

OCTOBER 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Weekly Motivation I'm so glad I live in a world where there are Octobers – L.M Montgomery				Adaptive Yoga w/ Ms. Kim 3pm-4pm	Art Lesson w/ Mr. Joel Drawing Frankenstein	Candy Wreath 
4	5	6	7	8	9	10
Weekly Motivation Autumn shows us how beautiful it is to let things go	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 	Decoupage Pumpkins 
11	12	13	14	15	16	17
Weekly Motivation Another fall, another turned page -Wallace Stegner	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 Halloween Edition	Make Witch Slime 
18	19	20	21	22	23	24
Weekly Motivation Autumn is a second spring when every leaf is a flower -Albert Camus	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	Sharing Social w/ Ms. Ronica 4pm-5pm	Paint Zombie Rocks 
25	26	27	28	29	30	31
Weekly Motivation Notice that autumn is more the season of the soul than of nature - Friedrich Nietzsche	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, Costume Dance Party 5pm-6pm 	

Halloween Ideas at Home

<https://www.countryliving.com/diy-crafts/g22355935/halloween-family-activities/>

<https://holidappy.com/holidays/How-to-Celebrate-Halloween-at-Home>

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.
4. Do NOT send private chat messages.