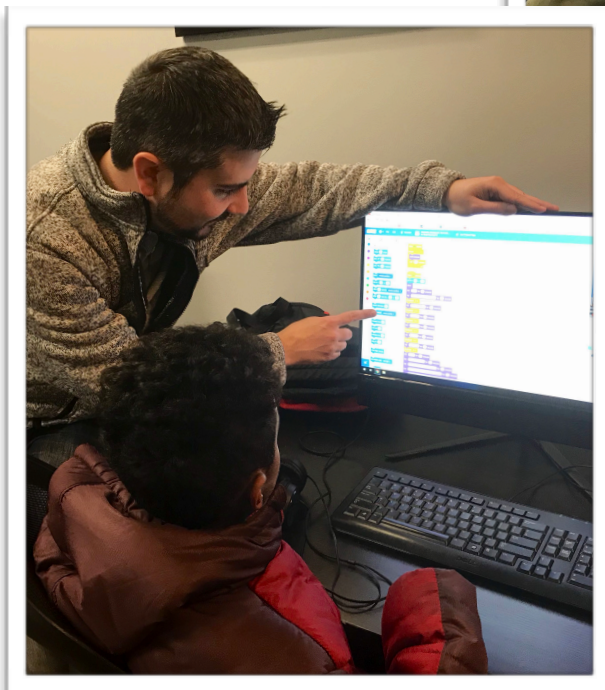


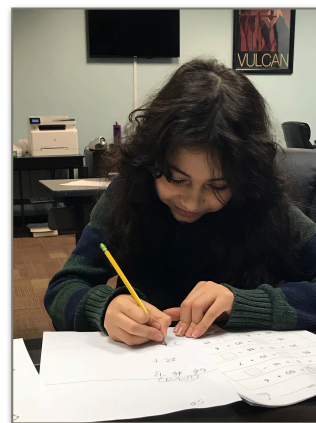
Juanita Sanders Computer Learning Center & Youth Activity Room



Computer Learning Center

Summary of Activities

Youth| Again the youth were the largest user group at the center. This is no surprise to us as we regularly assist with their homework assignments. Homework continues to be diverse, as this group spans ages 6 to 12. Their assignments include reading, writing, math, and special projects. The staff continued to expose the youth to a variety of S.T.E.M. projects. Learning about coding is obviously an important skill we want to pass on to the youth and we've had some success with Scratch, the block-based visual programming language developed by M.I.T. Some of the youth also took a shot at photography this month using our digital camera.

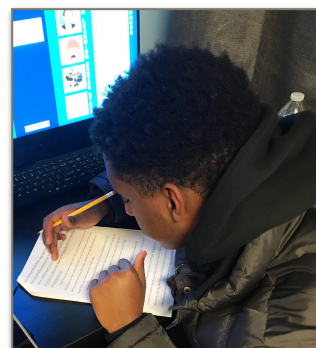


Regular Youth Activities|

All year round the CLC provides a place for the youth to be creative and work on assignments. These include:

- ▶ Homework Help
- ▶ Digital Film and Photography
- ▶ Digital Film Editing
- ▶ Audio Editing, Including Podcasting
- ▶ Music Production

Teens| Most of teens continue to work independently on their studies and ask us for assistance when they are stuck on questions while others require most attention. A regular to the center, Simon, continued to ask for assistance with his social studies. He also started an automotive repair class and needed help studying, we were happy to help him memorize terms. Yonatan and Sara both needed extra help with math this month and we were able to sit with them and solve the equations they were having difficulties with.

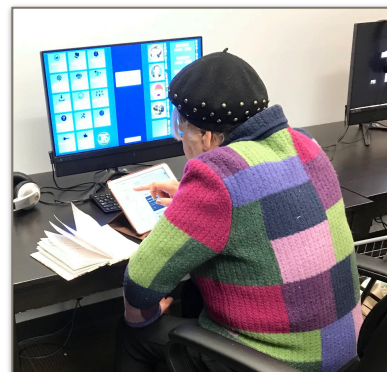


Regular Teen Activities|

All year round the CLC provides a place for the teens to be creative and work on assignments. These include:

- ▶ Homework Help
- ▶ Digital Film and Photography
- ▶ Digital Film Editing
- ▶ Audio editing, including podcasting and Garage band

