

2024  
**May**

Take your first steps with the PNC Fairfax Connection.

A free resource center dedicated to helping the community learn and grow with classes, workshops, events and programs

Hours: Mon, Thurs & Fri • 10 am – 4 pm | Tues & Wed • 10 am – 7 pm | Sat • 10 am – 1 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Kids in the Kitchen 4:00 pm – 5:00 pm Robotics on the Go 5:00 pm – 6:30 pm Songwriting 5:00 pm – 6:30 pm Do It Like You're Big: Leveraging Technology for Business Growth 5:30 pm – 7:00 pm	<b>2</b> Artificial Intelligence in Design 11:00 am – 12:30 pm Super Tech Day 11:00 am – 2:00 pm	<b>3</b> Building Blocks 11:30 am – 12:30 pm Tech Time 1:30 pm – 2:30 pm	<b>4</b> Digital Music Recording & Production: Basic 10:00 am – 11:30 am Digital Recording & Engineering: Advanced 11:30 am – 1:00 pm Basic Yoga 11:00 am – 12:00 pm The Piggy Bank Club 11:00 am – 12:00 pm Teen Tech Trailblazers: Discovering Design 11:30 am – 1:00 pm
<b>5</b> 	<b>6</b> Reach Success 11:00 am – 2:00 pm Basic Computer Skills 12:00 pm – 1:30 pm	<b>7</b> Computer Skills: Beyond the Basics 5:00 pm – 6:30 pm Paint & Party: Youth Edition 5:00 pm – 6:30 pm	<b>8</b> How Yoga Can Support Arthritis 10:30 am – 11:30 am The Edible Art Experience: Cookies for Mom 5:00 pm – 6:30 pm Robotics on the Go 5:00 pm – 6:30 pm Songwriting 5:00 pm – 6:30 pm	<b>9</b> Artificial Intelligence in Design 11:00 am – 12:30 pm Computers 101 1:00 pm – 3:00 pm	<b>10</b> Tech Time 1:30 pm – 2:30 pm	<b>11</b> Digital Music Recording & Production: Basic 10:00 am – 11:30 am Digital Recording & Engineering: Advanced 11:30 am – 1:00 pm Writers Workshop 10:30am – 12:00pm Basic Yoga 11:00 am – 12:00 pm Teen Tech Trailblazers: Discovering Design 11:30 am – 1:00 pm
<b>12</b> Mother's Day	<b>13</b> Reach Success 11:00 am – 2:00 pm African Roots of Yoga 2:00 pm – 3:30 pm	<b>14</b> Tea-Time with Traci 11:00 am – 12:00 pm Connecting with the Community 12:00 pm – 12:30 pm Computers 101 1:00 pm – 3:00 pm Building Blocks: Meet the Author! 5:30 pm – 6:30 pm Center for Financial Education 5:30 pm – 7:00 pm	<b>15</b> How Yoga Can Support Arthritis 10:30 am – 11:30 am Kids in the Kitchen 4:00 pm – 5:00 pm Robotics on the Go 5:00 pm – 6:30 pm Songwriting 5:00 pm – 6:30 pm Timeless Treasures: Crafting Legacies of Wisdom 5:00 pm – 6:30 pm	<b>16</b> Artificial Intelligence in Design 11:00 am – 12:30 pm Financial Empowerment for Young Adults 12:00 pm – 1:00 pm Computers 101 1:00 pm – 3:00 pm	<b>17</b> Building Blocks 11:30 am – 12:30 pm Tech Time 1:30 pm – 2:30 pm	<b>18</b> Digital Music Recording & Production: Basic 10:00 am – 11:30 am Digital Recording & Engineering: Advanced 11:30 am – 1:00pm Homebuyers Workshop 10:00 am – 1:00 pm Basic Yoga 11:00 am – 12:00 pm Teen Tech Trailblazers: Discovering Design 11:30 am – 1:00 pm
<b>19</b> 	<b>20</b> Reach Success 11:00 am – 2:00 pm From Trials to Triumph: Cultivating Resilience from Life's Challenges 12:00 pm – 1:00 pm	<b>21</b> Computers 101 1:00 pm – 3:00 pm Speaker Series 5:30 pm – 7:00 pm	<b>22</b> Early Childhood Educator Workshop: Cleveland Metroparks 4:30 pm – 6:00 pm Robotics on the Go 5:00 pm – 6:30 pm Songwriting 5:00 pm – 6:30 pm	<b>23</b> Artificial Intelligence in Design 11:00 am – 12:30 pm Computers 101 1:00 pm – 3:00 pm	<b>24</b> Building Blocks 11:30 am – 12:30 pm Computer Skills: Beyond the Basics 12:00 pm – 1:30 pm Tech Time 1:30 pm – 2:30 pm	<b>25</b> Digital Music Recording & Production: Basic 10:00 am – 11:30 am Digital Recording & Engineering: Advanced 11:30 am – 1:00 pm Basic Yoga 11:00 am – 12:00 pm Teen Tech Trailblazers: Discovering Design 11:30 am – 1:00 pm
<b>26</b> 	<b>27</b> CLOSED Memorial Day	<b>28</b> Computers 101 1:00 pm – 3:00 pm Teens in the Kitchen 5:00 pm – 6:30 pm Get Up & Groove: Family Line Dancing Night 5:00 pm – 6:30 pm	<b>29</b> Family STEAM Night 5:00 pm – 6:30 pm Songwriting 5:00 pm – 6:30 pm	<b>30</b> Book Club 1:00 pm – 2:30 pm Computers 101 1:00 pm – 3:00 pm	<b>31</b> Building Blocks 11:30 am – 12:30 pm Tech Time 1:30 pm – 2:30 pm	

