

Youth/Adults Online Workshops

May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Wellness Wednesday: Food and Nutrition 1:30pm-2:30pm Join Zoom Meeting https://bit.ly/3KM6ayA Meeting ID: 849 9962 8791 +16473744685	5 Mother's Day Craft 11:00am-12:00pm Join Zoom Meeting https://bit.ly/3u5pksA Meeting ID: 886 1817 3856 +15873281099	6 Fun Friday: Trivia 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/3qanmpq Meeting ID: 879 3826 3299 +16473744685
9	10	11 Wellness Wednesday: Journaling 1:30pm-2:30pm Join Zoom Meeting https://bit.ly/3IiM50Y Meeting ID: 873 0646 3407 +16473744685	12	13 Fun Friday: Magic Show 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/3CWqTNY Meeting ID: 848 0234 7051 +16473744685
16	17	18 Wellness Wednesday: Seated Workout 1:30pm-2:30pm Join Zoom Meeting https://bit.ly/3qb3kvh Meeting ID: 847 8646 9966 +15873281099	19 Healthy Smoothies 11:00am-12:00pm Join Zoom Meeting https://bit.ly/3KRgYvu Meeting ID: 869 6524 3764 +12042727920	20 Fun Friday: Draw and Guess 1:00pm-2:00 Join Zoom Meeting https://bit.ly/3MWRE8T Meeting ID: 876 3159 9057 +16473744685

<p>23</p> <p>Victoria Day Holiday</p>	<p>24</p>	<p>25</p> <p>Wellness Wednesday: Walkathon 1:30pm-2:30pm</p> <p>Join Zoom Meeting https://bit.ly/3CVB6tt Meeting ID: 814 1873 5913 +14388097799</p>	<p>26</p>	<p>27</p> <p>Fun Friday: Bingo 1:00pm-2:00</p> <p>Join Zoom Meeting https://bit.ly/3MSxUUd Meeting ID: 837 4200 5616 +12042727920</p>
<p>30</p>	<p>31</p>	<p>1</p> <p>Wellness Wednesday: Dance with the Beat! 1:30pm-2:30pm</p> <p>Join Zoom Meeting https://bit.ly/3ImocFY Meeting ID: 849 8194 1183 +14388097799</p>	<p>2</p> <p>Cooking Series 11:00am-12:00pm</p> <p>Join Zoom Meeting https://bit.ly/3KPBkoD Meeting ID: 878 3256 1511 +14388097799</p>	<p>3</p> <p>Fun Friday: Netflix Movie 1:00pm-2:30pm</p> <p>Join Zoom Meeting https://bit.ly/3u6sMmL Meeting ID: 884 2329 8378 +16475580588</p>

Workshop Descriptions

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.

Wellness Wednesday: Food and Nutrition

In this workshop, we will learn about how we can maintain a healthy lifestyle through the meals we eat and key nutrients that our bodies need.

Wellness Wednesday: Seated Workout

A high energy workout that can be done in the comforts of your own seat

Wellness Wednesday: Journaling

In this workshop, we will take time to reflect on our thoughts and feelings through the self-care practice of journaling

Mother's Day Craft

Let us celebrate and express our love for mothers by creating handmade crafts

Fun Friday: Draw & Guess Game

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. Take

turns drawing out a word and having others guess what the word was!

Fun Friday: Trivia

Join us as we play and test your knowledge on your different topics

Fun Friday: Magic Show

Get ready to witness an exciting magic show filled with surprises and thrilling acts

Healthy Smoothies

Join us we learn to make delicious and flavourful smoothies that are nutritious

Wellness Wednesday: Walkathon

Join us for our virtual walkathon to stay active and work towards a healthy lifestyle.

Wellness Wednesday: Dance with the Beat!

Come out and have some fun while dancing to some of your favourite songs with your peers.

Fun Friday: Bingo

Let us have fun with an exciting and enjoyable session of Bingo

Cooking Series

Join us for exciting cooking tutorials on healthy and tasty dishes