

# Person-Supported Online Workshops

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>EASTER MONDAY</b></p>	<p>2</p>	<p>3</p>	<p>4</p> <p><b>Financial Wellness Series: Credit and Debit</b></p> <p>2:30pm - 3:30pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/4aqsytZ">https://bit.ly/4aqsytZ</a>                      Meeting ID: 847 1601 8515                      +17789072071</p>	<p>5</p>
<p>8</p> <p><b>Game Night (Marketplace)</b></p> <p>6:00pm - 7:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3TkupcU">https://bit.ly/3TkupcU</a></p>	<p>9</p> <p><b>Karaoke (Marketplace)</b></p> <p>6:00pm - 7:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3Vr9CHm">https://bit.ly/3Vr9CHm</a></p>	<p>10</p> <p><b>Health and Fitness (Marketplace)</b></p> <p>3:30pm - 4:30pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/48ZHrCA">https://bit.ly/48ZHrCA</a></p>	<p>11</p> <p><b>National Stress Awareness Month: Trivia</b></p> <p>2:00pm - 3:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3TqmrPO">https://bit.ly/3TqmrPO</a>                      Meeting ID: 810 3425 0756                      +16473744685</p>	<p>12</p>
<p>15</p> <p><b>Game Night (Marketplace)</b></p> <p>6:00pm - 7:00pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3TkupcU">https://bit.ly/3TkupcU</a></p>	<p>16</p> <p><b>Self-Love Series: Art of Self-Compassion</b></p> <p>1:30pm - 2:30pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/3vsYjUs">https://bit.ly/3vsYjUs</a>                      Meeting ID: 816 3271 6136                      +14388097799</p> <hr/> <p><b>Karaoke (Marketplace)</b></p> <p>6pm - 7pm</p> <p><b>Join Zoom Meeting</b></p>	<p>17</p> <p><b>Health and Fitness (Marketplace)</b></p> <p>3:30pm - 4:30pm</p> <p><b>Join Zoom Meeting</b>  <a href="https://bit.ly/48ZHrCA">https://bit.ly/48ZHrCA</a></p>	<p>18</p>	<p>19</p>

	<a href="https://bit.ly/3Vr9CHm">https://bit.ly/3Vr9CHm</a>			
22	23	24	25	26
<p><b>Game Night</b> (Marketplace)</p> <p>6:00pm – 7:00pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/3TkupcU">https://bit.ly/3TkupcU</a></p>	<p><b>Karaoke</b> (Marketplace)</p> <p>6:00pm – 7:00pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/3Vr9CHm">https://bit.ly/3Vr9CHm</a></p>	<p><b>Health and Fitness</b> (Marketplace)</p> <p>3:30pm - 4:30pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/48ZHrCA">https://bit.ly/48ZHrCA</a></p>	<p><b>Financial Wellness Series:</b> <b>Income and Savings</b></p> <p>2:30pm – 3:30pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/497YUJd">https://bit.ly/497YUJd</a> Meeting ID: 852 5106 8124 +15873281099</p>	<p><b>In-Person:</b> <b>Social Night</b> (Richmond Hill)</p> <p>5:30pm-7:00pm</p> <p><b>Register in advance for this meeting:</b> <a href="https://bit.ly/43v1Lup">https://bit.ly/43v1Lup</a></p> <p><i>Pre-registration Required</i></p>
29	30	1	2	3
<p><b>Game Night</b> (Marketplace)</p> <p>6:00pm – 7:00pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/3TkupcU">https://bit.ly/3TkupcU</a></p>	<p><b>Karaoke</b> (Marketplace)</p> <p>6:00pm – 7:00pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/3Vr9CHm">https://bit.ly/3Vr9CHm</a></p>	<p><b>Health and Fitness</b> (Marketplace)</p> <p>3:30pm - 4:30pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/48ZHrCA">https://bit.ly/48ZHrCA</a></p>		<p><b>Fun Friday:</b> <b>Movie Day</b></p> <p>1:00pm - 2:45pm</p> <p><b>Join Zoom Meeting</b> <a href="https://bit.ly/3IOKIPQ">https://bit.ly/3IOKIPQ</a> Meeting ID: 863 4005 7948 +16473744685</p>

### Online Workshop Descriptions:

#### Marketplace:

##### Game Night (Drop-in)

Come for a fun night of games whenever you like, with our drop-in game program.

##### Karaoke (Drop-in)

Whether it is a solo or duet, sing your favorite songs with your friends in our drop-in karaoke program.

##### Health and Wellness (Drop-in)

Join our fitness sessions anytime – drop in for yoga and workouts whenever you feel like it!

### Community Support Program:

#### Financial Wellness Series: Credit and Debit

Let’s talk about Financial Wellness: how to handle credit and debit wisely. Together, we will discuss practical tips and advice to help you manage finances.

#### National Stress Awareness Month: Trivia

Stress - Free Spring: Join us as we discuss how stress impacts your body and ways you can learn to manage your stress.

#### Self-Love: Art of Self-Compassion

Final Self-Love session: we will spend time learning what it means to display compassion toward ourselves. We will learn how to be with ourselves in a healthy, productive way.

#### Financial Wellness Series: Income and Savings

It's always a good step to plan for the future by learning some financial tips! Join us today to learn about income and savings.

**Social Night: Richmond Hill (In-Person)**

**PRE-REGISTRATION REQUIRED**

Join us for a fun evening of connecting/interacting with your peers. Drop by, connect, and meet new friends!

**Fun Friday: Movie Day!**

Join us for a fun movie day at home! Bring your snacks and be comfortable as we watch one of the classics.