

March Calendar

Links to join each class will be sent the day of the program.

2021 Virtual Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Songwriting 5:00 pm – 7:00 pm	2	3	4 Creative Design 11:00 am – 12:00 pm	5	6 Creative Design 11:00 am – 12:00 pm
7	8 Tech Assistance 1:00 pm – 2:00 pm	9 Breakfast with Brian 11:00 am – 12:00 pm Connecting with the Community 12:00 pm – 12:30 pm	10 Emotional Intelligence — How Gaining Self-Awareness Will Give You Greater Self-Control 1:00 pm – 2:30 pm	11 Creative Design 11:00 am – 12:00 pm	12	13 Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm
14	15 Basics of Online Learning 1:00 pm – 2:00 pm	16 Financial Recovery 5:00 pm – 6:30 pm	17 Body Language 101 1:00 pm – 2:30 pm	18 Creative Design 11:00 am – 12:00 pm	19	20 Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm
21	22 Tech Assistance 1:00 pm – 2:00 pm	23 Book Club 5:00 pm – 6:30 pm	24 The Narrative Art of Podcasting 12:00 pm – 1:00 pm	25 Creative Design 11:00 am – 12:00 pm Cleveland International Film Festival Preview 5:00 pm – 7:00 pm	26	27 Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm
28	29 Cooking Live with Chef Tiffani 5:30 pm – 7:00 pm	30	31	Hours Monday through Friday 10:00 am – 4:00 pm Open by emergency appointment only; please call ahead of time for availability.		Take your first steps with the PNC Fairfax Connection. A free resource center dedicated to helping the community learn and grow classes • workshops • events • programs

Virtual Workshop Descriptions

Please join us!

All workshops are WebEx meetings.

Join the meeting 30 minutes prior to the scheduled start time for assistance with potential technology issues.

Links to join each class will be sent to members the day of the program.

Links to join are also available on our website in the calendar.

Basics of Online Learning: Learn about the world of virtual learning, from Zoom to WebEx to Microsoft Teams. Learn tips for logging on, protecting your privacy, and accessing educational and entertaining content from across the globe!

Basic Yoga: Join us with our partner Kimberly Archibald-Russell for our normal Saturday yoga sessions, online! Whether you are new to yoga or have taken classes, this is the best place for you to start! Yoga is a unique way of strengthening and toning the body.

Body Language 101: Did you know that most of what you're saying is not coming out of your mouth? Did you know that we all read body language even if we were never formally taught how? What if you could control your body language to become a more effective and influential communicator? What if you could know what others thought about you regardless of whether they were speaking the truth or not? This training will give you the body language basics. You will gain a greater understanding of the messages you are sending and you will learn what others are saying to you.

Book Club: Welcoming the same broad cross-section of participants who enjoy the Connection Book Club, we are now virtual. Book Club will follow the same general format as the live version (content review, core question, analysis and dialogue), leveraging the complexity of the book nuances and core issues to foster discussion, exchange and critical thinking.

Breakfast with Brian: We are back but different! Please join the PNCFC Staff and our executive director, Brian Williams, to find out about upcoming virtual programs and general updates.

Cleveland International Film Festival: Join us and our Cleveland International Film Festival friends as they host a virtual forum of a brief overview of the 2021 film festival trailers. This is a must-attend for all film lovers. This event is free so be sure to register and get your popcorn ready to preview some of the best films of 2021!

Connecting with the Community: Come share and hear about community events. All programs discussed must be open to the public, be nonpolitical and not require any experience to attend. Always scheduled directly after *Breakfast with Brian*.

Cooking Live with Chef Tiffani: It's time again for our LIVE cooking class with Cutting Board Academy that will allow you to learn tips and tricks for creating various meals to enjoy with your family and friends. Join our very own Chef Tiffani as she walks through how to make a special dish. Register and potentially win the ingredients to prepare the delicious meal. Space is limited for this fun virtual experience. Ages 13 and older.

Creative Design: Join us and Jamal "JayWorking" Collins to learn how to brand yourself using the art of graphic design. We will be discussing online creative platforms like Adobe Spark and Canva.

Emotional Intelligence — How Gaining Self-Awareness Will Give You Greater Self-Control: Emotional intelligence (EQ) is the ability to understand, use and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. When it comes to happiness and success in life, emotional intelligence matters just as much as your intellectual ability. Join us and learn how you can boost your EQ.

Financial Recovery: During these changing times, stop to take time and assess your current financial situation. By attending this workshop, you will identify ways to increase your income and decrease/prioritize expenses. You'll leave this workshop with steps to develop your financial recovery plan.

The Narrative Art of Podcasting: Podcasts are recorded stories used to inform and entertain, available via web and mobile platforms. Learn how to access podcasts focused on current events, hobbies, professional development and more. We will explore the equipment needed to record, edit and publish a podcast. This course has been carefully adjusted to fit within our new virtual setting.

Songwriting: Please join us to learn the fundamentals of songwriting and song construction. This course is for both aspiring and experienced songwriters. Participants will learn to apply the principals of songwriting, structure, concepts, melody and metaphors, and then produce their own compositions.

Tech Assistance: Having issues joining our virtual classes? Join us on Mondays for general tech support. We will be able to provide 1:1 assistance to ensure that you are prepared and set up for our next program.