

July CALENDAR 2020 Special Needs Community Zoom Activities


*all activities will be provided via Zoom, to 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@leapsservices.com or call 760.673.6564

Presented by High Hopes Dance Troupe- Contact Renée for Zoom instructions at highhopesdance@yahoo.com

**Check Desert Recreation online activities & register at <https://www.myrecreationdistrict.com/adaptive-sports-calendar>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZOOM ETIQUETTE 1. When logging into session please use real name. This is for our instructor to better communicate 2. Please mute microphone and wait to be called on. This is for all of our friends to take turns sharing. 3. Let's remember to take turns and have fun.			1	2	3	4
			Adaptive Karate w/ Sensei Tamara 10am-11am Art w/Karina 1pm-2pm	Adaptive Yoga w/ Ms. Kim 3:00pm-4:00pm Karaoke w/Karina 1pm-2pm Cooking with Karina 4pm-5pm	Games with Friends w/Karina 1pm-2pm	HAPPY 4 TH Meditation with Michael 1pm-2pm NO High Hopes Dance 10am-11am
5	6	7	8	9	10	11
Weekly Motivation All our dreams can come true if we have the courage to pursue them - Walt Disney	Adaptive Karate w/Sensei Tamara 10am-11am Movement w/Karina 1pm-2pm	Adaptive CrossFit w/Ms. Cheryl 3pm-4pm Reading w/Karina 1pm-2pm Music w/Karina 4pm-5pm	Adaptive Karate w/ Sensei Tamara 10am-11am Art w/Karina 1pm-2pm	Adaptive Yoga w/ Ms. Kim 3:00pm-4:00pm Karaoke w/Karina 1pm-2pm Cooking with Karina 4pm-5pm	DJ Paul Dance Party 5pm-6pm Games with Friends w/Karina 1pm-2pm	Activity Idea – Have a family game night Meditation with Michael 1pm-2pm High Hopes Dance 10am-11am
12	13	14	15	16	17	18
Weekly Motivation Your passion is waiting for your courage to catch up - Isabelle Laffeche	Adaptive Karate w/Sensei Tamara 10am-11am Movement w/Karina 1pm-2pm	Adaptive CrossFit w/Ms. Cheryl 3pm-4pm Reading w/Karina 1pm-2pm Music w/Karina 4pm-5pm	Adaptive Karate w/ Sensei Tamara 10am-11am Art Contest Winner Announced Art w/Karina 1pm-2pm	Adaptive Yoga w/ Ms. Kim 3:00pm-4:00pm Karaoke w/Karina 1pm-2pm Cooking with Karina 4pm-5pm	At Home Scavenger Hunt w/ Ms. Ronica 1pm – 2:30pm Games with Friends w/Karina 12pm-1pm Note time this day only!	Activity Idea – Movie Night Meditation with Michael 1pm-2pm High Hopes Dance 10am-11am
19	20	21	22	23	24	25
Weekly Motivation Keep your eyes on the stars, and your feet on the ground - Theodore Roosevelt	Adaptive Karate w/Sensei Tamara 10am-11am Movement w/Karina 1pm-2pm	Adaptive CrossFit w/Ms. Cheryl 3pm-4pm Reading w/Karina 1pm-2pm Music w/Karina 4pm-5pm	Adaptive Karate w/ Sensei Tamara 10am-11am Art w/Karina 1pm-2pm	Adaptive Yoga w/ Ms. Kim 3:00pm-4:00pm Karaoke w/Karina 1pm-2pm Cooking with Karina 4pm-5pm	DJ Paul Dance Party 5pm-6pm Games with Friends w/Karina 1pm-2pm	Activity Idea – Family Charades Night Meditation with Michael 1pm-2pm High Hopes Dance 10am-11am
26	27	28	29	30	31	
Weekly Motivation Nothing will work unless you do - Maya Angelou	Adaptive Karate w/Sensei Tamara 10am-11am Movement w/Karina 1pm-2pm	Adaptive CrossFit w/Ms. Cheryl 3pm-4pm Reading w/Karina 1pm-2pm Music w/Karina 4pm-5pm	Adaptive Karate w/Sensei Tamara 10am-11am Art w/Karina 1pm-2pm	Famous for 2 minutes w/ Ms. Ronica 3pm-4:30pm Karaoke w/Karina 1pm-2pm Cooking with Karina 4pm-5pm	Paint Night w/ Ms. Ronica 3pm-4pm Games with Friends w/Karina 1pm-2pm	 Building Bridges for Special Needs-CV