

# Weekly Workshop Descriptions

Week of May 11 – 15, 2020

**SCHEDULE ATTACHED BELOW WORKSHOP DESCRIPTIONS.**

**\*\*IMPORTANT: BEFORE REGISTERING FOR A WORKSHOP PLEASE SEE THE DESCRIPTIONS BELOW FOR MORE INFORMATION ABOUT WHAT TO EXPECT AND WHAT TO BRING\*\***

**WORKSHOP TOPIC**

**CONTENT OVERVIEW**

## Pre-Employment Training Workshops Offered This Week:



**Applying for Jobs Now and in the Future**

Applying for jobs before the outbreak was difficult but now the job market has changed. Participants will learn and understand how to apply for jobs online through websites, social media and other platforms. We will learn best practices when looking for job opportunities with companies while navigating online websites.

## Money Management Workshops Offered This Week:



**What is Credit?**

Credit is important for adults who want to be able to get the things we need now on the promise that we will pay it back later. We will discuss what a credit report and score is; how this relates to you and its importance. The role that Banks and Lenders play is crucial to why credit is important and what each Canadian has access to. We will also discuss the benefit of planning ahead and how this can positively impact our way of thinking towards lending products.

## Fitness, Health and Wellness Workshops Offered This Week:



### **Coping With Stress**

Our Fitness, Health and Wellness workshop will explore various exercises combined with health and wellness techniques, offered at both high and low intensity sessions. In this workshop, we will continue to learn about and practice skills that can be used to cope with stress. This session will include accessible yoga focusing on stretching as well as our joints, then we will jump into a guided meditation on the impermanent nature of our surroundings. Our workshop will end in a discussion on the World Health Organization's (WHO's) recommendations on how to keep others healthy during the pandemic.

**Participants will need comfy clothes, open space, a chair, and water for this workshop.**



### **Let's Dance!**

This week join us for a Latin music inspired seated workout to get your body moving! Participants will loosen up their muscles and joints, have fun and release their happy endorphins! We will cool down with some stretches to help promote blood flow and reduce stress to the heart and other muscles.

**For this session participants will need to bring water, a small face towel and a chair (preferably with no arms).**

## Mindfulness and Meditation Workshops Offered This Week:



### ***Focused Attention Meditation***

With the "focused attention" technique, you'll learn to harness the brain's ability to concentrate its attention on a target. Likely the most common form of meditation, this technique uses the breath to anchor the mind and maintain awareness. In this workshop you will have the opportunity to practice "focused attention" with a guided meditation, and you will leave with an idea of how it can be integrated into your day-to-day life.

## Self-Advocacy and Activism (S.A.A.) Workshops Offered This Week:



### S.A.A. INFO SESSION

Exciting changes ahead! We are revamping Corbrook's Self-Advocates Committee and invite you to get involved! In this session we discuss the future of S.A.A. at Corbrook, talk about some upcoming changes to the schedule and explain your options for engagement moving forward. **Attendance is highly recommended for anyone interested in being part of Corbrook's Self-Advocates Committee.**

Still interested in S.A.A. but committees aren't your cup of tea? Not to fear! S.A.A. workshops will continue to run on a weekly basis. Be sure to attend this session as it will provide you with assurances and answers to any questions you might have.

## Arts and Crafts Workshops Offered This Week:



### Exploring the Elements of Art- Line: Listen and Draw

Arts and crafts give us the chance to explore fun and creative ways to express ourselves, and create something beautiful at the same time. In this workshop, we will be exploring the first element of art – Line. In the activity called Listen and Draw, we will listen to 3 pre-chosen songs and draw the lines we've learned about to the beat of the music. After each song, there will be an opportunity to share and have a discussion based on what we've created! Artist highlight of the week... Leonardo da Vinci!

**Participants will need 4 blank sheets of paper, and your favorite drawing tool.**

## Life Skills Workshops Offered This Week:



### Hand Washing 101.

"Life Skills" encompass many of the tasks that we do throughout our day. Improving our ability to complete these tasks helps us to lead healthier, happier and more independent lives! In our first series of sessions we will focus on hygiene. We will dive into some dos and don'ts, and common misconceptions about the way we keep

our bodies and personal spaces clean. This week we will learn and practice proper handwashing techniques. Be ready to learn something new and have some fun!  
**Participants will need access to warm water (a sink), soap and hand sanitizer.**

## **Cooking and Nutrition Workshops Offered This Week:**



### **Grilled Cheese and Tomato Sandwiches**

In this session we will learn and practice making grilled cheese and tomato sandwiches using a frying pan on a stove. We will have the opportunity to practice following a recipe step-by-step. Lastly we will discuss the health benefits of eating tomatoes.

