

## November 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>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>Adaptive CrossFit</b> with Ms. Cheryl 4-5pm.	<b>Adaptive Karate</b> with Sensei Tamara 4pm-5pm	<b>Adaptive Karate</b> with Sensei Tamara 4pm-5pm	<b>Adaptive Yoga</b> with Ms. Kim 4pm-5pm	<b>Show and tell and music</b> with DJ Paul 4pm-5pm	<b>National Nacho Day</b> on Nov 6th. Make a bowl of Nachos with or without Jalapenos.
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<b>Adaptive CrossFit</b> with Ms. Cheryl 4-5pm.	<b>Adaptive Karate</b> with Sensei Tamara 4pm-5pm	<b>Adaptive Karate</b> with Sensei Tamara 4pm-5pm	<b>Adaptive Yoga</b> with Ms. Kim 4pm-5pm	<b>Sing along</b> with DJ Paul 4pm-5pm	<b>National Sundae Day</b> is on Nov. 11 <sup>th</sup> Make a Sundae. What do you like are your sundae?
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	<b>Adaptive CrossFit</b> with Ms. Cheryl 4-5pm.	<b>Adaptive Karate</b> with Sensei Tamara 4pm-5pm	<b>Adaptive Karate</b> with Sensei Tamara 4pm-5pm	<b>Adaptive Yoga</b> With Ms. Kim 4pm-5pm	<b>Movie Day!</b> 	<b>National Cake Day!</b> Woohoo! I LOVE CAKE!
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Adaptive Karate</b> <i>with</i> <b>Sensei Tamara</b>	<b>Adaptive CrossFit</b> with Ms. Cheryl 4-5pm.	<b>Adaptive Karate</b> with Sensei Tamara 4pm-5pm	<b>Adaptive Karate</b> with Sensei Tamara 4pm-5pm	<b>Holiday</b> 	<b>Holiday</b>	<b>Saturday Morning Cartoons</b> with Your Cereal With DJ Paul 10-11am.
<b>28</b>	<b>29</b>	<b>30</b>				
	<b>Adaptive CrossFit</b> with Ms. Cheryl 4-5pm.	<b>Adaptive Karate</b> with Sensei Tamara 4-5pm				

## 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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