





## September 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](mailto:ronica@ucpie.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		Adaptive CrossFit w/Ms. Cheryl 3pm-4pm	Adaptive Karate w/ Sensei Tamara 3pm-4pm	Adaptive Yoga w/ Ms. Kim 3pm-4pm	Art Lesson w/ Mr. Joel 4pm-5pm 	On Your Own Activity Idea- Make Peace Rocks for your yard
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Weekly Motivation</b> Strive for progress, not perfection	DAY OFF 	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- Make your own fairy potion
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Weekly Motivation</b> There are no shortcuts to any place worth going. -Beverly Sills	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	Paint Night w/ Ms. Ronica 3pm-4pm	On Your Own Activity Idea- Create an Internal Weather Report
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Weekly Motivation</b> It always seems impossible until it is done. -Nelson Mandela	Adaptive Karate w/Sensei Tamara 3pm-4pm	Adaptive CrossFit w/Ms. Cheryl 3pm-4pm Autumn Begins	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- Design Challenge Build a Bridge
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
<b>Weekly Motivation</b> Live life to the fullest and focus on the positive. -Matt Cameron	Adaptive Karate w/Sensei Tamara 3pm-4pm	Adaptive CrossFit w/Ms. Cheryl 3pm-4pm	Adaptive Karate w/Sensei Tamara 3pm-4pm			

**Please see hyperlinks below to participate in weekend activities**

<https://www.education.com/activity/>

<https://www.education.com/guided-lessons/>

<https://www.berries.com/blog/positive-quotes>

### **Homeschool Success Tips**

<https://www.scholastic.com/parents/school-success/school-involvement/8-steps-to-homeschool-success.html>

*Families please share videos and pictures*

**Sandra Gramajo**

**Development and Communications Manager**

Email | [Sandra@ucpie.org](mailto: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.**