

FEBRUARY 2023 Special Needs Community Zoom & Outdoor Activities

*activities will be provided via Zoom for all disabilities, FREE of charge and for all ages unless noted.

Confirm fees with the organizations. You need not belong to the organization to participate.

Visit www.myrecreationdistrict.com/adaptive-sports-calendar for complete calendar listings with links

NOTE: Some programs will not be offered Monday, Feb. 20th in honor of President's Day



Desert Recreation District online and/or outdoor activities (at Community Centers shown as CC)

Registration required at <https://www.myrecreationdistrict.com/adaptivetherapeutic-sports-recreation>.

Fees are per month per program. Annual & semi-annual memberships available. [Annual - \$200, Semi-Annual - \$125]

*FREE with Adaptive Program Membership. Join at: www.myrecreationdistrict.com/class/adaptive-memberships

Register for the HYBRID programs on the DRD website, select one stating ONLINE or IN PERSON.

*Program offered in partnership with SoCal Adaptive sports ^^Program offered in partnership with Friends of the Desert Mountain

Email: AdaptiveSports@drd.us.com Phone: 760.834.9597

NOTE: DRD Facilities are closed Monday Feb. 20th....NO PROGRAMS

Gymnastics – Age 3-6	Bermuda Dunes CC	Mondays	10:30-11:15am	Feb. 6,13,27	\$25*
Basketball*	Palm Desert CC	Mondays	2:15-3:15pm	Feb. 6,13,27	\$25*
Basketball*	Palm Desert CC	Mondays	3:30-4:30pm	Feb. 6,13,27	\$25*
Walk, Run, Roll Club	Palm Desert CC	Mondays	4:45-5:30pm	Feb. 6,13,27	\$25*
Cabrillo Aquarium Trip	Off Site	Tuesday	8am-5pm	Feb. 7th	FREE
Abili-Tee [Adaptive Golf]	Palm Desert Golf Course	Tuesday	9-10:30am	Feb 14-Mar 28	\$75 for 7 sessions
Archery – Adult*	Indio CC	Tuesdays	2:30-3:30pm	Feb. 7,14,21,28	\$25*
Archery – Youth*	Indio CC	Tuesdays	3:30-4:30pm	Feb. 7,14,21,28	\$25*
Adult Fitness	Indio CC	Tuesdays	5-5:45pm	Feb. 7,14,21,28	\$25*
Gymnastics – Age 5-10	Bermuda Dunes CC	Wednesdays	10:30-11:15am	Feb. 1,8,15,22	\$25*
Basketball*	Palm Desert CC	Wednesdays	2:15-3:15pm	Feb. 1,8,15,22	\$25*
Basketball*	Palm Desert CC	Wednesdays	3:30-4:30pm	Feb. 1,8,15,22	\$25*
Boccia*	Palm Desert CC [outdoors]	Wednesdays	4:45-5:30pm	Feb. 1,8,15,22	\$25*
Hybrid Fitness	Bermuda Dunes CC & Online	Thursdays	10-11am	Feb. 2,9,16,23	\$25*
Tennis*	Palm Desert CC tennis courts	Thursdays	3-4pm	Feb. 2,9,16,23	\$25*
Pickleball & Badminton*	Palm Desert CC tennis courts	Thursdays	4-5pm	Feb. 2,9,16,23	\$25*
Hybrid Seated Fitness	Bermuda Dunes CC & Online	Fridays	10-11am	Feb. 3,10,17,24	\$25*
Music	Bermuda Dunes CC	Fridays	1-2pm	Feb. 3,10,17,24	\$25*
Gymnastics	Indio CC	Saturdays	9-9:50am	Feb. 4,11,18,25	\$25*

DRD SPECIAL EVENTS

NEW! Coastal Adventure Day Trip 10 years & older	Cabrillo Marine Aquarium & Beach Walk	Tuesday	8am-5pm	Feb. 7th	Free w/lunch & transportation & 1 caregiver
Hiking*^^	Cahuilla Hills & Fox Canyon	Saturday	8:30-10:30am	Feb. 11,25	FREE
Soccer	Mecca Community Center	Friday	5:30-7pm	Feb. 10th	FREE
Pathfinder Ranch Adventure	Mountain Center, CA	Sat or Sun	9am-2pm	Mar. 4 or 5	\$10 includes lunch

