



# #TECHTEENS

The use of technology comes as easily as breathing for many teens, but for those who grew up in a different era, handling something high tech can leave us feeling...well, a little like a fish out of water. To ease this uncertainty, Idea Exchange has launched a new volunteer position - Tech Teens! In connection with seniors programming, Tech Teens will make tech as fun and welcoming for seniors as it can be for everyone.

Picture this: teens and seniors partnered together to explore the online wilderness. From Skype to online games, Google to Email - our librarians will map out the route, plan activities for the day's techno-tour and lead the trek while each teen and senior team take the journey together.

This inter-generational programming offers numerous benefits for both seniors and youth alike. Seniors report improved life satisfaction and enhanced self-esteem, often enjoying exposure to new technologies in an environment of curiosity and ease. Youth will develop a healthier attitude towards aging, a stronger sense of community, and an opportunity for soft skills development.

## TEEN VOLUNTEERS

### Teen Media Team

From just messing around to totally geeking out, explore digital media and create cool content for us to share online.

### Preston Tastemakers

Provide input about our collection, write content for our website and help promote upcoming teen events.

### Children's Program Support

Assist us during exciting children's programs and events like Reading Buddies, gallery classes and March Break specials.

And more! Teen volunteer opportunities are being added weekly. New volunteers will be added this February!

Visit the [ideaexchange.org/volunteers](http://ideaexchange.org/volunteers) page to fill out a volunteer application today.

## NEWCOMER SERVICES

### Conversation Circles

Need to practice speaking English? Drop in to our free, friendly conversation circles to meet new friends and talk about your community, culture and customs.

Tuesdays, 6:15 - 8:15pm, CM

Wednesdays, 6:15 - 8:15pm, QS

Thursdays, 6:15 - 8:15pm, PR

Fridays, 1:00 - 3:00pm, HE

### Help for Newcomers

New to Canada? Immigrant settlement workers help newcomers learn about our culture, find places to learn English, get health care, find a job, find housing, learn about our schools, apply for identification and much more. Drop by our Queen's Square or Clemens Mill location to make an appointment.





## TEEN HAPPENINGS

All programs and events are **FREE** unless specified.

\* = registration required

### Teen Lounge

Mondays to Thursdays, 2:00 – 3:30pm, CM

Hang out with friends, play board games, or take a turn on the Xbox. Ages 14+

### Board Game Café

Thursdays: January 4, February 1, March 1, April 5 and May 3, 6:30 – 10:00pm, HE

Gather together, meet like-minded gamers, and conquer the world! Wide selection of games available, come try something new or bring your favourites. Ages 14+

### Breathe Away the Stress

Wednesday, January 17, 6:00 – 7:00pm, CM

Thursday, January 18, 3:00 – 4:00pm, CM

Let go of your exam stress with chair meditation. Learn techniques of breathing and visualization to help you through the pressure of exams.

Ages 14 to 18

### Stemotics LEGO Mindstorm EV3\*

Saturdays: January 20 – February 10, 11:00am – 12:00pm, CM

The pros at Stemotics will teach students to design and build programmable robots using motors, sensors, gears, wheels, axles and other technical components. \$40 + HST, Ages 9 to 14

### Teen Book Club

Thursdays: January 25, February 22, March 29, April 26 and May 31, 6:30 – 8:00pm, HE

An interactive book club for teens, led by teens that will look at a new novel every month and discuss its relevance to teen lives as they really are, not how adults think they are. Ages 14 to 18

### No Needle Knitting

Saturday, February 17, 2:00 – 4:00pm, QS

Join us for arm-knitting, finger-knitting and paracord bracelet-making! Ages 13 to 18

### MLB Fantasy Sports League\*

Thursday, March 1, 5:30 – 8:00pm, CM

Meet with fellow baseball fans and partake in our second annual MLB Fantasy Draft! With access to our mobile laptop lab, iPads and Wi-Fi, we have everything you need. Ages 14+