

## MARCH 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. Confirm fees with the organizations. 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 District online and outdoor activities (at Community Centers)  
Registration required at <https://www.myrecreationdistrict.com/adaptivetherapeutic-sports-recreation>  
[AdaptiveSports@drd.us.com](mailto:AdaptiveSports@drd.us.com) 760.834.9597

|                                |                 |            |                 |                       |      |
|--------------------------------|-----------------|------------|-----------------|-----------------------|------|
| Adaptive Basketball            | Palm Desert CC  | Mondays    | 3-4:30pm        | Mar 1, 8, 15, 22, 29  | Free |
| Adaptive Karate                | Zoom            | Mondays    | 4:15-5pm        | Mar 1, 8, 15, 22, 29  | \$25 |
| Adaptive Adult Archery         | Indio CC        | Tuesdays   | 2:30-3:30pm     | Mar 2, 9, 16, 23, 30  | Free |
| Adaptive Youth Archery         | Indio CC        | Tuesdays   | 3:30-4:30pm     | Mar 2, 9, 16, 23, 30  | Free |
| Adaptive Basketball            | Palm Desert CC  | Wednesdays | 3-4:30pm        | Mar 3, 10, 17, 24, 31 | Free |
| Adaptive Support Group         | Zoom            | Wednesdays | 7-8pm           | Mar 3 & 17            | Free |
| Adaptive Fitness-Hybrid        | Zoom & Outdoors | Thursdays  | 10-11 am        | Mar 4, 11, 18, 25     | Free |
| Adaptive Tennis                | Palm Desert CC  | Thursdays  | 3:30-4:30pm     | Mar 4, 11, 18, 25     | Free |
| Adaptive Pickleball            | Palm Desert CC  | Thursdays  | 4:30-5:30pm     | Mar 4, 11, 18, 25     |      |
| Adaptive Seated Fitness-Hybrid | Zoom & Outdoors | Fridays    | 10-11 am        | Mar 5, 12, 19, 26     | Free |
| Adaptive Boccia                | Palm Desert CC  | Fridays    | 11:30am-12:30pm | Mar 5, 12, 19, 26     | Free |
| Adaptive Meditation            | Zoom            | Fridays    | 4-4:45pm        | Mar 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 12pm.

**SPECIAL EVENT!** Mar 6th @7pm-Parents/Caregivers Virtual Night Out. Registration required: <https://bit.ly/3smrPnX>

|                    |      |            |          |                       |      |
|--------------------|------|------------|----------|-----------------------|------|
| Movement           | Zoom | Mondays    | 1-1:30pm | Mar 1, 8, 15, 22, 29  | Free |
| Self-reflection    | Zoom | Mondays    | 1:30-2pm | Mar 1, 8, 15, 22, 29  | Free |
| Reading            | Zoom | Tuesdays   | 1-1:45pm | Mar 2, 9, 16, 23, 30  | Free |
| Music              | Zoom | Tuesdays   | 4-4:45pm | Mar 2, 9, 16, 23, 30  | Free |
| Art                | Zoom | Wednesdays | 1-1:45pm | Mar 3, 10, 17, 24, 31 | Free |
| Karaoke            | Zoom | Thursdays  | 4-4:45pm | Mar 4, 11, 18, 25     | Free |
| Cooking            | Zoom | Thursdays  | 4-5pm    | Mar 4, 11, 18, 25     | Free |
| Virtual Field Trip | Zoom | Fridays    | 1-1:45pm | Mar 5, 12, 19, 26     | Free |

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

|   |       |            |         |                       |      |
|---|-------|------------|---------|-----------------------|------|
| Adaptive Karate w/Sensei Tamara         | Zoom  | Mondays    | 3-4pm   | Mar 1, 8, 15, 22, 29  | Free |
| Adaptive Crossfit w/Ms. Cheryl          | Zoom  | Tuesdays   | 3-4pm   | Mar 2, 9, 16, 23, 30  | Free |
| Adaptive Karate w/Sensei Tamara         | Zoom  | Wednesdays | 3-4pm   | Mar 3, 10, 17, 24, 31 | Free |
| Adaptive Yoga                           | Zoom  | Thursdays  | 3-4pm   | Mar 4, 11, 18, 25     | Free |
| Art lesson w/Mr. Joel                   | Zoom  | Friday     | 3-4pm   | Mar-05                | Free |
| Dance Party w/DJ Paul                   | Zoom  | Friday     | 4-5pm   | Mar 12 & 26           | Free |
| Women's History Month<br>Drive-Up Event | UCPIE | Friday     | 12-4pm  | Mar-19                | Free |
| Kit pick up                             | UCPIE | Saturday   | 9-11 am | Mar 20                |      |
| World Down syndrome Day Paint Party     | Zoom  | Sunday     | 3:21pm  | Mar 21                | Free |

