

# August Calendar

## 2022 Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <b>How to Ace a Job Interview</b> 1:00 pm – 2:30 pm <b>Maintaining Your Happiness</b> 5:00 pm – 6:30 pm	3 <b>WOW! Wade</b> <b>Oval Wednesdays</b> 4:30 pm – 6:30 pm	4 <b>Creative Design – Basic</b> 11:00 am – 12:30 pm	5 <b>Building Blocks</b> 11:00 am – 12:00 pm	6 <b>Get Up &amp; Move</b> 10:30 am – 12:30 pm <b>Creative Design – Basic</b> 11:00 am – 12:30 pm
7	8 <b>Basic Computer Skills</b> 1:00 pm – 2:30 pm	9 <b>TeaTime with Traci</b> 11:00 am – 12:00 pm <b>Connecting with the Community</b> 12:00 pm – 12:30 pm <b>Book Club</b> 5:00 pm – 6:30 pm	10 <b>Leading &amp; Inspiring Your Community</b> 1:00 pm – 2:30 pm <b>Kids in the Kitchen</b> 4:00 pm – 5:00 pm <b>Songwriting</b> 5:00 pm – 6:30 pm	11 <b>Creative Design – Intermediate</b> 11:00 am – 12:30 pm	12 <b>Building Blocks</b> 11:00 am – 12:00 pm	13 <b>Homebuyers Workshop</b> 10:00 am – 12:30 pm <b>Creative Design – Basic</b> 11:00 am – 12:30 pm
14	15 <b>Computer Skills: Beyond the Basics</b> 1:00 pm – 2:30 pm	16 <b>Forgiveness: How to Set Yourself Free</b> 5:00 pm – 6:30 pm	17 <b>Kids in the Kitchen</b> 4:00 pm – 5:00 pm <b>Songwriting</b> 5:00 pm – 6:30 pm	18 <b>Technology Spotlight: Social Media – Connecting Your Personal Brand to Your Portfolio</b> 11:00 am – 12:30 pm	19 <b>Building Blocks</b> 11:00 am – 12:00 pm	20 <b>Get Up &amp; Move</b> 10:30 am – 12:30 pm
21	22 <b>Basic Computer Skills</b> 1:00 pm – 2:30 pm	23 <b>Book Club</b> 5:00 pm – 6:30 pm	24 <b>Transform Your Schedule</b> 1:00 pm – 2:30 pm <b>Kids in the Kitchen</b> 4:00 pm – 5:00 pm <b>Songwriting</b> 5:00 pm – 6:30 pm	25 <b>Technology Spotlight: Social Media – Content Creation</b> 11:00 am – 12:30 pm	26 <b>Building Blocks</b> 11:00 am – 12:00 pm	27 <b>Get Up &amp; Move</b> 10:30 am – 12:30 pm
28	29 <b>Computer Skills: Beyond the Basics</b> 1:00 pm – 2:30 pm	30 <b>Connecting through Conversations</b> <b>AUGUST Hot Topics</b> 5:00 pm – 6:30 pm	31 <b>Writers Workshop</b> 12:00 pm – 1:30 pm <b>Songwriting</b> 5:00 pm – 6:30 pm	<div> <div>Hours</div> <div>                     Mon, Thurs &amp; Fri ...10 am – 4 pm                      Tues &amp; Wed .....10 am – 7 pm                      Saturday.....10 am – 1 pm                 </div> </div> <div> <div>Take your first steps with the PNC Fairfax Connection.</div> <div>                     A free resource center dedicated to helping the community learn and grow                      classes • workshops • events • programs                 </div> </div>		



# Workshop & Special Events Descriptions

Visit [pncfairfaxconnection.com/calendar](https://pncfairfaxconnection.com/calendar) to register for this month's programs.

**Basic Computer Skills:** These days, it's important for everyone to have basic computer skills. Join this LIVE workshop to learn the basics, including creating a Gmail account and sending an email, basic word processing, how to search the internet and more. Seats are limited, and reservation is required. Call 216-391-4677 for registration information.

**Book Club:** One of the pleasures of a good book club discussion is having a great book to rave about and a lively debate about it. Join us for your Connection to the literary world as we discuss our shared experience of our selected book.

**Building Blocks:** This weekly program for Fairfax families with children ages 3 to 6 features arts & crafts, storytime, music or an appearance by a PNC Grow Up Great partner.

**Computer Skills: Beyond the Basics:** Sometimes we need to expand on what we already know and maybe even learn something new. Join this LIVE workshop to learn different computer skills that go beyond the basics, including how to upgrade your Microsoft PowerPoint and Excel documents, how to become a keyboard expert and more. Seats are limited. Reservation is required. Call 216-391-4677 for registration information.

