



## Project HEART

### Health Enrichment & Resource Training

A division of Willows Way, Inc.

January 2018

\*Classes are offered to people 16 years or older with developmental disabilities, their family and support staff in St. Charles County! **ALL CLASSES ARE FREE!**

**\*REGISTRATION IS REQUIRED!** Contact Heather Fischer 636-757-0515 or [heatherf@willowsway.org](mailto:heatherf@willowsway.org)  
**ALL Project HEART information can be found at [www.willowsway.org](http://www.willowsway.org); click on the Project HEART logo on the left side.**  
**COME ALONE & MAKE A FRIEND** or if you receive support all day and night, bring along a support staff.  
**BRING A COMPLETED HEART PACKET WITH YOU TO YOUR FIRST CLASS.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy New Year!!!	2 Personal Development: New Year's resolutions Willows Way 5:30-7pm	3	4 Heart at Home Crystal D. making homemade Snow Globes 5:30-7pm	5	6
7	8 Cooking: Appetizers  Calvary Church 5:30-7pm	9 Independent living Skills: Sort, wash, and fold laundry Willows Way 5:30-7pm	10	11 Group Skills: Memory books  Willows Way 5:30-7pm	12	13
14	15 Martin Luther King Day	16 Social Skills: Friendship Feud  Willows Way 5:30-7pm	17	18 Cooking: Appetizers  St. John's Church 5:30-7pm	19	20
21	22 Heart at Home with Emily B. Tea Etiquette Class  5:30-7pm	23 Independent living Skills: Pet care 101  Willows Way 5:30-7pm	24	25 Exercise: Let's get country with some old fashion line dancing @ willows way 5:30-7pm	26	27
28	29 Health: Manage the winter blues  Willows Way 5:30-7pm	30 Healthy Relationships Series Class: Introduction class Willows Way 5:30-7pm	31			

**Project Heart January 2018  
CLASS DESCRIPTIONS**

**COOKING Classes: Appetizers**

We will be including a couple of easy recipes to make. Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring, and health information specific to the meal or recipe. Teaching techniques targeted for those who require 10 hours or less of support a week.

**DATE: MONDAY JANUARY 8, 2018**

**TIME: 5:30-7:00pm**

**LOCATION: Calvary Church 3998 Mid Rivers Mall Dr, St Peters, MO 63376**

**DATE: THURSDAY JANUARY 25, 2018**

**TIME: 5:30-7:00pm**

**LOCATION: St. John United Church of Christ, 405 S. Fifth St. St. Charles, Mo 63301**

**Personal Development:** Learn how to make resolutions in your life, not just for the New Year. Learn how to resolve conflicts and make changes to live a happy, healthy life.

**DATE: JANUARY 2, 2018**

**TIME: 5:30-7:00pm**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO**

**Independent Living Skills:** Learn how to do laundry from start to finish. We will be going over all the steps on how to do laundry from sorting, washing, stain removal, folding and storage.

**DATE: JANUARY 9, 2018**

**TIME: 5:30-7:00pm**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO**

**GROUP SKILLS:** Making memory books can be fun. Come and join us for some fun ideas on how to make a memory last forever. Please bring photos of your choice to class to use during the project.

**DATE: JANUARY 11, 2018**

**TIME: 5:30-7:00pm**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO**

**SOCIAL SKILLS: FRIENDSHIP FEUDS.** Played just like the original family feud game we all know, but with a group of your peers. This activity will be a battle of the skills on appropriate topics. Topics to be determined when I outline the class.

**TIME: 5:30-7:00pm**

**DATE: JANUARY 16, 2018**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO**

**INDEPENDENT LIVING: PET CARE 101-** We all love our pets as if they are a part of our family. Learn how to properly take care of your pets so they can live a long, healthy life.

**DATE: JANUARY 23, 2018**

**TIME: 5:30-7:00pm**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO**

**Exercise:** Let's try something new with some good old line dancing. Class will be something new for us all while getting some exercises too.

**DATE: JANUARY 25, 2018**

**TIME: 5:30-7:00pm**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO**

**Health: Manage Winter Blues**

**DATE: JANUARY 29, 2018**

**TIME: 5:30-7:00pm**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO**

**Healthy Relationships Series: Introduction Class.** This will be our introduction to our healthy relationships series that will start in February. This series will be an 8 week series on how to find a healthy relationship and maintain a healthy relationship which will include discussions of a sexual nature. Make sure individuals are aware of this discussion prior to taking the course. I will be introducing the female anatomy and a male will be discussing the male anatomy.

**DATE: JANUARY 30, 2018**

**TIME: 5:30-7:00pm**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles MO**

**HEART AT HOME CLASSES -- ALL HEART AT HOMES ARE DRAWN ON A LOTTERY SYSTEM AND YOU WILL BE CONTACTED IF YOUR NAME HAS BEEN DRAWN.**

**Heart at Home with Crystal Dodge:** We will be making homemade snow globes. We will be using pictures inside so prior to class, I will ask for a picture of your choice I can take and laminate to use for the project.

**Details of her address will be shared after drawing.**

**Date: January 4, 2018**

**Location: We will call you prior to class. Class times are 5:30-7pm**

**Heart at Home with Emily Brooks demonstrating tea etiquette with her peers-** We will be having afternoon tea/finger sandwiches and learning how to be a proper lunch guest.

**Details of her address will be shared after drawing.**

**Date: January 22, 2018**

**Location: We will call you prior to class. Class times are 5:30-7pm**

