
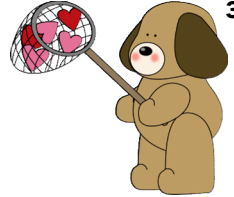



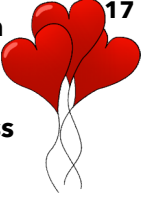






# February Calendar 2024

## UCPIE Zoom Activities

Contact Shae Terranova 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) 321-8184 Ext 10 or E-mail: shae@ucpie.org\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Adaptive Yoga with Ms. Tracy 4pm-5pm	2 Sing Along with DJ Paul 4pm-5pm	3 
 4	5 Adaptive Karate with Sensei Tamara 4pm-5pm	6 Adaptive CrossFit with Ms. Cheryl 4pm-5pm	7 Adaptive Karate with Sensei Tamara 4pm-5pm	8 Adaptive Yoga with Ms. Tracy 4pm-5pm	9 Dance Party with DJ Paul 4pm-5pm	10 What do you call a very small valentine? <b>A Valentiny</b>
11 	12 Adaptive Karate with Sensei Tamara 4pm-5pm	13 Adaptive CrossFit with Ms. Cheryl 4pm-5pm	14  Adaptive Karate with Sensei Tamara 4pm-5pm	15 Adaptive Yoga with Ms. Tracy 4pm-5pm	16 Sing Along with DJ Paul 4pm-5pm	17 Random Acts of Kindness Day 
18 	19  <b>No Zoom Today</b>	20 Adaptive CrossFit with Ms. Cheryl 4pm-5pm	21 Adaptive Karate with Sensei Tamara 4pm-5pm	22 Adaptive Yoga with Ms. Tracy 4pm-5pm	23 Dance Party with DJ Paul 4pm-5pm	24 What do you call two birds in love? <b>Tweethearts</b>
25 	26 Adaptive Karate with Sensei Tamara 4pm-5pm	27 Adaptive CrossFit with Ms. Cheryl 4pm-5pm	28 Adaptive Karate with Sensei Tamara 4pm-5pm	29 Adaptive Yoga with Ms. Tracy 4pm-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.
3. Keep camera ON throughout session
4. Participate with the activities.
5. Stay focused and do not distract others
6. Let's remember to take turns and have fun.

## Families, please share videos and pictures

Shae Terranova

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Facebook

<https://www.facebook.com/ucpinlandempire/>

Instagram

<https://www.instagram.com/ucpie/>

Phone: (760) 321-8184 Ext 10



## Valentine Words

adore	honey	dear
February	admire	love
friend	special	hug



o l a d f i d e a r  
c a f h e v e k u h  
r i a j b y a l a o  
g c t f r i e n d n  
p e r a u q u t o n  
s p m n a c l o r y  
z s b o r d o t e g  
h o n e y d v e g u  
w a d m i r e s e h