

Youth/Adults Online Workshops

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Wellness Wednesday: Zumba Workout 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/3Ghhe5b Meeting ID: 818 7810 1679 +14388097799	4 Cooking Series 1:00-2:00pm Join Zoom Meeting https://bit.ly/2ZfLlJx Meeting ID: 825 6866 3918 +16475580588	5
8	9 Money Management and Budgeting 11:00am-12:00pm Join Zoom Meeting https://bit.ly/3b6bSLV Meeting ID: 896 0109 0849 +16473744685	10	11	12 Fun Friday: Netflix Movie 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/3nnjSxF Meeting ID: 848 8838 2958 +16475580588
15	16	17 Wellness Wednesday: Creative Writing 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/3Cdl2C2 Meeting ID: 899 3284 0268 +16475580588	18	19

22	23	24	25	26
			<p>Come Learn with us 11:00am-12:00pm</p> <p>Join Zoom Meeting https://bit.ly/3CerLMm Meeting ID: 898 0487 0930 +16475580588</p>	<p>Fun Friday: Bingo 1:00pm-2:00pm</p> <p>Join Zoom Meeting https://bit.ly/3jwRjNi Meeting ID: 845 7300 8319 +16473744685</p>
29	30	1	2	3
	<p>Goal Setting 11:00am-12:00pm</p> <p>Join Zoom Meeting https://bit.ly/3CemUKQ Meeting ID: 822 1358 6764 +15873281099</p>	<p>Wellness Wednesday: Virtual Field Trip+ Games 1:00pm -2:00pm</p> <p>Join Zoom Meeting https://bit.ly/3jz6cPg Meeting ID: 826 9034 5769 +14388097799</p>		

Wellness Wednesday

Programs are designed to foster the development of healthy habits and lay the groundwork for participants to lead a balanced and healthy lifestyle.

Cooking Series

Come and cook! You will have an opportunity to learn some easy and healthy recipes using seasonal produce.

Fun Friday

It is time to take a break and have some fun! Join us on Friday for fun activities to help you get through home-isolation and meet others from your community.

Creative Writing

Come collaborate with your peers in this fun and open space which encourages creativity and self-expression. Join us to create your own unique pieces of writing while enhancing your thinking, reading, and writing skills.

Money Management and Budgeting

Enhance your money management and budgeting skills. This workshop allows participants to begin thinking about plans for saving and spending while engaging in some videos, activities, and reflections.

Bingo

come prepared with a piece of blank paper and pencil and join us for a fun game of bingo to connect with your peers and have some laughs.

Goal Setting

Let's set some goals for the upcoming New Year! Join us to create and plan out resolutions using the SMART goals model.

Cooking Series

You will have an opportunity to learn some easy and healthy recipes using seasonal produce.