Presented by LEAPS Services-Contact Karina for Zoom instructions at kmelgar@leapservices.com or call 760.673.6564
 Social skills group starts Feb. 13th & meets 9am-12pm, Mon-Wed-Fri

Music with Nick	Zoom	Mondays	1-2 pm	Feb. 6,13,20,27	Free
Reading	Zoom	Tuesdays	11am-12 pm	Feb. 7,14,21,28	Free
Art	Zoom	Wednesdays	11am-12 pm	Feb. 1,8,15,22	Free
Karaoke	Zoom	Thursdays	11am-12 pm	Feb. 2,9,16,23	Free
Cooking with Chef Oscar	Zoom	Fridays	1-2 pm	Feb. 3,10,17,24	Free

Presented by UCPIE -Contact Jannett for Zoom instructions at jannett@ucpie.org or call 760.321.8184
NOTE: No Class Monday, Feb. 20th in observance of President's Day

Adaptive Yoga w/Miss Kim	Zoom	Mondays	4-5 pm	Feb. 6,13,27 No Class 2/20	Free
Adaptive Crossfit w/Ms. Cheryl	Zoom	Tuesdays	4-5 pm	Feb. 7,14,21,28	Free
Adaptive Karate w/Sensei Tamara	Zoom	Wednesdays	4-5 pm	Feb. 1,8,15,22	Free
Adaptive Karate w/Sensei Tamara	Zoom	Thursdays	4-5 pm	Feb. 2,9,16,23	Free
Sing-a-long, movie, dance, show& tell	Zoom	Fridays w/DJ Paul	4-5 pm	Feb. 3,10,17,24	Free

Presented by Desert Arc -Contact Martha for Zoom instructions at mgonzalez@desertarc.org or call 760.601.2325
Note: Friday Tai Chi/Meditation has moved to Mondays

Tai Chi/Meditation	Zoom	Mondays	10-11am	Feb. 6,13,20,27	Free
Karaoke	Zoom	Mondays	2-3pm	Feb. 6,13,27 No Class 2/20	Free
Tai Chi/Meditation	Zoom	Tuesdays	2-3pm	Feb. 7,14,21,28	Free
Tai Chi/Meditation	Zoom	Wednesdays	10-11am	Feb. 1,8,15,22	Free
Zumba!	Zoom	Wednesdays	2-3pm	Feb. 1,8,15,22	Free
Arts & Crafts	Zoom	Thursdays	2-3pm	Feb. 2,9,16,23	Free

DESERT ARC SPECIAL EVENTS

Yucca Valley Valentine's Celebration for clients	In-person	Friday	9am-2pm	Feb. 10th	Free for clients on campus
Virtual Valentine's Dance - all welcome	Zoom	Friday	6-8pm	Feb. 10th	Free
Yucca Valley Day of Games, Art & Crafts for clients	In-person	Friday	9am-2pm	Feb. 24th	Free for clients on campus

Presented by Olive Tree OT-Contact Paloma French for instructions at Paloma@olivetreeot.com or call (760) 972-7089

Sibs Group - ages 7-17	In-person Bermuda Dunes Comm. Ctr.	4th Thursday	5:45-6:45pm	Jan. 26th	FREE - \$5 donation accepted!
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Presented by GANAS - contact Martha Barragan at martha.barragan@theganas.org or call 760.391.0531

Sibshops-for siblings 7-17 yrs	Zoom	Thursday	5:30pm	Feb. 9th	Register at theganas.org/sibs
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EXPANDED! Parent Group presented by Olive TreeOT, Autism Society, Building Bridges for Special Needs, & Desert Recreation District Adaptive Sports. **RSVP REQUIRED**-includes adaptive movement group for all ages & abilities **ONLY** for parents/caregivers attending the meeting-limited space.

