

# Youth/Adults Online Workshops

# September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Fun Friday: Karaoke  1:00pm-2:00pm  Join Zoom Meeting <a href="https://bit.ly/3PIOS8s">https://bit.ly/3PIOS8s</a> Meeting ID: 833 2753 7883 +17789072071
5 Labor Day	6	7 Wellness Wednesday: Easy Fitness  1:30pm-2:30pm  Join Zoom Meeting <a href="https://bit.ly/3TjsnZK">https://bit.ly/3TjsnZK</a> Meeting ID: 813 9775 3429 +14388097799	8 Fall Festival: Arts and Crafts  11:00am- 12:00pm  Join Zoom Meeting <a href="https://bit.ly/3pMCxVw">https://bit.ly/3pMCxVw</a> Meeting ID: 867 3386 3324 +16475580588	9
12	13 Back to School: Tips/Tricks  11:00am-12:00pm  Join Zoom Meeting <a href="https://bit.ly/3P19j4k">https://bit.ly/3P19j4k</a> Meeting ID: 827 7575 7078 +12042727920	14	15	16 Fun Friday: Bingo  1:00pm-2:30pm  Join Zoom Meeting <a href="https://bit.ly/3dYNI04">https://bit.ly/3dYNI04</a> Meeting ID: 819 7955 1013 +16475580588
19	20	21 Wellness Wednesday: How do I feel? Understanding Emotions  1:30pm-2:30pm  Join Zoom Meeting <a href="https://bit.ly/3KiRFDs">https://bit.ly/3KiRFDs</a> Meeting ID: 870 7979 8188 +15873281099	22 Baking 101  11:00am-12:00pm  Join Zoom Meeting <a href="https://bit.ly/3KAfcOx">https://bit.ly/3KAfcOx</a> Meeting ID: 853 5509 4054 +14388097799	23
26	27 Draw and Guess  11:00am-12:00pm  Join Zoom Meeting <a href="https://bit.ly/3R6UTfq">https://bit.ly/3R6UTfq</a> Meeting ID: 889 5200 6323 +15873281099	28	29	30 Fun Friday: Trivia  1:00pm-2:00pm  Join Zoom Meeting <a href="https://bit.ly/3TiMoQo">https://bit.ly/3TiMoQo</a> Meeting ID: 843 2974 5816 +17806660144

# Workshop Descriptions

## **Fun Friday: Karaoke**

Sing your heart out with us in some fun karaoke.

## **Wellness Wednesday: Easy Fitness**

Join us for an active and energetic workout session.

## **Fall Festival - Arts and Crafts**

Let's learn about Mid-Autumn Festival and make the lantern together.

## **Back to School: Tips and Tricks**

Join us as we chat about going back to school! Share your tips and tricks!

## **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: How do I feel? Understanding Emotions**

This workshop is an easy way to learn to identify and manage our emotions. Come join us as we learn all about our self and how we feel.

## **Baking 101**

Are you a first-time baker or an expert? Join us and talk about everything about baking!

## **Draw and Guess**

We guess what you draw for us.

## **Fun Friday: Trivia**

It is time to take a break and have some fun with some trivia! Let's recognize Truth and Reconciliation day and take part in some history.