**\*\* PLEASE SEE RECIPE ATTACHED ON LAST PAGE BEFORE REGISTERING FOR THIS WORKSHOP. \*\***

#### **For this recipe Participants will need:**

Nonstick cooking spray, or oil, or butter or margarine to coat the frying pan  
Cheddar cheese (enough to cover a slice of bread) or another cheese of their choice  
2 thin slices of tomato-if participants do not like tomato or are allergic to tomatoes, they can substitute tomato for another vegetable or omit it entirely  
2 slices of whole wheat bread or other bread they have available

#### **Participants will also need:**

1 plate  
A stove  
1 frying pan  
A spatula  
A sink for washing dishes  
Liquid soap for washing dishes  
A sponge

Handouts: Recipe - Grilled Cheese and Tomato Sandwich recipe, Health Benefits of Tomato (see recipe attached below program descriptions)

## Social Workshops Offered This Week:



### Coffee Talk

Cozy up in your favourite coffee shop without ever having to leave your house! This is a relaxed setting where we discuss current events, socialize a little, maybe work on a crossword or two, and tune-in to what's going on in our local and global communities. **Come prepared with a hot cup of coffee, tea, or your favourite morning beverage to sip on while we have a chat and start the day together.**



### Karaoke!

A Corbrook classic! Channel your inner superstar, grab that hairbrush microphone and belt out some of your favourite tunes in this fun, interactive setting. Everyone who would like to sing will get at least one turn while the rest of us groove to the music and cheer you on. **Come prepared with a list of the top 3 songs you'd like to sing along to.**



### Fun and Games

It's all in the name! Whether we're testing our knowledge with trivia, trying our luck at bingo or checking out a virtual arcade, you'll be sure to have some FUN! The games we play will change from week to week and will always be interactive and online (no physical games are required at home). **This week's game is ...Bingo!**



### Fri-YAY! Social

Let's catch up! In this session we take the hour to simply hang out and connect with one another. We talk about Netflix, books, special dates and events that happened or are coming up—anything you'd like! **This week's theme is JERSEY DAY! Wear your favourite sports jersey or fan gear and tell us about your team.**

## This Week's Recipe for Cooking and Nutrition

### Grilled Cheese and Tomato Sandwich

**Total Time with prep and cook times:** 10 minutes

**Serves:** 1

**Ingredients:**

Nonstick cooking spray, or oil, or butter or margarine

Cheddar cheese (enough to cover a slice of bread) or a cheese of your choice

2 thin slices of tomato

2 slices of whole wheat bread or other bread you have available

**Directions:**

Step 1: Lightly coat an unheated small frying pan with cooking spray.

Step 2: Place frying pan on stove. Turn stove on to medium heat.

Step 3: Place cheese and tomato slices between the bread slices.

Step 4: Using your spatula place your bread on the heated frying pan.

Step 5: Press down on the sandwich once or twice using your spatula.

Step 6: When one side is toasted, turn the sandwich over.

Step 7: Cook until both sides are toasted and cheese is melted. Serve immediately.











**Source:** <http://www.eatingwell.com/recipe/263485/grilled-cheese-and-tomato-sandwich/>



# Corbrook Zoom Workshop Schedule – MORNING

Week of May 11 – 15, 2020

**\*\*BEFORE REGISTERING FOR A WORKSHOP PLEASE SEE THE DESCRIPTIONS ABOVE FOR MORE INFORMATION ABOUT WHAT TO EXPECT AND WHAT TO BRING\*\***

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 11:00am	 <b>Coffee Talk</b> Don't forget to bring a beverage!	 <b>Self-Advocacy and Activism</b> S.A.A. INFO SESSION	 <b>Fitness, Health and Wellness</b> Coping With Stress (Low intensity exercise)	 <b>Mindfulness and Meditation</b> Focused Attention Meditation	 <b>Coffee Talk</b> Don't forget to bring a beverage!
11:30am – 12:30pm	 <b>Mindfulness and Meditation</b> Focused Attention Meditation	 <b>Arts and Crafts</b> Exploring the Elements of Art-Line: Listen and Draw	 <b>Cooking and Nutrition</b> Grilled Cheese and Tomato Sandwiches	 <b>Life Skills</b> Hand Washing 101	 <b>Let's Dance!</b> Pump up your heartrate while we pump up the jams

# Corbrook Zoom Workshop Schedule – AFTERNOON

Week of May 11 – 15, 2020

**\*\*BEFORE REGISTERING FOR A WORKSHOP PLEASE SEE THE DESCRIPTIONS ABOVE FOR MORE INFORMATION ABOUT WHAT TO EXPECT AND WHAT TO BRING\*\***

Time	Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm – 2:00pm	 <p><b>Fitness, Health and Wellness</b></p> <p>Coping With Stress (High intensity exercise)</p>	 <p><b>Pre-Employment Training</b></p> <p>Applying for Jobs Now and in the Future</p>	 <p><b>Arts and Crafts</b></p> <p>Exploring the Elements of Art-Line: Listen and Draw</p>	 <p><b>Fun and Games</b></p> <p>Bingo!</p>	 <p><b>Fri-YAY! Social</b></p> <p>Jersey Day</p>
2:30pm – 3:30pm	 <p><b>Cooking and Nutrition</b></p> <p>Grilled Cheese and Tomato Sandwiches</p>	 <p><b>Karaoke!</b></p> <p>Don't forget a list of your top 3 songs!</p>	 <p><b>Money Management</b></p> <p>What is Credit?</p>	 <p><b>Karaoke!</b></p> <p>Don't forget a list of your top 3 songs!</p>	 <p><b>Fri-YAY! Social</b></p> <p>Jersey Day</p>