

MAY 2021 Special Needs Community Zoom & Outdoor Activities

*activities will be provided via Zoom for all disabilities, FREE of charge and for all ages unless note
 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
MOST CLASSES CANCELLED MAY 31ST-MEMORIAL DAY



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

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|---|------------------|------------|-----------------|-------------------|------|
| Adaptive Gymnastics | Indio CC | Mondays | 1:45 – 2:30p | May 3,10,17,24 | \$25 |
| Adaptive Karate | Zoom | Mondays | 4:15-5:15 pm | May 3,10,17,24,31 | \$25 |
| Adaptive Adult Archery (weather permitting) | Indio CC | Tuesdays | 2:30-3:30 pm | May 4,11,18,25 | \$25 |
| Adaptive Youth Archery (weather permitting) | Indio CC | Tuesdays | 3:30-4:30 pm | May 4,11,18,25 | \$25 |
| Adult Fitness | Indio CC | Tuesdays | 4-5p | May 4,11,18,25 | \$25 |
| Adaptive Basketball | Palm Desert CC | Wednesdays | 3-4 pm | May 5,12,19,26 | \$25 |
| Adaptive Support Group^^ | Zoom | Wednesdays | 7-8 pm | May 5,12,19,26 | FREE |
| Adaptive Fitness-Hybrid | Bermuda Dunes CC | Thursdays | 10-11 am | May 6,13,20,27 | \$25 |
| Adaptive Tennis (weather permitting) | Palm Desert CC | Thursdays | 3:30-4:30 pm | May 6,13,20,27 | \$25 |
| Adaptive Pickleball (weather permitting) | Palm Desert CC | Thursdays | 4:30-5:30 pm | May 6,13,20,27 | \$25 |
| Adaptive Seated Fitness-Hybrid | Bermuda Dunes CC | Fridays | 10-11 am | May 7,14,21,28 | \$25 |
| Adaptive Boccia | Palm Desert CC | Fridays | 11:30am-12:30pm | May 7,14,21,28 | \$25 |
| Adaptive Meditation | Hybrid | Fridays | 4-4:45 pm | May 7,14,21,28 | \$25 |
| Hiking*** | Various | Saturdays | various | May 1,15,29 | FREE |

Presented by LEAPS Services-Contact Karina for Zoom instructions at kmelgar@leapsservices.com or call 760.673.6564
 Membership classes available at 12pm.
 Hybrid activities take place at DRD Bermuda Dunes Community Center at 78-400 Avenue 42, 1 mi. east of Washington

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| Movement | Zoom | Mondays | 1-1:30 pm | May 3,10,17,24, 31 | Free |
| Self-reflection | Zoom | Mondays | 1:30-2 pm | May 3,10,17,24 | Free |
| Reading-Hybrid | Bermuda Dunes CC | Tuesdays | 1-1:45 pm | May 4,11,18,25 | Free |
| Music w/Nick | Zoom | Tuesdays | 4-4:45 pm | May 4,11,18,25 | Free |
| Art-Hybrid | Bermuda Dunes CC | Wednesdays | 1-1:45 pm | May 5,12,19,26 | Free |
| Karaoke | Zoom | Thursdays | 1-1:45 pm | May 6,13,20,27 | Free |
| Cooking w/Chef Oscar | Zoom | Thursdays | 4-5 pm | May 6,13,20,27 | Free |
| Virtual Field Trip | Zoom | Fridays | 1-1:45 pm | May 7,14,21,28 | 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

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| Dance class for teens & adults | Zoom | Saturdays | 10-11am | May 1,8,15,22 | Free |
| Hip Hop Dance class teens & adults | Zoom | Sundays | 4-5pm | May 1,8,15,22 | Free |

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

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| Adaptive Karate w/Sensei Tamara | Zoom | Mondays | 3-4 pm | No class May 31st May 3,10,17,24 | Free |
| Adaptive Crossfit w/Ms. Cheryl | Zoom | Tuesdays | 3-4 pm | May 4,11,18,25 | Free |
| Adaptive Karate w/Sensei Tamara | Zoom | Wednesdays | 3-4 pm | May 5,12,19,26 | Free |
| Adaptive Yoga | Zoom | Thursdays | 3-4 pm | May 6,13,20,27 | Free |
| Sing-Along, Show & Tell, or Dance Party | Zoom | Fridays w/DJ Paul | 4-5 pm | May 7,14,21,28 | Free |

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

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| Choir Class | Zoom | Mondays | 2-3pm | NO CLASS MAY 3 or 31 May 10,17,24 | Free |
| Meditation/Tai Chi | Zoom | Tuesdays | 2-3pm | May 4,11,18,25 | Free |
| Zumba! | Zoom | Wednesdays | 2-3pm | May 5,12,19,26 | Free |
| Arts & Crafts | Zoom | Thursdays | 2-3pm | May 6,13,20,27 | Free |
| Movie Night | Zoom | Fridays | 5:30-7:30pm | May 7 "Beauty & The Beast" May 14 "Ratatouille" May 21 "Night at the Museum" May 28 "Zootopia" | 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.

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| Parents of Adults Support Group | Zoom | Mondays 2x/month | 3-4pm | TBA | Free |
| Group Music Therapy Ages 8-12 | Zoom | Mondays Bi-weekly | 5-5:50pm | May 10 & 24 | \$10/month |
| Group Music Therapy Ages 13+ | Zoom | Mondays Bi-weekly | 5-5:50pm | May 17 & 31 | \$10/month |
| Talk to Me Tuesday | Zoom | Tuesdays | 2:30-3:30pm | May 4,11,18,25 | Free |
| Art Class | Zoom | Tuesdays | 3:30-4:30pm | May 4,11,18,25 | Free |
| Teen/Adult Social Club (ages 13+) | Zoom | Thursdays | 3-4pm | May 6,13,20,27 | Free |
| Teen Girl Group (ages 13-17) | Zoom | Thursdays bi-weekly | 4:30-5:30pm | May 6 & 20 | Free |
| Movie Club (ages 13+) | Zoom | Thursdays 2x/month | 4:30-6:30pm | May 13 & 27 | \$10/month |
| Bedtime Stories | Zoom | Thursdays | 7-7:15pm | May 6,13,20,27 | Free |
| Fun Friday | Zoom | Fridays | 3-3:30pm | May 7,14,21,28 | Free |
| Rancho Cucamonga Young Adult Group Game Night (ages 18+) | Zoom | Fridays every other | 7-8:15pm | May 14, May 28 (Bingo) | Free |

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| Bowling with special friends! | Palm Springs Lanes | Tuesdays | 3:30-5:00pm | May 11,18,25 | \$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.