






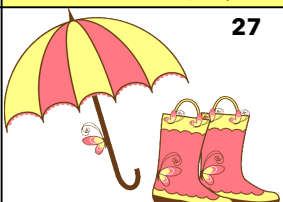
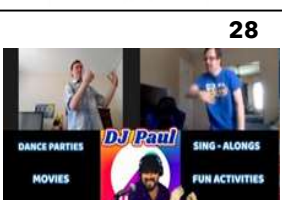



April Calendar 2024

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 Karate with Sensei Tamara 4pm-5pm	2 Adaptive CrossFit with Ms. Cheryl 4pm-5pm	3 Adaptive Karate with Sensei Tamara 4pm-5pm	4 Adaptive Yoga with Ms. Tracy 4pm-5pm	5 Dance Party with DJ Paul 4pm-5pm	6 
	8 Adaptive Karate with Sensei Tamara 4pm-5pm	9 Adaptive CrossFit with Ms. Cheryl 4pm-5pm	10 Adaptive Karate with Sensei Tamara 4pm-5pm	11 Adaptive Yoga with Ms. Tracy 4pm-5pm	12 Sing Along with DJ Paul 4pm-5pm	13  How do bees get to school? A school buzz
	14 Adaptive Karate with Sensei Tamara 4pm-5pm	15 Adaptive CrossFit with Ms. Cheryl 4pm-5pm	16 Adaptive Karate with Sensei Tamara 4pm-5pm	17 Adaptive Yoga with Ms. Tracy 4pm-5pm	18 Dance Party with DJ Paul 4pm-5pm	19 Why did the birdie go to the hospital? For a tweet- 
	21 Earth Day! Adaptive Karate With Sensei Tamara 4pm - 5pm	22 Adaptive CrossFit with Ms. Cheryl 4pm-5pm	23 Adaptive Karate with Sensei Tamara 4pm-5pm	24 Adaptive Yoga with Ms. Tracy 4pm-5pm	25 Sing Along with DJ Paul 4pm-5pm	26 
	28 Adaptive Karate with Sensei Tamara 4pm-5pm	29 Adaptive CrossFit with Ms. Cheryl 4pm-5pm	30 			

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

e-mail:

shae@ucpie.org

Facebook

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

Instagram

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

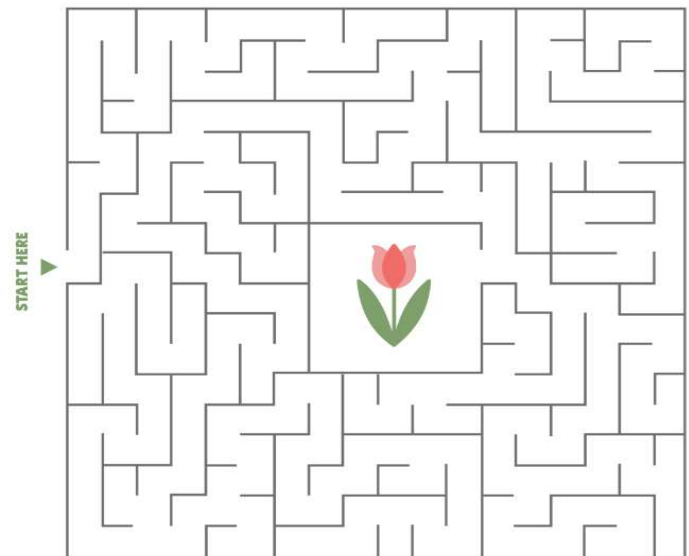
Phone: (760) 321-8184 Ext 10



SPRING MAZE

Find your way through the maze to reach
the flower in the center.

Happy Spring!



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