

Young Adults Online Workshops

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6 Labour Day	7	8	9	10 Fun Friday: Kahoot Game 1:00pm-2:00pm Join Zoom Meeting https://us02web.zoom.us/j/86509187071 Meeting ID: 865 0918 7071 +17789072071
13	14	15 Wellness Wednesday: Easy Fitness 1:00pm-2:00pm Join Zoom Meeting https://us02web.zoom.us/j/85970594762 Meeting ID: 859 7059 4762 +16475580588	16 Intro to Word 11:00am-12:00pm Join Zoom Meeting https://us02web.zoom.us/j/86255423787 Meeting ID: 862 5542 3787 +16473744685	17

20	21	22	<p>23</p> <p>Introduction to Excel 11:00am-12:00pm</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/86852967748 Meeting ID: 868 5296 7748 +15873281099</p>	<p>24</p> <p>Fun Friday: Netflix Movie + Party 1:00pm-2:00pm</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/89315888482 Meeting ID: 893 1588 8482 +15873281099</p>
27	<p>28</p> <p>Intro to Google Docs 11:00am-12:00pm</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/83649083279 Meeting ID: 836 4908 3279 +14388097799</p>	<p>29</p> <p>Healthy Eating on a Budget 3:00pm-4:00pm</p> <p>Join Zoom Meeting https://us02web.zoom.us/j/86891773434 Meeting ID: 868 9177 3434 +12042727920</p>	<p>30</p> <p>National Day for Truth and Reconciliation</p> <hr/>	1

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.

Easy Fitness

Join us every for an energetic workout that pairs with easy movements, exercises and breathing techniques.

Intro to Word

In this workshop, participants learn how to begin using word to create text-based documents. Participants will be introduced to important terms such as Ribbon, Quick Access Toolbar and Tabs. Participants will also learn the basics of text formatting on Word.

Intro to Excel

In this workshop, participants learn the basics of using Excel. Participants will be introduced to terms like cell, cell address and cell range. Participants will also begin to learn about functions and formulas to calculate data.

Intro to Google Docs

In this workshop, participants will learn how to access and begin using Google docs to create text-based documents. Participants will learn about the Google Docs Toolbar, and commands unique to Google Docs, like the 'explore' command.

Healthy Eating on Budget

We will have a Dietician join us to share ways for you to have a healthy diet without spending a lot of money.

Fun Friday

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