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

**NOTE:** Choir

|                    |      |            |       |  |      |
|--------------------|------|------------|-------|--|------|
| Choir Class        | Zoom | Mondays    | 2-3pm | Mar 15, 22, 29   | Free |
| Meditation/Tai Chi | Zoom | Tuesdays   | 2-3pm | Mar 2, 9, 16, 23, 30   | Free |
| Zumba!             | Zoom | Wednesdays | 2-3pm | Mar 3, 10, 17, 24, 31  | Free |
| Arts & Crafts      | Zoom | Thursdays  | 2-3pm | Mar 4, 11, 18, 25  | Free |
| Movie Night        | Zoom | Fridays    | 5-7pm | Mar 12th "RAYA"<br>Mar 19th "COCO"<br>Mar 26th "The Frog & The Prince" | Free |

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. For Hip Hop Zoom instructions, email [dani.hjerpe@gmail.com](mailto:dani.hjerpe@gmail.com)

|                                    |      |           |         |                     |      |
|------------------------------------|------|-----------|---------|---------------------|------|
| Dance class for teens & adults     | Zoom | Saturdays | 10-11am | Mar 6, 13, 20, & 27 | Free |
| Hip Hop Dance class teens & adults | Zoom | Sundays   | 4-5pm   | Mar 7, 14, 21, & 28 | Free |

Presented by Autism Society Inland Empire (formerly CVASA) Sign up at [www.ieautism.org/events/](http://www.ieautism.org/events/)

**NOTE: Individuals MUST RSVP to participate and receive links.**

**\*SPECIAL EVENTS!!!**

March 6th- Mask-Up Coachella Valley PPE hand-outs, 10am-12pm RSVP required

March 19th @6:30pm- Family Night Bingo Night

|   |      |                     |             |  |            |
|---|------|---------------------|-------------|--|------------|
| Parents of Adults Support Group                             | Zoom | Mondays 2x/month    | 3-4pm       | Mar 15 & 29                                  | Free       |
| Group Music Therapy Ages 8-12                               | Zoom | Mondays Bi-weekly   | 5-5:50pm    | Mar 8 & 22                                   | \$10/month |
| Group Music Therapy Ages 13+                                | Zoom | Mondays Bi-weekly   | 5-5:50pm    | Mar 15 & 29                                  | \$10/month |
| Talk to Me Tuesday  | Zoom | Tuesdays            | 2:30-3:30pm | Mar 2, 9, 16, 23, 30                         | Free       |
| Art Class   | Zoom | Tuesdays            | 3:30-4:30pm | Mar 2, 9, 16, 23, 30                         | Free       |
| Teen/Adult Social Club (ages 13+)                           | Zoom | Thursdays           | 3-4pm       | Mar 4, 11, 18, 25                            | Free       |
| Teen Girl Group (ages 13-17)                                | Zoom | Thursdays bi-weekly | 4:30-5:30pm | Mar 11 & 25                                  | Free       |
| Movie Club (ages 13+)                                       | Zoom | Thursdays 2x/month  | 4:30-6:30pm | Mar 4 - "Croods"<br>Mar 18 - "Princess & the | \$10/month |
| Bedtime Stories   | Zoom | Thursdays           | 7-7:15pm    | Mar 4, 11, 18, 25                            | Free       |
| Fun Friday  | Zoom | Fridays             | 3-3:30pm    | Mar 5, 12, 19, 26                            | Free       |
| Rancho Cucamonga Young Adult Group<br>Game Night (ages 18+) | Zoom | Fridays every other | 7-8:15pm    | Mar 12 & 26                                  | Free       |
| Anime Club (ages 16+)                                       | Zoom | Saturdays Bi-weekly | 2:00-3:30pm | Mar 13                                       | \$10/month |