

JULY 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 link

NOTE: No programs July 5th-Holiday Observance



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

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**

**Program offered in partnership with PPP [Hiking] ^^Program offered in partnership with Alcorn Adaptive [Support Group]

*Hybrid activities take place at DRD Bermuda Dunes Community Center at 78-400 Avenue 42, 1 mi. east of Washington

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

Wiffleball	Palm Desert CC	Mondays	1:30-2:30p	July 12,19,26	\$25*
Gymnastics	Indio CC	Mondays	1:45-2:30	July 12,19,26	\$25*
Basketball**	Palm Desert CC	Mondays	3-4:15p	July 12,19,26	\$25*
Volleyball	Indio CC	Tuesdays	1:30-2:30p	July 6,13,20,27	\$25*
Adult Fitness	Indio CC	Tuesdays	4-4:45pm	July 6,13,20,27	\$25*
Table Tennis	Palm Desert CC	Wednesdays	12-1p	July 7,14,21,28	\$25*
Basketball	Indio CC	Wednesdays	3-4pm	July 7,14,21,28	\$25*
Support Group^^	Online	Wednesdays	7-8pm	July 7,14,21,28	FREE
Hybrid Fitness*	Bermuda Dunes CC & Online	Thursdays	10-11 am	July 1,8,15,29	25*
Soccer	Indio CC	Thursdays	1:30-2:30pm	July 1,8,15,22,29	25*
Hybrid Seated Fitness*	Bermuda Dunes CC & Online	Friday	10-11 am	July 2,9,16, 30	25*
Pickleball	Indio CC	Friday	2:30-3:30pm	July 2,9,16,23,30	25*
Boccia**	Indio CC	Friday	1:30-2:30pm	July 2,9,16,23,30	25*
Hybrid Meditation	Indio CC	Friday	4-5pm	July 2,9,16,23,30	25*
Adult Archery	Indio CC	Saturday	1:30-2:30p	July 3,10,17,24,31	\$25*
Youth Archery**	Indio CC	Saturday	2:30-3:30p	July 3,10,17,24,31	\$25*

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

Membership classes available at 12pm.

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Spirit week 7/26-30 Virtual Summer Camp Aug. 2-13 from 10am-12N

Movement	Zoom	Mondays	1-1:30 pm	July 12,19,26	Free
Self-reflection	Zoom	Mondays	1:30-2 pm	July 12,19,26	Free
Reading-Hybrid*	Zoom & Bermuda Dunes CC	Tuesdays	1-1:45 pm	July 6,13,20,27	Free
Music w/Nick	Zoom	Tuesdays	4-4:45 pm	July 6,13,20,27	Free
Art-Hybrid*	Zoom & Bermuda Dunes CC	Wednesdays	1-2 pm	July 7,14,21,28	Free
Karaoke	Zoom	Thursdays	1-2 pm	July 1,8,15,22,29	Free
Cooking w/Chef Oscar	Zoom	Thursdays	4-5 pm	July 1,8,15,22,29	Free
Vrtual Field Trip	Zoom	Fridays	1-2 pm	July 2,9,16,23,30	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	July 3,10,17,24,31	Free
Hip Hop Dance class teens & adults	Zoom	Sundays	4-5pm	July 11,18,25	Free

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

Adaptive Karate w/Sensei Tamara	Zoom	Mondays	3-4 pm	July 12,19,26	Free
Adaptive Crossfit w/Ms. Cheryl	Zoom	Tuesdays	3-4 pm	July 6,13,20,27	Free
Adaptive Karate w/Sensei Tamara	Zoom	Wednesdays	3-4 pm	July 7,14,21,28	Free
Adaptive Yoga	Zoom	Thursdays	3-4 pm	July 1,8,15,22,29	Free
Sing-Along, Dance Party, or Movie	Zoom	Fridays w/DJ Paul	3-4 pm	July 2,9,16,23	Free
Art Lesson	Zoom	Friday w/DJ Paul & Ms. Ronica	3-4 pm	July 30	Free

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

Karaoke (No Karaoke July 5 & 12)	Zoom	Mondays	2-3pm	July 19,26	Free
Meditation/Tai Chi	Zoom	Tuesdays	2-3pm	July 6,13,20,27	Free
Zumba!	Zoom	Wednesdays	2-3pm	July 7,14,21,28	Free
Arts & Crafts	Zoom	Thursdays	2-3pm	July 1,8,15,22,29	Free
Movie Night	Zoom	Fridays	5:30-7:30pm	July 2 "LUCA" July 9 "Toy Story 4" July 16 NO MOVIE July 23 "The Pacifier" July 30 "Wrinkle in Time"	Free

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

NOTE: Individuals MUST RSVP to participate and receive links.

SPECIAL EVENT! Family Music Bingo Friday, July 16th @6pm

Parents of Adults Support Group	Zoom	Mondays 2x/month	pm	TBA	Free
Fun with Music (New) for all ages	Zoom	Mondays Bi-weekly	5-5:50pm	July 12 & 26	Free
Talk to Me Tuesday	Zoom	Tuesdays	5:30-6:30pm	July 6,13,20,27	Free
Teen/Adult Social Club (ages 13+)	Zoom	Thursdays	3-4pm	July 1,8,15,22,29	Free
Teen Girl Group (ages 13-17)	Zoom	Thursdays bi-weekly	4:30-5:30pm	July 8 & 22	Free
Movie Club (ages 13+)	Zoom	Thursdays 2x/month	4:30-6:30pm	July 15 & 29	Free
Bedtime Stories	Zoom	Thursdays	7-7:15pm	July 1,8,15,22,29	Free
Fun Friday	Zoom	Fridays	3-3:30pm	July 2,9,16,23,30	Free
Rancho Young Adult Group Game Night (ages 18+)	Zoom	Fridays every other	7-8:15pm	July 9 & 23	Free

Bowling with special friends!	Palm Springs Lanes	Tuesdays	3:30-5:00pm	July 6,13,20,27	\$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 dolcemaichia@dc.rr.com NOTE: This is not an organized event. It's an independent group of friends bowling together.