# Workshop & Special Event Descriptions

**African Roots of Yoga:** Explore the African roots of yoga with our partners at My Village Yoga. This introductory workshop will cover the fundamentals of Kemeti yoga.

**Artificial Intelligence in Design:** In this four-week series, participants will explore the intersection of design and artificial intelligence. Our facilitator, Jamal "JayWorking" Collins, will guide you through practical exercises using AI tools and technology in graphic design.

**Basic Computer Skills:** It's important for everyone to have basic computer skills. Learn the basics, including creating a Gmail account, sending an email, basic word processing, how to search the internet and more.

**Basic Yoga:** Yoga is a unique way of strengthening and toning the body. Join us with our partner, My Village Yoga, for Saturday yoga sessions at the PNC Fairfax Connection! Whether you are new to yoga or have taken classes, this is the best place for you to start.

**Book Club:** One of the pleasures of reading a good book is discussing it with others who have read it. Join the club to rave about what you've just read or to debate participants' various reactions to the book. Connect with us as we discuss our shared experiences reading *This Could Be Us* by **Kennedy Ryan**.

**Building Blocks:** This is a weekly program for children that features story-time, arts & crafts, music or an appearance by a PNC Grow Up Great® partner. Ages 3–6.

**Building Blocks: Meet the Author:** Dive into the world of books with your little ones! In this special edition of Building Blocks, we'll have story-time and hands-on activities with a local author. This month's featured author is **Courtney Ottrix** and her book, *Our Blended Family*.

**Center for Financial Education:** PNC Bank is launching an updated series of financial wellness workshops dedicated to helping you more effectively manage your personal finances and achieve your financial goals. We're excited to bring this programming to PNC Fairfax Connection beginning this May.

**Computers 101:** This eight-week program will provide you with an introduction to laptops and desktops, understanding mobile apps, and safe internet navigation. This workshop is designed to help seniors and adults learn computer basics.

**Computer Skills: Beyond the Basics:** We're going beyond the basics and learning intermediate-level computer skills! We'll explore topics such as using tools within Microsoft Office, advanced email skills, and more. This workshop is designed for participants who already have foundational computer skills.

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

**Digital Music Recording & Production: Basic:** Whether you're a budding musician or have a passion to create and record for a living, this class provides you access to and understanding of the software and tools you'll need to arrange your own masterpiece. Students will learn how to obtain professional-sounding results from a simple studio setup. Basic computer knowledge is required. Ages 13 and up.

**Digital Recording & Engineering: Advanced:** This is the next-level session for those who have already taken the Basic class. We will use the acquired skills to produce an entire song, including an audio recording. Ages 13 and up.

**Do It Like You're Big:** This four-part series of masterclass workshops is for entrepreneurs who are small business owners wanting to produce big results.

- **Overcoming Fears & Understanding Business Lending:** Address fears related to business lending and gain an understanding of different business financing options.
- **Building Business Operations Expertise:** Identify key areas of business operations and develop practical strategies for improving efficiency in your business.
- **Strategic Goal Setting for Businesses:** Use a goal-setting framework to align your goals with a long-term vision. Learn how to create actionable steps to achieving your strategic goals.
- **Leveraging Technology for Business Growth:** Develop strategies to integrate technological tools into your business to improve operations, sales and marketing.

## Early Childhood Educator Workshop – Cleveland Metroparks:

Participants will explore engaging nature-themed activities and books that incorporate STEAM principles into your early childhood classroom. 1.5 SUTQ hours can be earned.

