

# STEP FORWARD

## New Adult Community Program Series at CIDA



OPEN TO THE PUBLIC



### November Highlights



**Life Necessity Series I: Mondays 10:00am – 12:00pm, \$100 per session**

**Financial Literacy and Life Management** *Group Coaching Class for Adults*

*Session Fee: \$100 (2 hour session/includes materials)*

<b>Date</b>	<b>Topic</b>
Nov. 1	Mindfulness – Regulating Your Emotion
Nov. 8	Time Management & Enjoying Hobby
Nov. 15	Financial Literacy & Money Management: Budgeting for the Holidays
Nov. 29	Financial Literacy & Money Management (Continues)

**Life Necessity Series II: Wednesday 10am – 12:00pm, \$100 per session**

**Crafts, Basics of Cooking and Household Skills** *Class for Adults*

*Session Fee: \$100 (2 hour session/includes materials)*

<b>Date</b>	<b>Topic</b>
Nov. 3	Autumn Craft Art with Leaves: Thanksgiving Wooden Ornament
Nov. 10	Paper Mache (Part 1), Make Your Own Salad
Nov. 17	Group Project: Paper Mache (Part 2) & Oreo Turkeys
Nov. 22 (Monday)	Cooking Basics: Cheesy Crescent Rolls Leaves & Making Cake Pops * <b><u>NOTE:</u> This is in-person</b>

Please call (718)224-8197 Ext 3, or email to [cida@cidainfo.com](mailto:cida@cidainfo.com) for registration and detail information.  
**WWW.CIDAINFO.COM**

