# y Calendar

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

2021 Virtual Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hows  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		Connection Camp: Creative Expression 10:00 am – 4:00 pm	Connection Camp: Creative Expression 10:00 am – 4:00 pm	3
4 Independence Pay	Connection Camp: Creative Expression 10:00 am - 4:00 pm	Connection Camp: Creative Expression 10:00 am – 4:00 pm How to Ace a Job Interview 1:00 pm – 2:30 pm	Connection Camp: Creative Expression 10:00 am – 4:00 pm How to Ace a Job Interview 11:00 am – 12:30 pm	Connection Camp: Creative Expression 10:00 am – 4:00 pm Creative Design 11:00 am – 12:00 pm	Connection Camp: Creative Expression 10:00 am – 4:00 pm Connection Camp Presents: A Creative Expression Talent Showcase 1:00 pm – 3:00 pm	Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm
11	Connection Camp: Robotics 10:00 am - 4:00 pm Songwriting 5:00 pm - 7:00 pm	Connection Camp: Robotics 10:00 am - 4:00 pm Breakfast with Brian 11:00 am - 12:00 pm Connecting with the Community 12:00 pm - 12:30 pm Book Club — Beyond the Book 5:00 pm - 6:30 pm	Connection Camp: Robotics 10:00 am - 4:00 pm Post-Pandemic Playbook 1:00 pm - 2:30 pm	Connection Camp: Robotics 10:00 am - 4:00 pm Creative Design 11:00 am - 12:00 pm	Connection Camp: Robotics 10:00 am - 4:00 pm	Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm
18	Connection Camp: Robotics 10:00 am - 4:00 pm Songwriting 5:00 pm - 7:00 pm	Connection Camp: Robotics 10:00 am – 4:00 pm Book Club 5:00 pm – 6:30 pm	Connection Camp: Robotics 10:00 am – 4:00 pm Stuck at Start — Using Tech + Tools 5:30 pm – 7:00 pm	Connection Camp: Robotics 10:00 am - 4:00 pm Creative Design 11:00 am - 12:00 pm	Connection Camp: Robotics 10:00 am - 4:00 pm Connection Camp Presents: A Robotic Science Fair 1:00 pm - 3:00 pm	Basic Yoga 11:00 am – 12:00 pm 24 Creative Design 1:00 am – 12:00 pm
25	Tech Assistance 1:00 pm - 2:00 pm Songwriting 5:00 pm - 7:00 pm	Cooking LIVE with Chef Tiffani 5:30 pm – 7:00 pm	Emotional Intelligence 1:00 pm - 2:30 pm Financial Recovery 5:00 pm - 6:30 pm	Creative Design 11:00 am – 12:00 pm 29	30	Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm

## Virtual Workshop Oescriptions

### Mease join us!

All workshops are WebEx meetings.

Join the meeting 15 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.

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.

**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 nuances of the book and its core issues to foster discussion. exchange and critical thinking.

#### Book Club — Beyond the Book:

Books are wonderful vehicles through which we can learn about others' stories. But books also serve the purpose of illuminating our own stories.

Breakfast with Brian: Join us for our Breakfast with Brian workshop! 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

#### Connecting with the Community:

Come share and hear about community events. All programs discussed must be open to the public, be non-political and not require any experience to attend. Always scheduled directly after Breakfast with Brian.

Connection Camp is a new summer program for students ages 12–17, and you It's time again for our LIVE cooking don't want to miss out! In collaboration with Reach Success & New Life At Calvary, this summer learning loss prevention program will include three two-week-long modules that exude optimal learning experiences!

Creative Expression: #ExpressYoursel #DiscoverYourArtisticAptitude Do you like to sing, rap, draw, dance, paint, write poetry, do spoken word or anything artistic? If so, this module is for you. Learn to hone your talent through Creative Expression. Register for this 2-week module at www.pncfairfaxconnection.com.

Robotics: #CrankUpThePower This module will introduce scientific concepts focused on creating robots, coding and much more. Build your own fast, smart, cool robot. Learn to code and compete with your friends. Our robots will kick ro-butt! Join the #Robolution! #TechyAndWeKnowIt Register for this 2-week module at www.pncfairfaxconnection.com.

Connection Camp Presents — A Creative Expression Talent **Showcase:** The creative expression showcase is where our Connection Camp kids get to show off their talents. There will be singing, spoken word, dancing, artistic creations, etc. Please ioin us online for the live stream!

Connection Camp Presents — A Robotic Science Fair: Coding, end effectors, repeatability and brain power have led us to the competition of the year. This is an opportunity to watch our Connection Camp kids battle it out with their handmade robots for a championship prize. Please join us online for the live stream!

#### Cooking LIVE with Chef Tiffani:

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:** 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.

How to Ace a lob Interview: From researching the company to sending a follow-up thank-you note and so much more — this workshop covers all the basics needed to put you at ease for a successful interview.

Post-Pandemic Playbook: Due to the pandemic, we are now faced with the need to create a new normal. It's time to stop playing defense and start playing offense. It's time to rewrite our playbooks by facing what happened, healing from the pain of what we went through, and charting a course forward.

This training will give us an opportunity to reflect, celebrate our accomplishments, and rewrite our playbook to create a new game plan that will guarantee a winning mindset and predictable success.

**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.

#### Stuck at Start — Using Tech +

Tools: Are you an entrepreneur looking for assistance with your technology presence? A business that has no online presence might as well not exist. Using Tech + Tools will be an action lab where business owners walk away with tangible acumen to ensure they have a basic online presence. Let us know you're going to join us by calling 216-391-4677.

Tech Assistance: Do you have any questions about technology? This is your time to ask. We will be able to provide one-on-one virtual assistance with all things technology.



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