Parents Coffee Hour	In-person Palm Desert- Bermuda Dunes Community Center	4th Tuesday	10:30-11:30am	Feb. 28th	FREE RSVP REQUIRED -includes adaptive movement group for all ages for your loved ones during the meeting-limited space. REGISTER: https://bit.ly/3wyHwwr
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Presented by Autism Society Inland Empire. Sign up at www.ieautism.org/events/

NOTE: Individuals MUST RSVP to participate and receive links.

PLEASE FOLLOW THIS LINK FOR UPDATES & Inland Empire area events:

<https://ieautism.org/events/month/>

Life Hacks - presented by Arman Khodaei, adult with Autism, for teens & adults with Autism	Zoom	Monday	6-7pm	Feb.13th	Free
NEW! Coachella Valley Support Group for parents of school-aged children	In-person at Variety of the Desert	Monday	6:30-7:30pm	Feb. 13th	Free
Art Class	Zoom	Tuesdays	3:30-4:30pm	Feb. 7,14,21,28	Free
Talk to Me Tuesday (For professionals, family members & individuals with ASD)	Zoom	Tuesdays	5:30-6:30pm	Feb. 7 & 21	Free
Jump Night-Get Air In PALM DESERT	In person	Wednesday	6:00-8:00pm	Feb. 22	Register on event page. \$14 for 2 hrs. Parents/caregivers FREE. MUST PAY CASH AT DOOR. Socks \$4 unless you have your own
Virtual Teen/Adult Group	Zoom	Thursdays	3-4pm	Feb. 2,9,16,23	Free

Autistics Diagnosed as Adults Support Group	Zoom	Thursday	6:30-8:30pm	Feb. 23rd	Free
Bedtime Stories	Zoom	Thursdays	7-7:15pm	Feb. 2 & 16	Free
NEW! Hands-on Art Program Ages 8-12	Old Town Artisan Studio-La Quinta	1st Fridays	4:30-5:30pm	Feb. 3rd	\$5 per person -register on event pg Limited space
NEW! Hands-on Art Program Ages 13-17	Old Town Artisan Studio-La Quinta	Friday	4:30-5:30pm	Feb. 10th	\$5 per person -register on event pg Limited space
NEW! Hands-on Art Program Adults	Old Town Artisan Studio-La Quinta	Friday	4:30-5:30pm	Feb. 17th	\$5 per person -register on event pg Limited space
Rancho Young Adult Group Game Night (ages 18+)	Zoom	Friday	7-8:15pm	Feb. 10th	Free
*Virtual Role Playing Group Ages 16+	Zoom	Saturdays	6:30-8:30 pm	Feb. 4,11,18,25	Free

SPECIAL EVENT

Tour de Palm Springs-Walk/Ride for Autism	In-person South Palm Canyon & Tahquitz Palm Springs	Saturday	6am-12pm	Feb. 11th	www.pledgereg.com/4400/Team/20898 enter ASIE23 code
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Conservatorship Investigations & Hearings Webinar	Zoom	Tuesday	6:30-7:30pm	Feb. 28th	Free
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Bowling with special friends!	Palm Springs Lanes	Tuesdays	3:30-5:00pm	Feb. 7,14,21,28	\$6 weekly
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For more information or to sign up, contact Volunteer Coach Andrew Macchia at 760.275.7108 or by email at dolcemacchia@dc.rr.com
NOTE: This is not an organized event. It's an independent group of friends bowling together.

SOCAL ADAPTIVE SPORTS UPCOMING ACTIVITIES
Contact mike@socaladaptivesports.org for info or tickets

Mary Poppins	Riverside City College Performing Arts Center	Saturday	1:30pm	Feb. 18th	Tickets \$10 Visit RivReg.org Use code 3968.1A
Adaptive Disc Golf Clinci	Hovely Park, Palm Desert	Sunday	4-5pm	Feb. 19th	Register with mike@socaladaptivesports.com
CV Firebirds Hockey Night	Acrisure Arena	Saturday	5:30pm	April 1st	Tickets \$18 Contact mike@socaladaptivesports.org
Coachella Valley Adapted Sports Fair	Palm Desert Civic Center Park	Saturday	9:30am-1:00pm	April 22nd	Register at https://bit.ly/3WnUeIE