

Youth/Adults Online Workshops

November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2 Wellness Wednesday: Zumba 1:30pm-2:30pm Join Zoom Meeting https://bit.ly/3rxwXHv Meeting ID: 843 0612 1243 +17806660144	3 Cooking Series: Taste of Italy 11:00am - 12:00pm Join Zoom Meeting https://bit.ly/3rhcXJ0 Meeting ID: 895 0232 4742 +15873281099	4 Fun Friday: Bingo 1:00pm - 2:00pm Join Zoom Meeting https://bit.ly/3FliPcg Meeting ID: 878 4831 4575 +12042727920
7	8 Reflection of Me Series: Conflict Resolution 11:00am - 12:00pm Join Zoom Meeting https://bit.ly/3FljdaI Meeting ID: 861 3132 0656 +16475580588	9 Wellness Wednesday: Chair Yoga 1:30pm - 2:30pm Join Zoom Meeting https://bit.ly/3W63kuJ Meeting ID: 852 1280 6471 +17789072071	10	11 Day of Remembrance 11:00am - 12:00pm Join Zoom Meeting https://bit.ly/3DhjKb9 Meeting ID: 857 1936 3813 +14388097799
14	15	16	17 Work 101: Relationships & Boundaries (In-Person) 11:00am -12:00pm Join Zoom Meeting https://bit.ly/3gZHsBn Meeting ID: 843 8225 0556 +17789072071	18 Fun Friday: Movie Day 1:00pm-2:30pm Join Zoom Meeting https://bit.ly/3DmMHT4 Meeting ID: 867 6295 6457 +17789072071
21	22 Reflection of Me Series: Emotional Resilience 11:00am - 12:00pm Join Zoom Meeting https://bit.ly/3gU6rWv Meeting ID: 895 0966 7050 +14388097799	23 Wellness Wednesday: What's on Your Plate? (In-Person) 1:30pm - 2:30pm Join Zoom Meeting https://bit.ly/3sHgsw Meeting ID: 853 0449 2963 +16473744685	24	25 Fun Friday: Karaoke 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/3Dq665k Meeting ID: 868 2470 4879 +16475580588
28	29	30 Wellness Wednesday: Music Therapy 1:30pm - 2:30pm Join Zoom Meeting https://bit.ly/3feMvxj Meeting ID: 859 5984 8458 +17806660144	1 Winter Safety 11:00am - 12:00pm Join Zoom Meeting https://bit.ly/3U8Ygez Meeting ID: 853 8399 1117 +15873281099	2 Fun Friday: Dance Dance Marathon 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/3TPe3YN Meeting ID: 876 6456 9339 +16473744685

Workshop Descriptions

Wellness Wednesday: Zumba

Join us for an active and energetic workout session.

Cooking Series: Taste of Italy

What comes to your mind when you hear Italian food? Let's talk about pizza and other Italian food!

Fun Friday: Bingo

Connect the numbers! Connect with your peers! Join us for Bingo so we can connect together!

Reflection of Me Series (4 Session Series)

Join us for this bi-weekly series to learn more about ourselves! Let's talk US on:

- November 8: Conflict Resolution
- November 22: Emotional Resilience

Wellness Wednesday: Chair Yoga

Do you want to reduce stress, find serenity, improve your balance and improve your flexibility? Join us for a relaxing yoga session this Wednesday.

Day of Remembrance

Join us for an interactive and educational workshop that acknowledges, remembers and honors past and present armed force members.

Know Your Rights (Presented by York Region Police)

Join us for an informative and educational session where York Region Police will educate individuals on the current laws put in place that will protect youth. This workshop will also help individuals understand their legal rights.

Work 101: Relationships & Boundaries (In-Person)

Do you want to equip yourselves for the work field? Come join us to learn about how to establish relationships and boundaries professionally.

Fun Friday: Movie Day

Bring your own treats as we watch a Winter favorite!

Wellness Wednesday: What's on Your Plate? (In-Person)

What's on your plate? Let's evaluate! Join us on this date because learning about healthy eating is never too late!

Fun Friday: Karaoke

Sing your heart out with us in some fun karaoke.

Wellness Wednesday: Healing Through Music

If you have a love for creating music and singing songs join us for a therapeutic music therapy session this wednesday.

Winter Safety

Join us to learn about safety tips for Winter. So we can enjoy the season together!

Fun Friday: Dance Dance Marathon

Do you want to be active and have fun together? Come join us for some fun dancing time!