

DECEMBER 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 for complete calendar listings with links

Activities cancelled Dec. 24th, 25th, 26th & 31st due to the holiday. Wishing you and yours a safe and happy holiday season!



Desert Recreation District online and/or outdoor activities (at Community Centers shown as CC)

Registration required at <https://www.myrecreationdistrict.com/adaptivetherapeutic-sports-recreation>. Fees are per month per program. Annual & semi-annual memberships available.

*FREE with Adaptive Program Membership [Annual - \$200, Semi-Annual - \$125. Excludes Karate]

**Program offered in partnership with SoCal Adaptive sports ^^Program offered in partnership with Friends of the Desert Mountain

Register for the HYBRID programs on the DRD website, select one stating ONLINE or IN PERSON.

Email: AdaptiveSports@drd.us.com Phone: 760.834.9597

NOTE: facility closures/no program dates in December include Dec 24, 27, & 31, and the Palm Desert & Indio Community centers will be closed Dec 13-19 for maintenance week.

Multi Sport [kickball, soccer, wiffleball, frisbee, etc.]	Palm Desert CC	Mondays	2-3pm	Dec. 6,13,20	\$25*
Basketball**	Palm Desert CC	Mondays	3-4:30pm	Dec. 6,13,20	\$25*
Karate	Online	Mondays	4:15-5:15pm	Dec. 6,13,20	\$50/month
Adult Archery	Indio CC	Tuesdays	2:30-3:30p	Dec. 7,21,28	\$25*
Youth Archery	Indio CC-Outdoor	Tuesdays	3:30-4:30pm	Dec. 7,21,28	\$25*
Adult Fitness	Indio CC	Tuesdays	4-4:45pm	Dec. 7,21,28	\$25*
Basketball	Palm Desert CC-Outdoor	Wednesdays	3-4:30pm	Dec. 1,8,15,22,29	\$25*
Support Group	Online	Wednesdays	7-8pm	Dec. 1, 15	FREE
Hybrid Fitness	Bermuda Dunes CC & Online	Thursdays	10-11am	Dec. 2,9,16,23,30	\$25*
Tennis**	Palm Desert CC	Thursdays	3:30-4:30pm	Dec. 2,9,16,23,30	\$25*
Pickleball	Palm Desert CC	Thursdays	4:30-5:30pm	Dec. 2,9,16,23,30	25*
Hybrid Seated Fitness	Bermuda Dunes CC & Online	Fridays	10-11am	Dec. 3,10,17	25*
Boccia**	Palm Desert CC	Fridays	2:30-3:30pm	Dec. 3,10,17	25*
Hybrid Meditation	Bermuda Dunes CC & Online	Fridays	4:15-5pm	Dec. 3,10,17	25*
Gymnastics	Indio CC	Saturdays	9-9:50am	Nov 6,20 & Dec 4,11 [combined to make 1 month of classes]	25*
Hiking***^^	Various locations	Saturdays	9-11am	Dec. 4, 18	FREE

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

Membership classes available at 12pm. NOTE: New class times!

Music with Nick	Zoom	Mondays	1-2 pm	Dec. 6,13,20,27	Free
Reading	Zoom	Tuesdays	11am-12 pm	Dec. 7,14, 21,28	Free
Art	Zoom	Wednesdays	11am-12 pm	Dec. 1,8,15,22,29	Free
Karaoke	Zoom	Thursdays	11am-12 pm	Dec. 2,9,16,23,30	Free
Cooking with Chef Oscar	Zoom	Fridays	1-2 pm	Dec. 3,10,17	Free

Presented by High Hopes Dance Troupe-Contact Renée for Zoom instructions at highhopesdance@yahoo.com or on Facebook at High Hopes Dance. For Hip Hop Zoom instructions, email dani.hjerpe@gmail.com

Dance class for teens & adults	Zoom	Saturdays	10-11am	Dec. 4, 11, 18	Free
Hip Hop Dance class teens & adults	Zoom	Sundays	4-5pm	Dec. 5, 12, 19	Free

