**July 2024 – PNC Fairfax Connection**

**The Art of Crochet:**

Learn the fundamentals of crochet with local designer, Sonseeahray McHenry, Head Designer of S.A.M. the Label. Participants will learn basic crochet stitches and how to read a crochet pattern while creating our own crocheted pieces. Adults and children are encouraged to attend, but this program is recommended for ages 8 & up.

**Basic Computer Skills:**

It’s important for everyone to have basic computer skills. Learn the basics, including creating a Gmail account, sending an email, basic word processing, how to search the internet, and more.

**Basic Yoga:**

Yoga is a unique way of strengthening and toning the body. Join us with our partner, My Village Yoga, for Saturday yoga sessions at the PNC Fairfax Connection! Whether you are new to yoga or have taken classes, this is the best place for you to start.

**Book Club:**

One of the pleasures of reading a good book is discussing it with others who have read it. Join the club to rave about what you’ve just read or to debate participants’ various reactions to the book. Connect with us as we discuss our shared experiences reading ***The Many Lives of Mama Love*** by **Lara Love Hardin**.

**Building Blocks:**

This is a weekly program for children that features story-time, arts & crafts, music or an appearance by a PNC Grow Up Great® partner. Ages 3–6.

**Building Blocks: Meet the Author**

In this special edition of Building Blocks, we are going to have story-time with a local author! We’ll read the book with the author and do a fun, hands-on activity that goes with the story. This month’s featured author is Khadijah Fair.

**Center for Financial Education**

PNC Bank is launching an updated series of financial wellness workshops dedicated to helping you more effectively manage your personal finances and achieve your financial goals.

**Computer Skills: Beyond the Basics:**

We’re going beyond the basics and learning intermediate-level computer skills! We’ll explore topics such as using tools within Microsoft Office, advanced email skills, and more. This workshop is designed for participants who already have foundational computer skills.

**Computers 101:**

This 8-week program will provide you with an introduction to laptops and desktops, understanding mobile apps, and safe internet navigation. This workshop is designed to help seniors and adults learn computer basics.

**Connecting with the Community:**

Join us to hear about community events and prepare to share. All programs discussed must be open to the public, be nonpolitical and not require any experience to attend.

**Digital Music Recording & Production – Basic:**

Whether you’re a budding musician or have a passion to create and record for a living, this class provides you access to and understanding of the software and tools you’ll need to arrange your own masterpiece. Students will learn how to obtain professional-sounding results from a simple studio setup. Basic computer knowledge is required. Ages 13 and up.

**Digital Recording & Engineering – Advanced:**

This is the next-level session for those who have already taken the Basic class. We will use the acquired skills to produce an entire song, including an audio recording. Ages 13 and up.

**The Fairfax Chess Club:**

The game of chess encourages players to think critically and improve concentration. Our instructors from Progress with Chess will teach you the fundamentals of the game and hone your skills. This program is designed to introduce youth to chess, but all ages are welcome.

**Families in the Kitchen:**

Embrace the farm-to-table lifestyle and discover nutritious recipes curated by Chef Tiffani Sutton-Taylor, Founder of Cutting Board Academy. Chef Tiffani will walk you through the dish step-by-step while teaching you about the science of food and nutrition.

**Family STEAM Night:**

Join us for Family STEAM Night! All ages are welcome as we explore Science, Technology, Engineering, Art, and Math through hands-on activities led by STEAM professionals. We’ll complete fun projects that will ignite your curiosity and spark your creativity. No experience is required.

**Financial Empowerment for Young Adults:**

Students will learn to explore personal financial choices, make informed financial decisions, and consider what it means to be financially responsible. This month’s theme is Bank On It!

**Get Up & Groove: Family Line Dancing Night:**

Join us for a fun night of line dancing! Our instructor will teach you all the moves you need to get grooving and moving to the best hits. Bring the whole family down for a night of line dancing and movement at the Connection. No experienced required. All ages welcome.

