





## January Calendar 2021

### 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>
					Closed 	<b>Motivation</b> “The best is yet to come.” -Frank Sinatra
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Motivational Quote</b> “Celebrate endings-for they precede new beginnings” -Johnathan Huie	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 4pm-5pm	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Motivational Quote</b> “You’ll never get bored when you try something new. No limit to what you can do.” – 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	Zoom Guess Who? w/ Ms. Ronica 4pm-5pm	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>Motivational Quote</b> “You are never too old to set another goal or to dream a new dream”	Closed 	Adaptive CrossFit w/Ms. Cheryl 3pm-4pm	Adaptive Karate w/ Sensei Tamara 3pm-4pm	Adaptive Yoga w/ Ms. Kim 3pm-4pm	Zoom Card Game w/ Ms. Ronica 3pm-4pm	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>Motivational Quote</b> “Life is change. Growth is optional. Choose wisely.”	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/ an Art Lesson w/ Mr. Joel 3:30-5pm	

***Happy New Years!***

***January 2021 is here and we are all ready to set new goals.***

***As we go into the new year with more knowledge about safety and wellness be sure to continue to stay safe.***

***Here at UCPIE we will continue to be here, support and live life without limits.***

***-Miss. Ronica R.***

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