

DECEMBER CALENDAR 2020 Special Needs Community Zoom & Outdoor Activities



*activities will be provided via Zoom for all disabilities, FREE of charge and for all ages unless noted.

You need not belong to the organization to participate.

Visit www.myrecreationdistrict.com/adaptive-sports-calendar for complete calendar listings with links

Celebrate World Disability Day in the Coachella Valley with us on Dec. 3, 2020. Register at: <https://bit.ly/39ngVI4>

Desert Recreation online activities

Registration required at <https://www.myrecreationdistrict.com/adaptivetherapeutic-sports-recreation>

Below is the list of activities for DRD in December. As noted on the dates, some activities will run on the holidays.

**indicates the activity is in conjunction with Palms to Pines Parasports (PPP) For more info, contact Mike at

pppmiker@palmstopinesparasports.org

Karate	Zoom	Monday	4:15-5:15pm	Dec 7-28	\$25
Adaptive Basketball**	Palm Desert	Monday	3-4:30pm	Dec 7-28	
Adaptive Basketball**	Palm Desert	Monday	10-11:30am	Dec 7-28	
Youth Archery	Indio CC	Tuesday	3:30-4:30pm	Dec 1-22	
Adult Archery	Indio CC	Tuesday	2:30-3:30pm	Dec 1-22	
Wheelchair basketball**	Palm Desert	Wednesday	3-4:30pm	Dec 2-30	
Support Group	Zoom	Wednesday	7-8pm	Dec 2-30	
Fitness	Zoom	Thursday	11am-12pm	Dec 3-17	
Adaptive/Wheelchair Tennis**	Palm Desert	Thursday	3:30-4:30pm	Dec 3-17	
Adaptive/Wheelchair Pickleball**	Palm Desert	Thursday	4:30-5:30pm	Dec 3-31	
Seated Fitness	Zoom	Friday	10-11am	Dec 4-18	
Boccia**	Palm Desert	Friday	11:30a-12:30pm	Dec 4-25	
Meditation**	Zoom	Friday	3-4pm	Dec 4-25	
Cycling**	Outdoors	Sunday	7:30am	Dec 13 & 27	

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

Movement	Zoom	Monday	1-2pm	Dec 7-28	
Self-reflection	Zoom	Monday	2-2:30pm	Dec 7-28	
Reading	Zoom	Tuesday	1-2pm	Dec 1-29	
Music	Zoom	Tuesday	4-4:45pm	Dec 2-30	
Art	Zoom	Wednesday	1-2pm	Dec 2-30	
Karaoke	Zoom	Thursday	1-2pm	Dec 3-31	
Cooking	Zoom	Thursday	4-5pm	Dec 3-31	
Games	Zoom	Friday	1-2pm	Dec 4-18	
Meditation with Michael	Zoom	Saturday	1-2pm	Dec 5-26	

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

For December CVASA is hosting holiday activities only

Drive by Holiday Gift Distribution	RAP Bldg-Palm Desert	Saturday	10am-12pm	Dec 19	
Holiday Drive-in Movie Night	Mary Pickford Drive-in	Saturday	6pm	Dec 19	

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

Dance class	Zoom	Saturday	10-11am	Dec 5-26	
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Presented by Desert Arc -Contact Martha for Zoom instructions at mgonzalez@desertarc.org or call 760.601.2325

Christmas Dance with DJ Martha	Zoom	Tuesday	5-6pm	22-Dec	
Meditation/Tai Chi	Zoom	Tuesday	2-3pm	Dec 1-15, 29	No class Dec 22
Music	Zoom	Wednesday	2-3pm	Dec 2-16	
Movie Day	Zoom	Wednesday	2-3pm	Dec 23 & 30	
Arts & Crafts	Zoom	Thursday	2-3pm	Dec 10-17	Dec 3 Spec. Event. Closed Dec 24 & 31

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

Adaptive Karate w/Sensei Tamara	Zoom	Monday	3-4pm	Dec 7-28	
Adaptive Crossfit w/Ms. Cheryl	Zoom	Tuesday	3-4pm	Dec 1-29	
Adaptive Karate w/Sensei Tamara	Zoom	Wednesday	3-4pm	Dec 2-30	
Adaptive Yoga	Zoom	Thursday	3:15-3:45pm	Dec 3 Only	Must register @ https://bit.ly/39ngVI4
Adaptive Yoga	Zoom	Friday	3-4pm	Dec 10-24	
UCPIE Santa's Workshop	Drive-thru	Friday	1-6pm	Dec 18	RSVP by 12/8
Paint Night w/ Ms. Ronica	Zoom	Friday	3-4pm	Dec 11	
DJ Dance Parties with DJ Paul	Zoom	Friday Saturday Thursday	4-5pm 1-2pm 4-5pm	Dec 4 Dec 19 Dec 31	