Adults| This month we assisted with several unique questions. A resident continued to have issues with the email settings he had entered into his Outlook program. He asked to bring his computer in and we were able to successfully input the settings that allowed him to send and receive email messages. Denise continued to work on her book, using the computer center to type and print off pages. She asked the staff to assist with taking a headshot photograph to be used in the book, and we were happy to help. Denise also asked to use the computers to record an audio rendition of her book. We have done this before with Denise and after a brief refresh tutorial on how to use the audio program, Audacity, she was able to capture several minutes of audio. We assisted Shirley, a center regular, with scanning documents and uploading them to her Google Drive. We also assisted her with the setup of her new Android phone. Olga has become a regular to the center with one-on-one workshop sessions on how to use her iPad. Being one-on-one we are able to work at a slow comfortable pace for her, which could otherwise be too fast paced in a normal class setting for her to understand. Staff continued to help with everyday activities such as printing, copying, and faxing.



Regular Adult Activities|

All year round the CLC provides a place for the adults to do office work, research, and job searches. This includes:

- ▶ Copying, Faxing, and Printing
- ▶ Troubleshooting Home Computer Issues
- ▶ Resume Building
- ▶ Smart Phone and Tablet Help
- ▶ Assisting with Proofreading
- ▶ Help with Basic Internet Usage (Email, Navigation, Social Media)

Activity Room

Summary of Activities

The new year has started out with a bang! We've covered our walls with art work and new years resolutions and our ceilings are brightly decorated with paper lanterns. We've started some Valentines Day crafts, including cards, beaded jewelry, and origami flowers. The flowers have been a big hit and our kids have enjoyed making them for their friends and family.



In addition to our usual homework help, the activity room has also been doing extra worksheets for stickers! It's been really great to see the kids work together to solve problems, and it makes them more motivated to get all their work done right away while everyone else is working.



As always, we have been playing an assortment of table top games, including Guess Who, Candy Land, Apples to Apples and brand new set of darts. Our kids have also been playing a lot of dance games on the Xbox, getting some exercise during the cold weather.





Regular Activity Room Activities | All year round the Activity Room provides a place for the youth and teens to engage in team and skill building activities. These include:




- ▶ Board Games
- ▶ Recording and Editing Original Music Tracks
- ▶ Cooperative Xbox Games.
- ▶ Homework Help
- ▶ Discussion Groups
- ▶ Cooking Class

For more pictures and activities find us on Twitter @808CLC and @Jryansolutions








Hours of Operation

Computer Learning Center

Monday	Tuesday	Wednesday	Thursday	Friday
11:00AM - 1:00PM  ADULTS & SENIORS - OPEN ACCESS				
1:00PM - 2:30PM  ADULTS & SENIORS - WORKSHOPS				
INTERNET SKILLS	COMPUTER BASICS	SOCIAL MEDIA BASICS	RESUME JOB SEARCH	EMAIL BASICS
2:30PM - 4:30PM  YOUTH (AGES 6-12) - HOMEWORK & TUTORING				
4:30PM - 6:00PM  TEEN (AGES 13-18) - HOMEWORK & TUTORING				

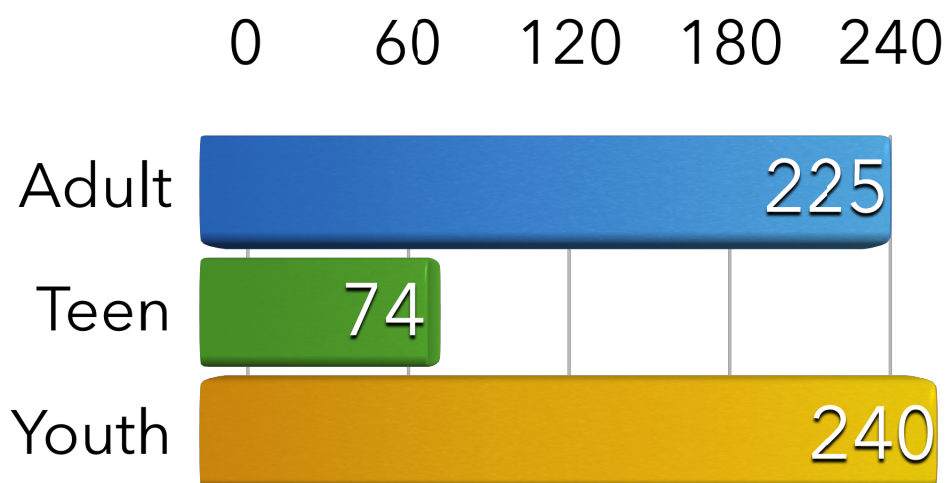
SATURDAY
11:00AM - 1:00PM  ADULTS & SENIORS - OPEN ACCESS
1:30PM - 2:30PM  YOUTH (AGES 6-12) - OPEN ACCESS
2:30PM - 4:00PM  TEEN (AGES 13-18) - OPEN ACCESS

