



# Welcome to Virtual Program 2020!

## Summer Overview: July-August

After one month of online programming under our belts, summer program is underway! We would like to thank Charlotte for her expertise and knowledge that made online programming in June a reality. We also thank our wonderful staff members, Lynn and Brenda for their continued contributions and work within Social and Life Skills! This season, EFL will be joined by 2 summer students, Morgan and Lucas. Lucas will be taking over the IT department and Morgan will be assisting Shelley with weekly programming. Behind the scenes, Barb and Charlotte will continue in their administrative roles. Our staff is thrilled for the summer ahead!

This summer our participants will be engaging in a variety of activities. Some will be familiar and others may be entirely new to them! Our innovative online programming is here to keep participants engaged and uplifted through this unprecedented time. This summer we will deliver a program focused on 3 main areas:

### Health, Wellness & Recreation

Yoga	Music
Dance	Calm
Art	Games
IT Club	Fit for Life

### Life Skills

Cooking  
 Computer Skills  
 Social Skills  
 Daily Skills  
 Adapting to Change

### Social Engagement

Coffee Hub  
 Group Activities  
 Volunteer Pairing  
 Culture Club  
 Creating Connections

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... and more! We are looking forward to a summer of connection and experiential learning with each and every one of the EFL participants.

### Staying Connected!

We are all in this together. During this time we will be learning as an organization and are open and excited to receive your feedback! Please reach out to our Executive Director, Barb Weeden or Program Director, Shelley Higginson with any questions, comments or concerns. Please be sure to join our private participant page on Facebook, where we will post daily regarding program activities, birthdays and more! Every member is able to post and share EFL community based content. See you there!

**Link to Private EFL Group Page:** <https://www.facebook.com/groups/497078234504058>

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### Zoom: Tips and Tricks!

1) Mute and Unmute yourself with ease:

**Mac:** SHIFT + COMMAND + A

**Windows:** CTRL + M

2) Stop and start video with ease:

**Mac:** SHIFT + COMMAND + V

**Windows:** ALT + V

Program links will be sent from [buisness@eventsfor.life](mailto:buisness@eventsfor.life)