

Youth/Adults Online Workshops

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Cook with Us 11:00am-12:00pm Join Zoom Meeting https://bit.ly/3DXJesw Meeting ID: 828 8754 9243 +1 647 374 4685	7 Fun Friday: Draw & Guess Game 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/3dMjOmL Meeting ID: 861 1141 3996 +1 587 328 1099
10	11	12 Wellness Wednesday: Yoga 1:30pm-2:30pm Join Zoom Meeting https://bit.ly/320k9zO Meeting ID: 893 2312 0219 +1 778 907 2071	13 Microsoft Excel Level 2 10:00am-11:00am YMCA: Ruth Join Zoom Meeting https://bit.ly/3GFeEpb Meeting ID: 825 9224 8734 +1 204 272 7920	14 Fun Friday: Talent Show 1:00pm-2:00pm Join Zoom Meeting https://bit.ly/30mZ8ih Meeting ID: 884 1774 8949 +1 647 374 4685
17	18 Creative Writing 2.0 Mad Libs 11:00am-12:00pm Join Zoom Meeting https://bit.ly/3INM9aM Meeting ID: 852 7809 3876 +1 204 272 7920	19	20 Internet Safety 10:00am- 11:00am Speaker: YMCA-Ruth Join Zoom Meeting https://bit.ly/3pW6nGH Meeting ID: 818 0041 9106 +1 647 558 0588	21 Fun Friday: Kahoot 1:00-2:00pm Join Zoom Meeting https://bit.ly/3dJhb5n Meeting ID: 842 7241 8823 +1 778 907 2071

24	25	<p data-bbox="898 87 1209 224">Wellness Wednesday: Understanding your Emotions and Self-care 1:00pm-2:00pm</p> <p data-bbox="879 264 1228 401">Join Zoom Meeting https://bit.ly/3GIzt2P Meeting ID: 876 2481 9375 +1 647 374 4685</p>	27	<p data-bbox="1787 87 1976 188">Fun Friday: Netflix Movie 1:00-2:30pm</p> <p data-bbox="1707 228 2060 365">Join Zoom Meeting https://bit.ly/3oQHziT Meeting ID: 865 1742 3364 +1 587 328 1099</p>
31	<p data-bbox="432 475 806 576">1 Do it Your Self Activity: Chinese New Year Lanterns 11:00am-12:00pm</p> <p data-bbox="443 617 795 753">Join Zoom Meeting https://bit.ly/3lZXKto Meeting ID: 864 5877 5681 +1 438 809 7799</p>	2	3	4

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.

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!

Microsoft Excel Level 2

- In this workshop participants will learn about:
 - Order of Operations
 - Absolute and Relative Cells
 - Inserting Graphs

Internet Safety

- In this workshop participants will learn about:
 - The definition of phishing
 - How to spot a phishing scam
 - Strategies and resources for surfing the web safely

Fun Friday: Kahoot

Another Fun Friday! Join us for a couple of fun rounds of Kahoot.

Do it Your Self Activity: Chinese New Year Lanterns

Join us in making Chinese New Year lanterns to celebrate the Chinese New Year!

Talent Show

Show off your talents at our virtual talent show. Choose a performance piece (For example - Singing, dancing, storytelling, comedy, magic tricks), rehearse, and perform it to the group.