**Homebuyer’s Workshop:**

Join PNC Bank for an exciting discussion that will provide insight into the homebuying experience. Learn about financing, the pre-approval process, unique lending products and special programs to make homeownership more affordable.

**How Yoga Can Support Arthritis:**

This two-part series will inform and encourage mindful movement as complementary care for arthritis. Gentle range of motion movements will be experienced systematically through the joints. This series, led by an 800-hour certified yoga therapist, will be accessible for all.

**Kids in the Kitchen:**

Bring your aspiring young chefs and learn how to make great-tasting and nutritious recipes! Participants will follow recipes with guidance from a professional culinary expert. Come ready to eat and learn new recipes to take home for the whole family to enjoy!

**Personal Growth Gardening: Cultivating Your Potential:**

Dig deep into the soil of your soul and cultivate the rich potential within. Let us guide you through growth techniques that promise to sprout newfound passions and skills in the fertile ground of your personal landscape.

**Planting Seeds to Succeed**

This special hands-on summer program will allow kids to learn more about themselves and the world around them. Our facilitators will nurture and empower our youth through urban agriculture, positive mindfulness exercises, and academic enrichment, all while having fun!

**The Piggy Bank Club:**

Calling all kids! Come learn about spending, sharing and saving money through fun activities and games. Ages 5–12.

**Reach Success:**

Are you looking for individual support to increase your career and/or educational opportunities? The Reach Success team is resourceful and helpful in addressing barriers and allowing your personal goals to be reached. Specialties include tutoring, alternatives to GED, navigating college enrollments, employment opportunities, coaching and mentoring.

**Side Hustle Studio: Graphic Design as a Side Hustle:**

This series will provide students with the knowledge of how to develop and enhance your design portfolio. Learn strategies to attract clients and promote yourself for freelancing opportunities.

**Songwriting:**

Join us to learn the fundamentals of songwriting and song construction. This course is for both aspiring and experienced songwriters. Participants will learn to apply the principles of songwriting, structure, concepts, melody and metaphors, and then produce their own compositions. Participants should plan to attend all four consecutive sessions.

**Speakers Series:**

Each month promises to bring new knowledge from the very best of today’s thought leaders. The Speakers Series has been carefully crafted to deliver a range of captivating and inspiring speakers — renowned entrepreneurs, community leaders and award-winning journalists. You will come away from each event with greater awareness and a broader understanding of new ideas. This month’s speaker is local journalist and Fairfax historian, **Lee Chilcote.**

**Tech Time:**

Our Digital Lab will be open with a staff member available to answer questions on any device or software programs used at the PNC Fairfax Connection.

**Teen Tech Trailblazers: Discovering Design:**

Join us and our partner Jamal “JayWorking” Collins to discover graphic design using tools like Illustrator, Photoshop, and Canva. Our workshops go beyond graphic design, encompassing various skills like personal branding, fashion, video editing, and content creation, empowering students in a support and enjoyable learning environment. For youth in grades 5–12.

**Teens in the Kitchen:**

Teens in the Kitchen is an extension of our Kids in the Kitchen program. Does your teenager like to cook? Are they interested in learning new skills? If so, this workshop is the perfect way to get them involved.

**Wade Oval Wednesday:**

Join the PNC Fairfax Connection Team at WOW! 2024 at University Circle. Visit [www.universitycircle.org](http://www.universitycircle.org) for additional information and meet us for some summer fun at the PNC Fairfax Connection table.

**Yoga Beyond the Basics: Ayurveda:**

Ayurveda is one of the world’s oldest whole-body wellness systems.  The main goal of Ayurveda is to promote good health and well-being.

**Young Artists of Fairfax:**

Explore your creative side through the arts! In this workshop, youth will learn how to create a variety of art projects and develop their skills in drawing, painting, sculpture and more. This month’s project will be painting.