

## SEPTEMBER 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 kmeigar@leapsservices.com or call 760.673.6564

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

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

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

**NOTE: MOST CLASSES & ACTIVITIES HAVE NO AGE RESTRICTIONS. OPEN TO DISABILITIES. YOU DO NOT NEED TO BE A MEMBER OF THE ORGANIZATION TO PARTICIPATE.**



1-Sep	Tue	Reading w/Karina Adaptive CrossFit w/Ms. Cheryl Music w/Karina Autism Parent Exchange Group	1pm-2pm 3pm-4pm 4pm-5pm 6pm-7pm	11-Sep	Fri	**DRD Adaptive Seated Fitness 16 yrs.+ Games with Friends w/Karina DJ Paul Dance Party	10am-10:50am 1pm-2pm 5pm-6pm	21-Sep	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
2-Sep	Wed	Art w/Karina Adaptive Karate w/ Sensei Tamara	1pm-2pm 3pm-4pm	12-Sep	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	22-Sep	Tue	Reading w/Karina Adaptive CrossFit w/Ms. Cheryl Music w/Karina Autism Parent Exchange Group	1pm-2pm 3pm-4pm 4pm-5pm 6pm-7pm
3-Sep	Thu	**DRD Adaptive Adult Fitness 16 yrs.+ Karaoke w/Karina Adaptive Yoga w/ Ms. Kim Cooking with Karina	11am-11:40am 1pm-2pm 3pm-4pm 4pm-5pm	13-Sep	Sun			23-Sep	Wed	Art w/Karina Adaptive Karate w/ Sensei Tamara	1pm-2pm 3pm-4pm
4-Sep	Fri	**DRD Adaptive Seated Fitness 16 yrs.+ Games with Friends w/Karina Art Lesson w/ Mr. Joel	10am-10:50am 1pm-2pm 4pm-5pm	14-Sep	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	24-Sep	Thu	**DRD Adaptive Adult Fitness 16 yrs.+ Karaoke w/Karina Adaptive Yoga w/ Ms. Kim Cooking with Karina	11am-11:40am 1pm-2pm 3pm-4pm 4pm-5pm
5-Sep	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	15-Sep	Tue	Reading w/Karina Adaptive CrossFit w/Ms. Cheryl Music w/Karina Autism Parent Exchange Group	1pm-2pm 3pm-4pm 4pm-5pm 6pm-7pm	25-Sep	Fri	**DRD Adaptive Seated Fitness 16 yrs.+ Games with Friends w/Karina DJ Paul Dance Party	10am-10:50am 1pm-2pm 5pm-6pm
6-Sep	Sun			16-Sep	Wed	Art w/Karina Adaptive Karate w/ Sensei Tamara	1pm-2pm 3pm-4pm	26-Sep	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
7-Sep	Mon	Movement w/Karina Self-reflection class with Karina Group Music Therapy- ages 3 to 10 NO UCPIE OR DRD EVENTS DUE TO LABOR	1pm-2pm 2-2:30pm 5pm-5:30pm	17-Sep	Thu	**DRD Adaptive Adult Fitness 16 yrs.+ Karaoke w/Karina Adaptive Yoga w/ Ms. Kim Cooking with Karina	11am-11:40am 1pm-2pm 3pm-4pm	27-Sep	Sun		
8-Sep	Tue	Reading w/Karina Adaptive CrossFit w/Ms. Cheryl Music w/Karina Autism Parent Exchange Group	1pm-2pm 3pm-4pm 4pm-5pm 6pm-7pm	18-Sep	Fri	**DRD Adaptive Seated Fitness Games with Friends w/Karina Paint Night w/ Ms. Ronica	10am-10:50am 1pm-2pm 3pm-4pm	28-Sep	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
9-Sep	Wed	Art w/Karina Adaptive Karate w/ Sensei Tamara	1pm-2pm 3pm-4pm	19-Sep	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	29-Sep	Tue	Reading w/Karina Adaptive CrossFit w/Ms. Cheryl Music w/Karina Autism Parent Exchange Group	1pm-2pm 3pm-4pm 4pm-5pm 6pm-7pm
10-Sep	Thu	**DRD Adaptive Adult Fitness 16 yrs.+ Karaoke w/Karina Adaptive Yoga w/ Ms. Kim Cooking with Karina	11am-11:40am 1pm-2pm 3pm-4pm 4pm-5pm	20-Sep	Sun			30-Sep	Wed	Art w/Karina Adaptive Karate w/ Sensei Tamara *Disney Bingo Singalong	1pm-2pm 3pm-4pm All ages & abilities