## AUGUST CALENDAR 2020

**UCP Zoom Activities**  
Contact: Ronica Reagins to sign up!

*All activities will be provided via Zoom, to get instructions on how to join message me on our social media handles or contact me directly by Phone: 951-588-3716 or E-mail: ronica@ucpie.org*

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
</tr>
</tbody>
</table>
| **Weekly Motivation**  
No one is Perfect  
That is why pencils have erasers.  
-Wolfgang Riebe | Adaptive Karate w/Sensei Tamara 3pm-4pm | Adaptive CrossFit w/Ms. Cheryl 3pm-4pm | Adaptive Karate w/ Sensei Tamara 3pm-4pm | Bowl-a-Thon Coloring Project 1pm-2pm  
Adaptive Yoga w/ Ms. Kim 3pm-4pm |        | 30th Annual Bowl-a-Thon  
11:30am-12:30pm |
|        | 3      | 4       | 5         | 6        | 7      | 8        |
|         |        |         |           |          |        |          |
| **Weekly Motivation**  
Make each day your masterpiece  
-John Wooden | Adaptive Karate w/Sensei Tamara 3pm-4pm | Adaptive CrossFit w/Ms. Cheryl 3pm-4pm | Adaptive Karate w/ Sensei Tamara 3pm-4pm | Adaptive Yoga w/ Ms. Kim 3pm-4pm | DJ Paul Dance Party  
5pm-6pm | On Your Own Activity Idea  
Home Made Play Dough |
|         | 9      | 10      | 11        | 12       | 13     | 14       |
| **Weekly Motivation**  
Do not be afraid to use your imagination | Adaptive Karate w/Sensei Tamara 3pm-4pm | Adaptive CrossFit w/Ms. Cheryl 3pm-4pm | Adaptive Karate w/ Sensei Tamara 3pm-4pm | Adaptive Yoga w/ Ms. Kim 3pm-4pm |        |          |
|         | 15     | 16      | 17        | 18       | 19     | 20       |
| **Weekly Motivation**  
Nothing is off limits. Everthing is within reach. Anything can be. | Adaptive Karate w/Sensei Tamara 3pm-4pm | Adaptive CrossFit w/Ms. Cheryl 3pm-4pm | Adaptive Karate w/ Sensei Tamara 3pm-4pm | Adaptive Yoga w/ Ms. Kim 3pm-4pm |        |          |
|         | 21     | 22      | 23        | 24       | 25     | 26       |
|         |        | On Your Own Activity Idea  
Make a Volcano |        |          |        |          |
|         | 27     | 28      | 29        |          |        |          |
| **Weekly Motivation**  
You can steer yourself any direction you choose  
-Dr. Seuss | Adaptive Karate w/Sensei Tamara 3pm-4pm | Adaptive CrossFit w/Ms. Cheryl 3pm-4pm | Adaptive Karate w/ Sensei Tamara 3pm-4pm | Adaptive Yoga w/ Ms. Kim 3pm-4pm | DJ Paul Dance Party  
5pm-6pm | On Your Own Activity Idea  
Lava Lamp |
|         | 30     | 31      |           |          |        |          |
Please see hyperlinks below to participate in weekend activities

Home Made Play Dough: Materials 3 cups of flour, 1 ½ cups of salt, 6 tspn cream of tartar, 3 tbspn of oil, 3 cups of water
Junior Scientists must have a responsible adult assistant to help!
https://www.sciencefun.org/kidszone/experiments/home-made-play-dough/

Home Made Volcano: 10 ml of dish soap, 100 ml of cold water, 400 ml of white vinegar
Food coloring, Baking soda slurry (fill a cup about ½ with baking soda, then fill the rest of the way with water), Empty 2 liter soda bottle
https://www.sciencefun.org/kidszone/experiments/how-to-make-a-volcano/

Home Made Lava Lamp: A clean plastic bottle, try to use one with smooth sides
Water, Vegetable Oil (or you could use Mineral or Baby Oil instead), Fizzing tablets (such as Alka Seltzer), Food Coloring
https://www.sciencefun.org/kidszone/experiments/lava-lamp/

Families please share videos and pictures
Sandra Gramajo
Development and Communications Manager
Email | Sandra@ucpie.org
Facebook: https://www.facebook.com/ucpinlandempire/
Instagram: https://www.instagram.com/ucpie/
Cell: (310) 709-3936

ZOOM ETIQUETTE

1. When logging into session please use real name. This is for our instructor to better communicate
2. Please mute microphone and wait to be called on. This is for all of our friends to take turns sharing.
3. Let’s remember to take turns and have fun.