

Class Syllabus

Week 1 : Modern Technology

We will gain skills to navigate modern technology such as smart phones & tablets.

Week 2 : Health & Fitness

We will discuss strategies including physical activity, nutrition and mental health

Week 3 : Communication

We will discuss various forms of entertainment via modern tools.

Week 4 : Financial Management

We will equip you with skills for managing finances and navigating online shopping.

Week 5: Connections

We will address the importance of relationships & discuss strategies for staying connected.

Week 6: Hobbies

We will explore new hobbies and lifelong learning opportunities.