



Carefirst Seniors & Community
Services Association


Youth Leadership &
Volunteer Development


Carefirst YOUTH CLUB

Virtual Christmas Series:

“Health & Nutrition”: virtual baking with Registered Dietitian

 Food item: **Double Chocolate Christmas Cookies**

 Materials needed: Please review the attached “**ingredient list**”. Have the ingredients ready before the workshop. Please be aware of any food allergies.


 Date & time: December 22nd (Tuesday), 4:30pm to 6:00pm

**VOLUNTEER
HOURS
REWARDED**

“Meet, Greet, and Game”: Mafia

- ⇒ Mafia is a party game that has all players actively take part and accuse each other of being the “mafia”.
- ⇒ The objective of the game is for the mafia to eliminate civilians until they are the majority, or for the civilians to kill off the entire mafia.

 Join us virtually for some friendly competition & showcase your detective skills!

 Date & time: December 30th (Thursday), 4:00pm to 5:00pm



Registration Link: <https://forms.gle/36Tu2ENuARPTvXB9A>.

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Please be aware of any food allergies.



Ingredients list - Double Chocolate Christmas Cookies

-  1 cup of instant oats
-  ½ cup of unsweetened cocoa powder
-  1 teaspoon of baking powder
-  1 teaspoon of ground cinnamon
-  ¼ teaspoon of salt
-  1.5 tablespoon of melted butter or oil
-  1 mashed banana
-  ¼ cup peanut / almond butter
-  1/3 cup of sweetener (maple syrup or honey or sugar)
-  ¼ cup of chocolate chips

Optional toppings:

-  Red & green sprinkles
-  Crushed candy cane
-  Red & green m&ms



Have the ingredients ready so you can follow along!