**Connecting through Conversations: AUGUST Hot Topics:** What world topics are being discussed this month — on the federal, state and local levels? Come prepared to discuss and defend your opinion on trending news stories that matter to you.

**Connecting with the Community:** Come hear about community events and prepare to share. All programs discussed must be open to the public, be non-political and not require any experience to attend. This session will always commence directly after TeaTime with Traci.

**Creative Design:** Join us and our partner Jamal "JayWorking" Collins to learn how to brand yourself using the art of graphic design. We will be discussing creative platforms such as Canva and Photoshop.

- **Basic:** An introduction to graphic design using the Canva platform.
- **Intermediate:** Detailed training on how to create a design portfolio of projects — logos, marketing materials and branding campaigns — using Canva.
- **Advanced:** Instruction on how to create, edit and manipulate graphics using Adobe Photoshop.

**Design Spotlight: Logo Design Thinking:** This workshop will focus on the beginning stages of logo design. Discussion topics include discovery, research, brainstorming and sketching. Participants will gain a solid foundation that will prepare them for client-based practices. Registration is required.

**Forgiveness: How to Set Yourself Free:** Does someone have free rent in your head? Are you carrying around someone else's baggage or, worse, their garbage? By holding it, you are letting whoever they were do whatever they did again and again. Learn how to let it go and set yourself free.

**Get Up & Move:** Study after study proves how essential regular exercise is to physical and mental health. Consistent activity helps us maintain a healthy weight, boosts immunity and bone health, and reduces stress. Now, as older Americans in particular face what may be additional months of staying home to stay safe, it's especially important to take steps to maintain mobility and strength. Get Up & Move is a 2-hour program developed to get you moving! Join us for yoga, line dancing and walking through the Fairfax neighborhood as you improve your overall health. Open to all ages.

**Homebuyers Workshop:** Join PNC Bank for an exciting discussion that will provide insight into the homebuying experience. Learn about financing, the pre-approval process, unique lending products and special programs to make homeownership more affordable. This LIVE workshop requires registration; call 216-391-4677 for information.

**How to Ace a Job Interview:** Your resume is polished and you're wearing your best attire, but how do you make sure that you stand out among several people who want the same job? If you've ever been in the hot seat for a job interview, you know it takes some homework and practice on your part to be successful. Learn some of the current tips for interviewing confidently.

**Kids in the Kitchen:** Kids in the Kitchen is a weekly class that will expose children to great tasting and nutritious recipes. A brief introduction of ingredients and recipe instruction will begin each session, followed by construction of recipes to take home for the whole family to enjoy.

**Leading & Inspiring Your Community:** Community is everything! Learn how to build your tribe to inspire your community by increasing confidence, helping others connect and pushing them to challenge themselves. Discover your leadership strengths and how to inspire by sharing your passion.

**Maintaining Your Happiness:** Happiness isn't something that just happens to you. We all have the power to make small changes in our behavior, our surroundings and our relationships that can help set us on course for a happier life. Hold on to your happiness by learning the art of monitoring your thoughts and incorporating tools to protect your inner peace.

**TeaTime with Traci:** Bring your ideas and hear about upcoming workshops and events during this time to chat with Traci Mitchell, executive director of the PNC Fairfax Connection.

**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 principles of songwriting, structure, concepts, melody and metaphors, and then produce their own compositions. Participants should participate in all four consecutive sessions.

**Technology Spotlight: Social Media – Connecting Your Personal Brand to Your Portfolio:** This workshop will focus on the art of social media marketing. You will learn how to explore and present your personal brand online. Discussion topics will include authenticity, the difference between documenting and creating, and a variety of tools and techniques that will help you become a skilled social media marketer. You don't want to miss out on this!

**Technology Spotlight: Social Media – Content Creation:** This workshop will focus on the art of social media content creation. You will learn how to create and upload content to one or several social media platforms. You can create content for fun, or you may have a job as a professional content creator, otherwise known as an influencer. You will discover a variety of tools and techniques that will help you become skilled at creating high-quality content. You don't want to miss this workshop!

**Transform Your Schedule:** Strategic daily planning has the power to transform your life and help you reach any goal. This workshop will help you plan and commit to your goals.

**WOW! Wade Oval Wednesdays:** Join the PNC Fairfax Connection Team at WOW! 2022 at University Circle. Visit [www.universitycircle.org](https://www.universitycircle.org) for additional information and meet us there for some summer fun at the PNC Fairfax Connection table.

**Writers Workshop:** Writers Workshop is a creative space where writers develop their craft and come together in the spirit of discovery and fellowship. Awaken the writer in you and get that idea on the page! Join us for ongoing workshops where we learn and share your writing experience. Come for the lesson, writing/conferring time and sharing. Learn tips on writing, how to get started and getting your work published.