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| Tuesday Dec. 8th  | Wednesday Dec. 9th |
| **Nutrition & Sports**-Learn safe & fun ways to stretch & make a healthy smoothie.*SUPPLIES: Blender, fruit & yogurt***Finding your Dream Job-**Take the job readiness assessment. Find out what life skills equal job skills. *SUPPLIES: Job Readiness Assessment Paper & pen* | **Hands on Christma**s-Make a gingerbread house.*SUPPLIES: Gingerbread kit.***Let’s do it!**-Let’s learn to crochet.*SUPPLIES: 6mm hook, med/4 weight acrylic yarn. Hand dexterity issues use 8mm hook, bulky/5 weight acrylic yarn.* |
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| Tuesday Dec. 15th**Nutrition & Sports**- What each position in various sports do & different veggies and meal prep for health. **Finding your Dream Job-**Putting YOU inyour dream job **so** What Makes You, YOU?.*SUPPLIES: Magazines, scissors, glue, large piece of paper, Self-Assessment quiz & Interests quiz.*  | Wednesday Dec. 16th**Hands on Christma**s-Make a pompom wreath.*SUPPLIES: Plastic wreath form/shape, glue gun, glue sticks, bag of pompoms, small Christmas ornaments/decorations optional.***Let’s do it!**-Let’s play Bingo*SUPPLIES: Log onto Zoom for link* |
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| Tuesday Dec. 22nd**Nutrition & Sports**-Sports-ability & make a healthy snack.**Finding your Dream Job-**Creating your resume and cover letter.*SUPPLIES: Paper & pen.* | Wednesday Dec. 23rd**Hands on Christma**s-Make a mason jar Christmas light.*SUPPLIES: Mason jar, Holly leaves, twin, fake snow, LED tea light, glue gun, glue sticks, Elmer’s glue, wide paint brush***Let’s do it!**-Let’s make Christmas cookies.*SUPPLIES: Flour, eggs, baking soda, baking powder, butter, vanilla extract, sugar, milk. Cookie cutters, powder sugar/icing and sprinkles optional.* |
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| Tuesday Dec. 29th**Nutrition & Sports**-Uniforms-key components.*SUPPLIES: Paper and drawing materials***Finding your Dream Job-**Dressing for success. What to wear and what not to wear at your interview. *SUPPLIES: Dress for interview* | Wednesday Dec. 30th**Hands on Christma**s- New Year wish spin drums. SUPPLIES: Craft spin drums, paint, letter/star stickers and glitter glue.**Let’s do it!**-Let’s play Bingo*SUPPLIES: Log onto Zoom for link* |
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We have included a list of supplies so you can make each item with us. If you prefer you can just enjoy following along with us.