

OCTOBER CALENDAR 2020 Special Needs Community Zoom Activities

*all activities will be provided via Zoom FREE of charge. Get instructions on how to join by matching color of event with contact.

Presented by UCPIE -Contact Ronica for Zoom instructions at ronica@ucpie.org or call 951.588.3716

Presented by LEAPS Services- Contact Karina for Zoom instructions at kmelgar@leapservices.com or call 760.673.6564

Presented by CVASA - Visit <http://www.cvasa.org/events/> or Facebook page +++SPECIAL EVENTS

Presented by Desert Arc - Contact Martha for Zoom instructions at mgonzalez@desertarc.org or call 760.601.2325 +++SPECIAL EVENT

Presented by High Hopes Dance Troupe - Contact Renée for Zoom instructions at highhopesdance@yahoo.com or on Facebook at High Hop es Dance

**Desert Recreation online activities registration required at <https://www.myrecreationdistrict.com/adaptive-sports-calendar>

NOTE: MOST CLASSES & ACTIVITIES ARE FREE, HAVE NO AGE RESTRICTIONS & OPEN TO ALL DIS-ABILITIES. YOU DO NOT NEED TO BE A MEMBER OF THE ORGANIZATION TO PARTICIPATE.



Connecting families of special needs loved ones with community services and organizations.

