



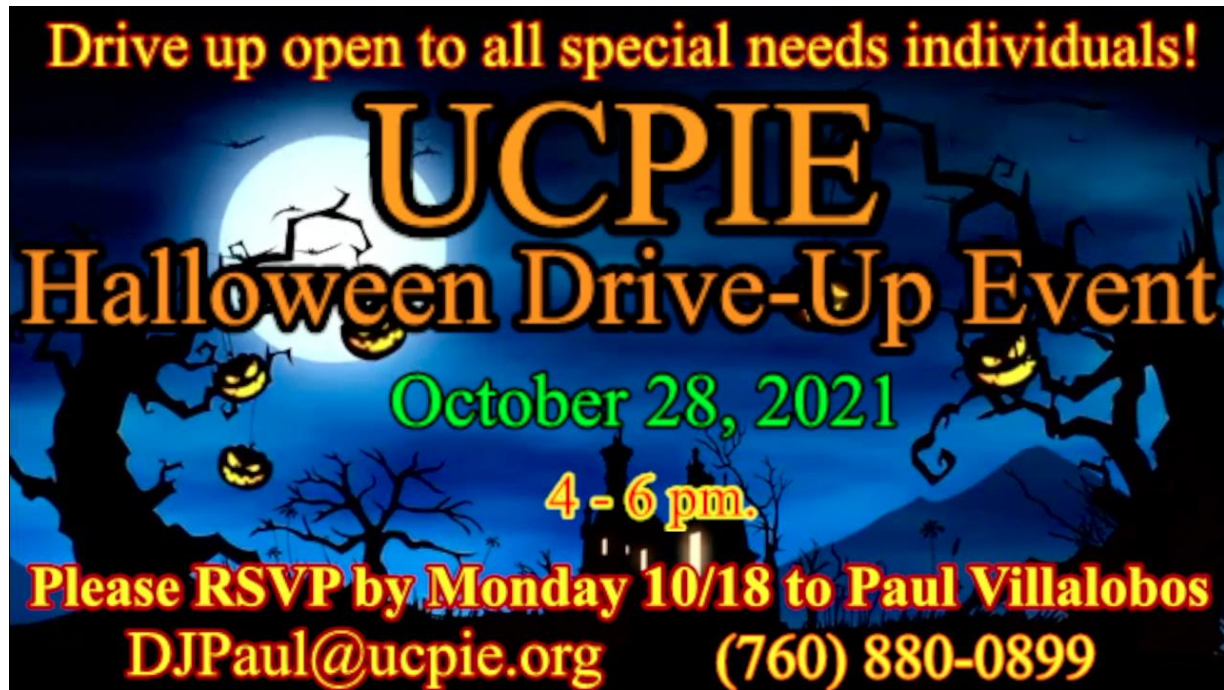


## October Calendar 2021

### UCPIE Zoom Activities    Contact: DJ Paul 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: 760-880-0899 or E-mail: [djpaul@ucpie.org](mailto:djpaul@ucpie.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
<b>Halloween Drive Up October 28 at 4-6pm Please RSVP by 10/18 To DJ Paul</b>					Show and tell and music with DJ Paul 4pm-5pm	National World card making day! Make a homemade card and give to someone.
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	Adaptive CrossFit with Ms. Cheryl 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Yoga with Ms. Kim 4pm-5pm	Sing along with DJ Paul 4pm-5pm	National Chess Day! What game do you like Chess, Checkers, Candyland?
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Adaptive CrossFit with Ms. Cheryl 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Yoga With Ms. Kim 4pm-5pm	Dance Party with DJ Paul 4pm-5pm	National Sports Day! Go out and play basket ball or throw a football
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	Adaptive CrossFit with Ms. Cheryl 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Yoga With Ms. Kim 4pm-5pm	Movie Day (The Nightmare Before Christmas) with DJ Paul 4pm.	
<b>24</b>	<b>25</b>	<b>25</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	Adaptive CrossFit with Ms. Cheryl 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	Adaptive Karate with Sensei Tamara 4pm-5pm	<b>Halloween Drive Up 4-6pm.</b>	Dance Party with DJ Paul 4pm-5pm	
<b>31</b>						
<b>HAPPY HALLOWEEN</b>						



## 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.

*Families, please share videos and pictures*

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