




# Youth/Adults Online Workshops

# December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
29	<p>30</p> <p><b>Goal Setting</b> 11:00am-12:00pm</p> <p>Join Zoom Meeting <a href="https://bit.ly/3CemUKQ">https://bit.ly/3CemUKQ</a> Meeting ID: 822 1358 6764 +15873281099</p>	<p>1</p> <p><b>Wellness Wednesday:</b> Virtual Field Trip+ Games 1:00pm -2:00pm</p> <p>Join Zoom Meeting <a href="https://bit.ly/3jz6cPg">https://bit.ly/3jz6cPg</a> Meeting ID: 826 9034 5769 +14388097799</p>	2	<p>3</p> <p><b>Fun Friday:</b> Holiday Trivia Win prizes! 1:00pm-2:00pm</p> <p>Join Zoom Meeting <a href="https://bit.ly/3DASvXQ">https://bit.ly/3DASvXQ</a> Meeting ID: 895 4972 7755 +1 438 809 7799</p>
6	<p>7</p> <p><b>Customer Service 101</b> 1:00pm - 2:00pm</p> <p>Join Zoom Meeting <a href="https://bit.ly/3qQMa7h">https://bit.ly/3qQMa7h</a> Meeting ID: 820 0022 8237 +1 778 907 2071</p>	8	<p>9</p> <p><b>Winter Wonderland DIY</b> 11:00am - 12:00pm</p> <p>Join Zoom Meeting <a href="https://bit.ly/3kS2Ze4">https://bit.ly/3kS2Ze4</a> Meeting ID: 874 1266 1471 +1 438 809 7799</p>	10
13	14	<p>15</p> <p><b>Wellness Wednesday:</b> Winter Drinks Recipes 1:00pm - 2:00pm</p> <p>Join Zoom Meeting <a href="https://bit.ly/3CwbP7d">https://bit.ly/3CwbP7d</a> Meeting ID: 843 2217 0742 +1 587 328 1099</p>	<p>16</p> <p><b>Microsoft Word</b> Level 2 10:00am- 11:00am Speaker: Ruth</p> <p>Join Zoom Meeting <a href="https://bit.ly/3FAqUa3">https://bit.ly/3FAqUa3</a> Meeting ID: 815 0063 4800 +1 647 558 0588</p>	<p>17</p> <p><b>Fun Friday:</b> Holiday Dance Party 1:00pm-2:00pm</p> <p>Join Zoom Meeting <a href="https://bit.ly/327NZ5i">https://bit.ly/327NZ5i</a> Meeting ID: 893 5507 9124 +1 647 558 0588</p>

<p>20</p>	<p>21</p> <p><b>Make Christmas Treats</b> 11:00am - 12:00pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/3qTx00U">https://bit.ly/3qTx00U</a> Meeting ID: 837 8750 0992 +1 587 328 1099</p>	<p>22</p>	<p>23</p>	<p>24</p> <p><b>Christmas Eve</b></p> 
<p>27</p> <p><b>Holiday</b></p> 	<p>28</p> <p><b>Holiday</b></p> 	<p>29</p> <p><b>Wellness Wednesday:</b> <b>Winter Walkathon</b> 1:00pm - 2:00pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/30KJOW2">https://bit.ly/30KJOW2</a> Meeting ID: 893 5120 6618 +1 587 328 1099</p>	<p>30</p>	<p>31</p> <p><b>New Year Eve</b></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.

### 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.

### Holiday Trivia

Join us in playing an exciting and festive game of trivia to begin celebrating the holiday season. Participants will have a chance to play trivia and win prizes!

### Microsoft Word Level 2

- In this workshop participants will learn about:
- Page breaks, column breaks, text wrapping, and section breaks
- Inserting and formatting pictures, page numbers and headers

### Holiday Dance Party

Let's get into the holiday spirit while dancing and singing to your favourite holiday music and playing fun games.

### Winter Drinks Recipes

Come learn how to make your favourite winter drinks that warm you up on cold days.

### Winter Wonderland DIY

Join us for some winter-themed arts and crafts! Make various crafts that you can use to decorate for the holidays. Be sure to bring some paper, scissors, tape and glue

**Make Christmas Treats:** Celebrate the holidays by joining us to make some delicious sweet treats.

**Customer Service 101:** In this workshop, participants will learn the field of customer service. The workshop will prepare participants with the skills and tools that are required to deliver exceptional customer service in the workplace.

**Winter Walkathon:** To keep active during this winter season, join us for an exciting and energetic virtual walk-a-thon experience

**Virtual Field Trip + Games:** Experience a surprise virtual field trip for the day and have fun by playing some exciting games while on this journey.