

NOVEMBER CALENDAR 2020 Special Needs Community Zoom Activities

*all activities will be provided via Zoom for all disabilities, FREE of charge and for all ages unless noted. Get instructions on how to join by matching color of event with contact or visit www.myrecreationdistrict.com/adaptive-sports-calendar for complete listing with links

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

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

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

Desert Recreation online activities registration required at www.myrecreationdistrict.com/adaptivetherapeutic-sports-recreation

**Outdoor activities in partnership with Palms to Pines Parasports

\$-Fee ^^Special event

Time	MONDAYS	TUESDAYS	WEDNESDAYS
10:30 AM			
11:00 AM			
11:30 AM			
1:00 PM	Movement	Reading	Art
2:00 PM	Self Reflection Class	Guided Meditation/Adaptive Tai Chi	Music Class starts 11/18/2020
2:30 PM		**Adult & Youth Archery (2:30-4:30PM)	
3:00 PM	Karate - Nov. 23 Karate replaced with Paint Night **Adaptive Basketball	Crossfit	Karate (No karate on Nov. 25) **Wheelchair basketball
4:00 PM	4:15PM - Adult Adaptive Karate 4+ yrs. (\$)	Music	
5:00 PM			Nov. 25 - Dance Party w/DJ Paul
6:00 PM	Nov. 9 & 23 Group Music Therapy 3-10 yrs Nov. 16 & 30 Group Music Therapy 11+ (Teens)		
7:00 PM			**Adaptive Support Group

Time	THURSDAYS NO EVENTS, EXCEPT KARAOKE/COOKING, ON 11/26!	FRIDAYS NO UCPIE/DRD EVENTS on 11/27!	SATURDAYS NO DRD EVENTS on Nov. 28
10:00 AM		Seated Fitness 16+ yrs.	High Hopes Dance Gymnastics 5-14yrs
10:30 AM			
11:00 AM	Adult Fitness 16 yrs.+		
11:30 AM		**Adaptive Boccia	
1:00 PM	Karaoke	Games	Mediation with Michael
2:00 PM	Arts & Crafts		
3:00 PM	Yoga	**Guided Mediation	
3:30 PM	** Wheelchair Tennis		
4:00 PM	Cooking		
4:30 PM	**Adaptive Pickleball		
5:00 PM		Nov. 6 - Paint Night Nov. 13 - Dance Party w/DJ Paul Nov. 20 - Art Lesson w/Mr. Joel	
6:00 PM		^^Nov. 20 @6:30PM Family Movie Trivia Night (12 yrs+)	

