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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.