**The Edible Art Experience: Cookies for Mom:** Join us, in partnership with The Edible Art Experience™, to create a one-of-a-kind experience that combines the fun but relaxing qualities of painting and crafting while designing your custom signature cookie. Led by an Edible Artist, you will receive step-by-step instructions on how to create your own edible masterpiece. Registration is required and limited. Confirmed attendees will receive all the supplies needed. Ages 18 and up.

**Family STEAM Night:** Join us for Family STEAM Night! All ages are welcome as we explore Science, Technology, Engineering, Art, and Math through hands-on activities led by STEAM professionals. We'll complete fun projects that will ignite your curiosity and spark your creativity. No experience is required.

## First steps start here.

Call **216-391-4677** or visit [pncfairfaxconnection.com/calendar](http://pncfairfaxconnection.com/calendar) for additional information and to register early as slots fill up quickly!

**Financial Empowerment for Young Adults:** Students will learn to explore personal financial choices, make informed financial decisions, and consider what it means to be financially responsible. This month's theme is Borrowing Basics.

**From Trials to Triumph: Cultivating Resilience from Life's Challenges:** Transform life's toughest moments into your stepping-stones in "From Trials to Triumph." Join us to cultivate resilience that turns obstacles into opportunities and adversity into advancement.

**Get Up & Groove: Family Line Dancing Night:** Join us for a fun night of line dancing! Our instructor will teach you all the moves you need to get grooving and moving to the best hits. Bring the whole family down for a night of line dancing and movement at the Connection. No experience required. All ages welcome.

**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.

**How Yoga Can Support Arthritis:** This two-part series will inform and encourage mindful movement as complementary care for arthritis. Gentle range-of-motion movements will be experienced systematically through the joints. This series, led by an 800-hour-certified yoga therapist, will be accessible for all.

**Kids in the Kitchen:** Bring your aspiring young chefs and learn how to make great-tasting and nutritious recipes! Participants will follow recipes with guidance from a professional culinary expert. Come ready to eat and learn new recipes to take home for the whole family to enjoy!

**Paint & Party – Youth Edition:** Bring the kids for a fun evening out at our Paint & Party program! Our instructor will give you step-by-step instructions on how to create your own masterpiece. You don't need anything other than a sense of creativity to join our paint party.

**The Piggy Bank Club:** Calling all kids! Come learn about spending, sharing and saving money through fun activities and games. Ages 5–12.

**Reach Success:** Are you looking for individual support to increase your career and/or educational opportunities? The Reach Success team is resourceful and helpful in addressing barriers and allowing your personal goals to be reached. Specialties include tutoring, alternatives to GED, navigating college enrollments, employment opportunities, coaching and mentoring.

**Robotics on the Go:** Discover the fascinating world of science and technology! Youth will participate in activities that include building robots, designing structures, exploring STEM careers and more. Come have fun while engaging with project-based learning. For youth in grades 5–10.

**Songwriting:** 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 plan to attend all four consecutive sessions.

**Speaker Series:** Each month promises to bring new knowledge from the very best of today's thought leaders. The Speaker Series has been carefully crafted to deliver a range of captivating and inspiring speakers — renowned entrepreneurs, community leaders and award-winning journalists. You will come away from each event with greater awareness and a broader understanding of new ideas. This month's speaker is **Randell McShepard, co-founder of the Rid-All Green Partnership**.

**Super Tech Day:** Everyone is welcome to receive help with your new and not-so-new tech gadgets! In partnership with Ashbury Senior Computer Community Center (ASC3), we invite you to bring your questions about laptops, digital cameras, iPhones, Androids and other kinds of technical devices.

**Tea-Time 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.

**Tech Time:** Our Digital Lab will be open with a staff member available to answer questions on any device or software program used at the PNC Fairfax Connection.

**Teen Tech Trailblazers: Discovering Design:** Join us and our partner Jamal "JayWorking" Collins to discover graphic design using tools like Illustrator, Photoshop and Canva. Our workshops go beyond graphic design, encompassing various skills like personal branding, fashion, video editing and content creation, empowering students in a supportive and enjoyable learning environment. For youth in grades 5–12.

**Teens in the Kitchen:** Learn how to craft healthy and delicious meals with a professional chef! Teens will cook alongside our instructor and develop culinary skills that can be used for a lifetime.

**Timeless Treasures: Crafting Legacies of Wisdom:** Weave wisdom into a legacy that transcends time. Join fellow life travelers in crafting and curating the pearls of wisdom that define your journey and inspire generations. Create a time capsule to leave behind for future generations.

**Writers Workshop:** This workshop is a sanctuary for the written word, where budding and experienced writers alike can hone their craft. Join us for this series of ongoing workshops where you will dive into creative writing exercises, peer reviews, and discussions on character development, plot structuring, and the joy of storytelling.

