

## November 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>	<b>6</b>	<b>7</b>
<b>Weekly Motivation</b> Great things never from comfort zones	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	<b>Paint Night w/ Ms. Ronica</b> 3pm-5pm	On Your Own Activity Idea – Thanksgiving Bingo Printable Online
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Weekly Motivation</b> Dream it. Wish it. Do it.	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 Dance Party w/ DJ Paul 5pm-6pm	On Your Own Activity Idea – Craft a Family Tree Tutorial Available
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Weekly Motivation</b> Dream Bigger. Do Bigger.	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	<b>Art Lesson w/ Mr. Joel</b> 3pm-4:30pm	On Your Own Activity Idea – Turkey Tag Tutorial Available
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Weekly Motivation</b> Little things make Big Days.	<b>Paint Night w/ Ms. Ronica</b> 3pm-5pm	Adaptive CrossFit w/Ms. Cheryl 3pm-4pm	DJ Dance Party w/ DJ Paul 5pm-6pm	<i>Thanksgiving</i> 	<i>UCPIE Closed</i> 	On Your Own Activity Idea - Turkey Talents Scavenger Hunt Printable
<b>29</b>	<b>30</b>					
<b>Weekly Motivation</b> The key to success is to focus on goals, not obstacles.	Adaptive Karate w/Sensei Tamara 3pm-4pm					

## Harvest Holiday Ideas at Home

<https://www.goodhousekeeping.com/holidays/thanksgiving-ideas/g28939265/fun-things-to-do-on-thanksgiving-activities/>

*Families please share videos and pictures*

**Sandra Gramajo**

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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.
5. Keep camera ON throughout session
6. Keep microphone on MUTE during workout to not disturb others with background noises