

Youth/Adults Online Workshops

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Civic Holiday	2	3	4	5 Fun Friday: Bingo 1:00pm-2:30pm Join Zoom Meeting https://bit.ly/3zCplbq Meeting ID: 826 1132 7470 +12042727920
8	9	10 Wellness Wednesday: Dance with Us 1:30pm-2:30pm Join Zoom Meeting https://bit.ly/3ozDekn Meeting ID: 819 7418 7050 +12042727920	11	12
15	16	17	18	19 Fun Friday: Netflix Movie 1:00pm-2:30pm Join Zoom Meeting https://bit.ly/3BkroCd Meeting ID: 817 1716 6948 +16473744685
22	23	24 Wellness Wednesday: Get Active with Us 1:30pm-2:30pm Join Zoom Meeting https://bit.ly/3OHPkCH Meeting ID: 879 4551 6988 +12042727920	25	26
29	30	31	1	2 Fun Friday: Karaoke 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/3PIOS8s Meeting ID: 833 2753 7883 +17789072071

Workshop Descriptions

Fun Friday: Bingo

It is time to take a break and have some fun! Join us for a couple of fun rounds of Bingo.

Wellness Wednesday: Dance with Us

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

Fun Friday: Netflix Movie

It is time to take a break and have some fun with a movie! Join us on Friday for fun activities to help you meet peers from your community.

Wellness Wednesday: Get Active with Us

This workshop is an easy way to begin strengthening your body. Come join us in a fitness routine that involves easy movements and exercises to help you stay active.

Fun Friday: Karaoke

Sing your heart out with us in some fun karaoke.