### 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*

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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| **Weekly Motivation**  
I’m so glad I live in a world where there are Octobers – L.M Montgomery | | | | | | |
| **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 | Art Lesson w/ Mr. Joel  
**Drawing**  
**Frankenstein** | Candy Wreath |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **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 | DJ Paul Dance Party 5pm-6pm | Decoupage Pumpkins |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| **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 | Paint Night w/ Ms. Ronica 3pm-4pm  
**Halloween Edition** | Make Witch Slime |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| **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 | Sharing Social w/ Ms. Ronica 4pm-5pm | Paint Zombie Rocks |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
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

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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.