Activity Room

Monday	Tuesday	Wednesday	Thursday
2:00PM - 4:30PM  AGES 6-12 - HOMEWORK CLUB			
4:30PM - 5:30PM  AGES 6-12 - GAMES AND ARTS CLUB			
XBOX GAMING 	BOARD GAMES 	ARTS & CRAFTS 	LEGOS 
5:30PM - 7:00PM  AGES 13-18 - TEENS RECREATION AND STUDY HOURS			
<p>*** Activity Room is Closed Fridays, Saturdays, Sundays, Holidays, and During Inclement Weather. ***</p> <p>Follow Us on Twitter: @808clc</p> <p>Phone/Fax: 617-758-0183</p>			

Attendance

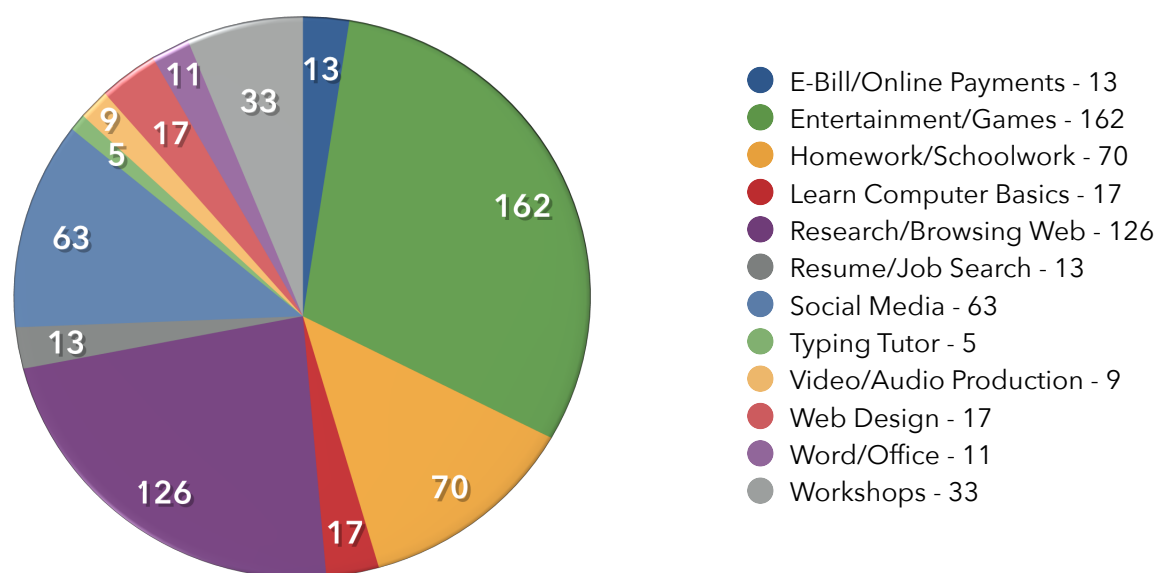
Computer Learning Center



Attendance is based on our computer login software found on all of our PCs.

Usage Breakdown

CLC Usage Based on Login



Newsletter

CLC Monthly Newsletter

Each month the staff publishes a newsletter for the users of the CLC and the Activity Room. Copies can be found at the Computer Learning Center.



Eating Healthy in the New Year

With the arrival of the new year, a lot of people make resolutions to eat healthier, exercise more, and get in better shape.

Not only will eating better make you look better, but it'll also give you more energy and make you feel better as well. If you have chosen to start a healthier lifestyle in 2019, here are some tips on how to get started, how to stick to your plan, and how to make it work for you.

BREAKFAST

Breakfast fills your "empty tank" to get you going after a long night without food. And it can help you do better in school. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole grain waffles or even last night's pizza.



BALANCE FOODS

Balance your food choices, don't eat too much of any one thing. You don't have to give up foods like hamburgers, french fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods.



EXERCISE

Join in physical activities at school or work. You don't need a gym membership to stay active. Taking a walk around your neighborhood, playing basketball at the park with friends, or even dancing is enough. It doesn't matter how you get your exercise, as long as you keep moving and be active.



source: www.fitness.gov

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