

## February Calendar 2021

### UCPIE 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>From Miss Ronica:</b> Thank you for filling my life with love!	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 Last Day to RSVP for Valentine's Day Drive Up	Letters to Self w/ Miss. Ronica 3pm-4pm	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Motivational Quote</b> Loving yourself isn't vanity. It's sanity. -Andre Gide	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	Valentine's Day Drive-Up Event 1pm-4pm	Valentine's Day Dance Party w/ DJ Paul 1pm-2pm
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Motivational Quote</b> Let all that you do be done in LOVE		Adaptive CrossFit w/Ms. Cheryl 3pm-4pm	Adaptive Karate w/ Sensei Tamara 3pm-4pm	Adaptive Yoga w/ Ms. Kim 3pm-4pm	Song of your choice w/ Ms. Ronica 3pm-4:30pm	Team Freedom Drive-Up 12pm-4pm
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Motivational Quote</b> You have to believe in yourself when no one else does- that makes you a winner right here. -Venus Williams	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	Recycling Art Lesson w/ Mr. Joel 3pm-4pm	
<b>28</b>						
<b>Motivational Quote</b> You are very powerful, provided you know how powerful you are. -Yogi Bhajan						

***Happy February!***

***The month of February is only 28 days.***

***The formula for goal crushing is pretty simple:***

- ***Define the goal.***
- ***Set a timeframe.***
- ***Break the goal down into smaller action items.***
- ***Do the work.***

***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**

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### **ZOOM ETIQUETTE**

- 1. When logging into session please use real name. For our instructor to better communicate**
- 2. Please mute microphone and wait to be called on.**
- 3. Do NOT send private chat messages.**
- 4. Keep camera ON throughout session**
- 5. Participate with the activities.**
- 6. Stay focused and do not distract others**
- 7. Let's remember to take turns and have fun.**