly	2:00-3:30pm	TBA	Free
Role Playing Game Club (ages 13+)	Zoom	Saturdays	7-9pm	TBA	Free
Presented by Palms to Pines Parasports (PPP) For more info, contact Mike at <a href="mailto:pppmiker@palmstopinesparasports.org">pppmiker@palmstopinesparasports.org</a>					
Support Group**	Zoom	Wednesdays	7-8pm	Feb 3, 10, 17, & 24	Free



