## July Calendar 2024

### UCPIE Zoom Activities

- **Adaptive Karate**
  - Monday: 1st
  - Tuesday: 2nd
  - Wednesday: 3rd
  - Thursday: 4th
  - Friday: 5th
  - Saturday: 6th
- **Adaptive CrossFit**
  - Monday: 1st
  - Tuesday: 2nd
  - Wednesday: 3rd
  - Thursday: 4th
  - Friday: 5th
  - Saturday: 6th
- **Adaptive Karate**
  - Monday: 1st
  - Tuesday: 2nd
  - Wednesday: 3rd
  - Thursday: 4th
  - Friday: 5th
  - Saturday: 6th
- **Adaptive Yoga**
  - Monday: 1st
  - Tuesday: 2nd
  - Wednesday: 3rd
  - Thursday: 4th
  - Friday: 5th
  - Saturday: 6th
- **Sing Along**
  - Monday: 1st
  - Tuesday: 2nd
  - Wednesday: 3rd
  - Thursday: 4th
  - Friday: 5th
  - Saturday: 6th

### Contact Christina Felix 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 111 or E-mail: christina@ucpie.org*

### Holiday Observance

- **No Zoom Today in observance to holiday**
  - Friday, 4th of July

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### Ice Cream Day Activities

- **7th**: World Chocolate Day
- **14th**: Ice Cream Day
- **21st**: Ice Cream Day

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### Ice Cream Flavors

- **Choco-Late**
- **Sundae School**

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### Ice Cream Time

- 4pm-5pm

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### Other Activities

- **Power Yoga**
  - Monday: 15th
  - Wednesday: 17th

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### Additional Notes

- Dancing Fitness with Ms. Tracy: Monday, 15th; Wednesday, 17th
- Dance Party with DJ Paul: Wednesday, 17th

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### Contact Information

- Phone: (760) 321-8184 Ext 111
- E-mail: christina@ucpie.org
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<thead>
<tr>
<th>ZOOM ETIQUETTE</th>
<th>Families, please share videos and pictures</th>
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<tbody>
<tr>
<td>1. When logging into session please use real name. For our instructor to better communicate</td>
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<td>2. Please mute microphone and wait to be called on.</td>
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<td>3. Do NOT send private chat messages.</td>
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<td>3. Keep camera ON throughout session</td>
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<td>4. Participate with the activities.</td>
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<td>5. Stay focused and do not distract others</td>
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<td>6. Let’s remember to take turns and have fun.</td>
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<tr>
<td>Christina Felix</td>
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<td>e-mail: <a href="mailto:christina@ucpie.org">christina@ucpie.org</a></td>
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