1-Oct	Thu	**DRD Adaptive Adult Fitness 16 yrs.+ Karaoke w/Karina Arts and Crafts Class Adaptive Yoga w/ Ms. Kim Cooking with Karina	11am-11:40am 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm	12-Oct	Mon	Movement w/Karina Self-reflection class with Karina Adaptive Karate w/Sensei Tamara **Adult Adaptive Karate w/Sensei Tamara 4 yrs.+ Teen Group Music Therapy- ages 11 to 19	1pm-2pm 2-2:30pm 3pm-4pm 5pm-6pm 5pm-5:30pm	22-Oct	Thu	**DRD Adaptive Adult Fitness 16 yrs.+ Karaoke w/Karina Arts and Crafts Class Adaptive Yoga w/ Ms. Kim Cooking with Karina	11am-11:40am 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm
2-Oct	Fri	**DRD Adaptive Seated Fitness 16 yrs.+ Games with Friends w/Karina Art Lesson w/Mr. Joel-Drawing Franenstein +++HALLOWEEN THEME FAMILY TRIVIA NIGHT	10am-10:50am 1pm-2pm 4pm-5pm 6pm-8pm	13-Oct	Tue	Reading w/Karina Guided Meditation/Adaptive Tai Chi Adaptive CrossFit w/Ms. Cheryl Music w/Karina Autism Parent Exchange Group	1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 6pm-7pm	23-Oct	Fri	**DRD Adaptive Seated Fitness Games with Friends w/Karina Sharing Social w/ Ms. Ronica	10am-10:50am 1pm-2pm 4pm-5pm
3-Oct	Sat	High Hopes Dance **DRD Adaptive Gymnastics 5-14 yrs. Meditation with Michael **DRD Adaptive Guided Meditation 8 yrs.+ +++CREEPY MOSQUITO CRAFT NIGHT	10am-11am 10am-11am 1pm-2pm 3pm-3:50pm 4pm	14-Oct	Wed	Art w/Karina Adaptive Karate w/ Sensei Tamara	1pm-2pm 3pm-4pm	24-Oct	Sat	High Hopes Dance **DRD Adaptive Gymnastics 5-14 yrs. Meditation with Michael **DRD Adaptive Guided Meditation 8 yrs.+	10am-11am 10am-11am 1pm-2pm 3pm-3:50pm
5-Oct	Mon	Movement w/Karina Self-reflection class with Karina Adaptive Karate w/Sensei Tamara **Adult Adaptive Karate w/Sensei Tamara 4 yrs.+ Group Music Therapy- ages 3 to 10	1pm-2pm 2-2:30pm 3pm-4pm 5pm-6pm 5pm-5:30pm	15-Oct	Thu	**DRD Adaptive Adult Fitness 16 yrs.+ Karaoke w/Karina Arts and Crafts Class Adaptive Yoga w/ Ms. Kim Cooking with Karina	11am-11:40am 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm	26-Oct	Mon	Movement w/Karina Self-reflection class with Karina Adaptive Karate w/Sensei Tamara **Adult Adaptive Karate w/Sensei Tamara 4 yrs.+ Teen Group Music Therapy- ages 11 to 19	1pm-2pm 2-2:30pm 3pm-4pm 5pm-6pm 5pm-5:30pm
6-Oct	Tue	Reading w/Karina Guided Meditation/Adaptive Tai Chi Adaptive CrossFit w/Ms. Cheryl Music w/Karina Autism Parent Exchange Group	1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 6pm-7pm	16-Oct	Fri	**DRD Adaptive Seated Fitness 16 yrs.+ Games with Friends w/Karina Paint Nite w/Ms. Ronica-Halloween Edition	10am-10:50am 1pm-2pm 3pm-4pm	27-Oct	Tue	Reading w/Karina Guided Meditation/Adaptive Tai Chi Adaptive CrossFit w/Ms. Cheryl Music w/Karina Autism Parent Exchange Group	1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 6pm-7pm
7-Oct	Wed	Art w/Karina Adaptive Karate w/ Sensei Tamara	1pm-2pm 3pm-4pm	17-Oct	Sat	High Hopes Dance **DRD Adaptive Gymnastics 5-14 yrs. Meditation with Michael **DRD Adaptive Guided Meditation 8 yrs.+	10am-11am 10am-11am 1pm-2pm 3pm-3:50pm	28-Oct	Wed	Art w/Karina Adaptive Karate w/ Sensei Tamara	1pm-2pm 3pm-4pm
8-Oct	Thu	**DRD Adaptive Adult Fitness 16 yrs.+ Karaoke w/Karina Arts and Crafts Class Adaptive Yoga w/ Ms. Kim Cooking with Karina	11am-11:40am 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm	19-Oct	Mon	Movement w/Karina Self-reflection class with Karina Adaptive Karate w/Sensei Tamara **Adult Adaptive Karate w/Sensei Tamara 4 yrs.+ Group Music Therapy- ages 3 to 10	1pm-2pm 2-2:30pm 3pm-4pm 5pm-6pm 5pm-5:30pm	29-Oct	Thu	**DRD Adaptive Adult Fitness 16 yrs.+ Karaoke w/Karina Arts and Crafts Class Adaptive Yoga w/ Ms. Kim Cooking with Karina	11am-11:40am 1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm
9-Oct	Fri	**DRD Adaptive Seated Fitness Games with Friends w/Karina DJ Paul Dance Party +++HALLOWEEN BOOGIE BASH	10am-10:50am 1pm-2pm 5pm-6pm 6pm	20-Oct	Tue	Reading w/Karina Guided Meditation/Adaptive Tai Chi Adaptive CrossFit w/Ms. Cheryl Music w/Karina Autism Parent Exchange Group	1pm-2pm 2pm-3pm 3pm-4pm 4pm-5pm 6pm-7pm	30-Oct	Fri	**DRD Adaptive Seated Fitness Games with Friends w/Karina DJ Paul Dance Party +++HALLOWEEN DANCE PARTY WITH DJ MARTHA!	10am-10:50am 1pm-2pm 5pm-6pm 6:30pm-7:30pm
10-Oct	Sat	High Hopes Dance **DRD Adaptive Gymnastics 5-14 yrs. Meditation with Michael **DRD Adaptive Guided Meditation 8 yrs.+	10am-11am 10am-11am 1pm-2pm 3pm-3:50pm	21-Oct	Wed	Art w/Karina Adaptive Karate w/ Sensei Tamara	1pm-2pm 3pm-4pm	31-Oct	Sat	High Hopes Dance **DRD Adaptive Gymnastics 5-14 yrs. Meditation with Michael **DRD Adaptive Guided Meditation 8 yrs.+	10am-11am 10am-11am 1pm-2pm 3pm-3:50pm