Presented by UCPIE -Contact DJ Paul for Zoom instructions at djpaul@ucpie.org or call 760.880.0899

EVENT: UCPIE North Pole Drive-Up, Dec. 9th 4-6 PM - Holiday Zoom Party, Dec. 11th 11:30am-1pm w/DJ Paul, Dec. 30th 4-5 PM

Dance Party

Adaptive Crossfit w/Ms. Cheryl	Zoom	Mondays	4-5 pm	Dec. 6,13,20,27	Free
Adaptive Karate w/Sensei Tamara	Zoom	Tuesdays	4-5 pm	Dec. 7,14, 21,28	Free
Adaptive Karate w/Sensei Tamara	Zoom	Wednesdays	4-5 pm	Dec. 1,8,15	Free
Adaptive Yoga w/Miss Kim	Zoom	Wednesdays	4-5 pm	Dec. 22,29	Free
Adaptive Yoga	Zoom	Thursdays	4-5 pm	Dec. 2,16 (No class 12/9) Dec. 23-Movie Dec. 30- Dance Party w/DJ Paul	Free
Show & Tell, Sing-Along, Dance	Zoom	Fridays w/DJ Paul	4-5 pm	Dec. 3,10,17	Free

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

NOTE: WINTER BREAK-NO CLASSES Dec. 13th-22nd.

EVENT: VIRTUAL HOLIDAY DANCE Dec. 23rd 6-8 PM

Karaoke	Zoom	Mondays	2-3pm	Dec. 6 & 27	Free
Tai Chi/Mindfulness	Zoom	Tuesdays	2-3pm	Dec. 7 & 28	Free
Zumba!	Zoom	Wednesdays	2-3pm	Dec. 1, 8, & 29	Free
Arts & Crafts	Zoom	Thursdays	2-3pm	Dec. 2, 9, & 30	Free
Movie Night	Zoom	Fridays	5:30-7:30pm	12/3 "Clifford the Red Dog" 12/10 "Grinch (2018)"	Free

Presented by Autism Society Inland Empire. Sign up at www.ieautism.org/events/

NOTE: Individuals MUST RSVP to participate and receive links.

EVENT: Winter Wonderland Drive-thru in Palm Desert - Sat. Dec. 18th / 12:30 – 3:30 MUST RSVP at IEautism.org/events

Parents of Adults Support Group	Zoom	Mondays 2x/month	6-7pm	TBA	Free
Fun with Music for all ages	Zoom	Mondays	5-5:50pm	Dec. 6,13,20,27	Free
Virtual Art class (all ages)	Zoom	Tuesdays	3:30-4:30pm	Dec. 7,14, 21,28	Free
Talk to Me Tuesday	Zoom	Tuesdays	5:30-6:30pm	Dec. 7,14, 21,28	Free
Teen/Adult Social Club (ages 13+)	Zoom	Thursdays	3-4pm	Dec. 2,9,16,23,30	Free
Teen Girl Group (ages 13-17)	Zoom	Thursdays bi-weekly	4:30-5:30pm	Dec. 9, 23	Free
Movie Club (ages 13+)	Zoom	Thursdays 2x/month	4:30-6:30pm	Dec. 2, 16, 30	Free
Bedtime Stories	Zoom	Thursdays	7-7:15pm	Dec. 2,9,16,23,30	Free
Rancho Young Adult Group Game Night (ages 18+)	Zoom	Fridays every other	7-8:15pm	Dec. 3, 17	Free
Super Saturday	Zoom	Saturdays	9:30-10 am	Dec. 4, 11, 18	Free
*Virtual Role Playing Group Ages 16+	Zoom	Saturdays	7-9pm	No Dates/TBA	Free

Bowling with special friends!	Palm Springs Lanes	Tuesdays	3:30-5:00pm	Dec. 7,14, 21, 28	\$6 weekly
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For more information or to sign up, contact Volunteer Coach Andrew Macchia at 760.275.7108 or by email at dolcemacchia@dc.rr.com

NOTE: This is not an organized event. It's an independent group of friends bowling together.