

## Youth/Adults Online Workshops

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Stat Holiday</b></p>	<p>3</p>	<p>4</p> <p><b>Wellness Wednesday: Easy Fitness</b></p> <p>1:30pm - 2:30pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3Q0n3t7">https://bit.ly/3Q0n3t7</a>                      Meeting ID: 819 9511 1995                      +14388097799</p>	<p>5</p>	<p>6</p> <p><b>Fun Friday: Movie Day</b></p> <p>1:00pm - 2:45pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3Z9drkb">https://bit.ly/3Z9drkb</a>                      Meeting ID: 869 6949 0978                      +14388097799</p>
<p>9</p>	<p>10</p> <p><b>Our Diverse Communities: Tamil Heritage Month</b></p> <p>1:00pm - 2:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3VObfLI">https://bit.ly/3VObfLI</a>                      Meeting ID: 840 8471 2608                      +17806660144</p>	<p>11</p>	<p>12</p> <p><b>Cooking Series: Taste of China</b></p> <p>11:00am - 12:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3QhveSb">https://bit.ly/3QhveSb</a>                      Meeting ID: 857 3875 7720                      +12042727920</p>	<p>13</p>
<p>16</p> <p><b>Battling the Blue</b></p> <p>1:00pm - 2:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3vEntMo">https://bit.ly/3vEntMo</a>                      Meeting ID: 846 4734 8731                      +17806660144</p>	<p>17</p>	<p>18</p>	<p>19</p> <p><b>Get Ready for Work Series: Job Exploration</b></p> <p>4:30pm - 5:30pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3GDqJ10">https://bit.ly/3GDqJ10</a>                      Meeting ID: 839 3866 2837                      +17806660144</p>	<p>20</p> <p><b>Fun Friday: Celebrating Chinese New Year (In-Person)</b></p> <p>1:00pm - 2:30pm</p> <p><b>Register in advance for this meeting:</b>  <a href="https://bit.ly/3X8g9nW">https://bit.ly/3X8g9nW</a></p>
<p>23</p>	<p>24</p> <p><b>Computer Skills Series: Introduction of Computer (Application, internet, safety)</b></p> <p>11:00am - 12:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3IoMEtW">https://bit.ly/3IoMEtW</a>                      Meeting ID: 865 9017 7571                      +17789072071</p>	<p>25</p> <p><b>Wellness Wednesday: Building Healthy Habits</b></p> <p>1:30pm - 2:30pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3X5jLXP">https://bit.ly/3X5jLXP</a>                      Meeting ID: 891 8969 2405                      +17789072071</p>	<p>26</p>	<p>27</p>
<p>30</p>	<p>31</p> <p><b>Travel the World to Your Dream Destination: North America</b></p> <p>11:00am - 12:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3VL7qqP">https://bit.ly/3VL7qqP</a>                      Meeting ID: 823 2731 7724                      +17806660144</p>	<p>1</p>	<p>2</p> <p><b>Get Ready for Work Series: Preparing Your Resume</b></p> <p>4:30pm - 5:30pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3CnCh5Q">https://bit.ly/3CnCh5Q</a>                      Meeting ID: 815 4688 9413                      +16475580588</p>	<p>3</p> <p><b>Fun Friday: Karaoke</b></p> <p>1:00pm - 2:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3jSNmW1">https://bit.ly/3jSNmW1</a>                      Meeting ID: 865 0918 7331                      +12042727920</p>

# Workshop Descriptions

## **Wellness Wednesday: Easy Fitness**

Join us for an active and energetic workout session.

## **Fun Friday: Movie Day!**

Join us for another family classic movie!

## **Cooking Series: Taste of China**

What comes to your mind when you hear Chinese food? Let's explore different Chinese cuisine.

## **Our Diverse Communities:**

### **Tamil Heritage Month**

Learn more about diversity in the new year!

## **Battling the Blue**

Did you know this year's Blue Monday is January 16?

What is it and why people name this day Blue Monday?

Join us find out more!

## **Get Ready for Work Series: Job Exploration**

Come and join us as we learn some tips and tricks to get ready to work! Topic: learn more about your interests and how to look for jobs.

## **Fun Friday: Celebrating Chinese New Year**

Join us this Friday and celebrating Chinese New Year together! These are what you will do:

- Presentation about Chinese New Year
- Arts & Craft: Learn to Write a Well Wish Poster

## **Computer Skills Series: Introduction of Computer (application, internet, safety)**

Join us to learn more ways to safely utilize the internet.

## **Wellness Wednesday: Building Healthy Habits**

As we begin the year of 2023, let's work on developing some healthy habits for the rest of the year!

## **Travel the World to Your Dream Destination**

Where is your dream destination? You can join us for the virtual tour and visit the most popular tourist attractions from home!

## **Get Ready for Work Series: Preparing Your Resume**

Come and join us as we learn some tips and tricks to get ready to work! Topic: let's build those resumes. Learn about the do's and don't's of resumes.

## **Fun Friday: Karaoke**

Come sing along to your favourite songs!