

# COMMUNITY

## ACTIVITIES AND PROGRAMS

## HEALTHY LIFESTYLES

Kadoshin Karate  
Strengthening and Conditioning  
Yoga  
Health Screenings  
Insurance Sign-Ups  
Dancing With Our Elders  
Basketball Tourney  
Walking Club  
Rhythm of Life Dance  
Nubian Empire Ski Club  
Nutrition Outreach  
African Cooking Classes  
Community Dinners  
Community Gardens

## COMMUNITY

### INVOLVEMENT AND ACTIVITIES

School Supplies Giveaway  
Voter Registration  
Learn to Draw / Art Shows  
Bicycle Repair Workshop  
Ice Cream Socials  
Knitting and Crocheting Club  
Community Meetings  
Public Computers & Phones  
Household Item and Book Giveaways  
Annual Giffen Elementary School Holiday Concert  
Holiday Gift/Meals Giveaway  
Pop-Up BBQ's  
Time Tradition Trinity Annual Gala Celebration  
Rock Your Style for Trinity Alliance  
Give and Go

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ACTIVITIES AND PROGRAMS

## EDUCATIONAL

OPPORTUNITIES

High School Equivalency (HSE)  
English as a Second Language (ESL)  
Workforce Development  
Resume Writing  
Interview Skills  
Computer Literacy via the ATTAIN Lab  
Financial Literacy via the Albany Literacy Zone  
VITA Tax Preparation  
Jobs Club

## SOCIAL WELLNESS

Fatherhood Group  
Adult Anger Management  
Youth Anger Management  
Teen Esteem Youth Empowerment  
Kinship Care  
Woman's Group  
Parenting Classes  
Household Budgeting Classes  
Conscious Minds  
Re-Entry Opportunities Toward Success (ROOTS)  
Kwanzaa Celebration  
Women of Voices  
Women of Peace

(518) 449-5155

TrinityAllianceAlbany.org

