



# Project HEART

Health Enrichment & Resource Training  
A division of Willows Way, Inc.

February 2018

This program is fully funded by DDRB

\*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 Heart at Home<br>Pizza from<br>scratch!<br>with Patrick<br>5:30-7:00pm                                   | 2  | 3  |
| 4      | 5 Cooking Class<br>Tater Tot<br>Casserole 5:30-<br>7:00pm @<br>Calvary Church                   | 6 Healthy<br>Relationship<br>Series Class:<br>Types of<br>Friendships<br>5:30-7:00pm<br>@ Willows<br>Way                     | 7  | 8 DIY Project<br>making hand<br>warmers 5:30-<br>7:00pm @<br>Willows Way                                   | 9  | 10 All about<br>Yoga 9:00-<br>12:00pm @<br>Willows Way |
| 11     | 12 Heart at Home<br>Classic Chicken<br>and Dumplings<br>with Amy and<br>Kristen 5:30-<br>7:00pm | 13 Healthy<br>Relationships<br>Series Class:<br>Dating 5:30-<br>7:00pm @<br>Willows Way                                      | 14   | 15 Cooking Class<br>Tater Tot<br>Casserole 5:30-<br>7:00pm @ St.<br>John's Church                          | 16   | 17   |
| 18     | 19 CPR Training<br>with SCCAD<br>5:30-7:00pm @<br>Willows Way                                   | 20 Healthy<br>Relationships<br>Series Class:<br>Healthy and<br>Unhealthy<br>Relationships<br>5:30-7:00pm<br>@ Willows<br>Way | 21   | 22 Independent<br>Living:<br>How to stay<br>warm and safe in<br>the winter 5:30-<br>7:00pm@<br>Willows Way | 23<br>Exercise: Back to<br>Basics & Cardio<br>3:00-4:30pm @<br>Willows Way | 24   |
| 25     | 26 First Aid<br>Training with<br>SCCAD 5:30-<br>7:00pm @<br>Willows Way                         | 27 Healthy<br>Relationships<br>Series Class:<br>Sexual<br>Relationships<br>5:30-7:00pm<br>@ Willows<br>Way                   | 28 Group Skills:<br>Memory Books<br>5:30-7:00pm @<br>Willows Way |  |  |  |

## PROJECT HEART OCTOBER 2018 CLASS DESCRIPTIONS

### **COOKING: TATOR TOT CASSEROLE**

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

DATE: MONDAY FEBRUARY 5, 2018  
LOCATION AND DIRECTIONS: CALVARY CHURCH 3998 MID RIVERS MALL  
DRIVE, ST. PETERS, MO. 63376

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

DATE: THURSDAY FEBRUARY 15, 2018  
LOCATION & DIRECTIONS: St. John United Church of Christ, 405 S. Fifth St. St. Charles, Mo. 63301

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

### **HEALTHY RELATIONSHIPS SERIES: All Tuesday classes FEBRUARY 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>**

This series runs for 8 weeks starting in February and runs through March, 2018

Topics discussed are sexual in nature so make sure all attendees are aware of the curriculum before attending class. **TIME 5:30-7:00PM**

The course will include, but not limited to, the male and female anatomy, sexual relationships, dating, etc.

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO 63301

### **DIY Project: Homemade hand warmers**

Join us for a fun class making homemade hand warmers. Warmers you can throw in the microwave, heat, and stay warm on the go. Learning skills will include sewing, work on fine motor skills, and encourage social skills in a group setting.

DATE: THURSDAY FEBRUARY 8, 2018

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

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO 63301

### **Exercise class /All about Yoga**

Come join us for a fun filled Saturday morning learning all about yoga from health benefits, weight loss tips, and much more.

**TIME 9:00-12:00pm**

Plus 45 minutes with a certified personal yoga instructor.

DATE: SATURDAY FEBRUARY 10, 2018

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 ST Charles,  
Mo. 63301

### **CPR Class with Saint Charles County Ambulance District Participants will not become CPR certified during this class**

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

DATE: MONDAY FEBRUARY 19, 2018

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles,  
MO. 63301

### **Independent Living: How to stay warm and safe in the winter months**

Class will include tips on space heater safety, how to minimize drafts around windows and doors, icy sidewalks, etc.

DATE THURSDAY FEBRUARY 22, 2018

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

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, Mo. 63301

### **Exercise Class/ Basic class/45 minutes of cardio**

**Come join a group of peers to exercise for a healthier lifestyle. We will also be discussing the benefits of exercising daily to lose and maintain a healthy weight.**

**Please be aware of time change from regular schedules classes**

DATE: FRIDAY FEBRUARY 23, 2018

**TIME 3:00-4:30pm**

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, Mo. 63301

### **First Aid Training with Saint Charles County Ambulance District**

**Participants will not become First Aid Certified during this class**

DATE: MONDAY FEBRUARY 26, 2018

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

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO. 63301

### **Group Skills: Memory Books**

Group will learn how to make their own memory books at home for all occasions. Memory books can make great gifts for all ages.

DATE: WEDNESDAY FEBRUARY 28, 2018

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

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO. 63301

### **Heart at Home with Patrick- ALL HEART AT HOMES ARE DRAWN ON A LOTTERY SYSTEM, YOU WILL BE CONTACTED IF YOUR NAME HAS BEEN DRAWN**

Let's cook with Patrick. We will be making Pizza at this heart at home.

DATE: TUESDAY FEBRUARY 1, 2018

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

LOCATION: Patrick's home, we will contact all attending with the address

### **Heart at Home with Amy and Kristen- ALL HEART AT HOMES ARE DRAWN ON A LOTTERY SYSTEM, YOU WILL BE CONTACTED IF YOUR NAME HAS BEEN DRAWN**

Come join us for easy homemade chicken and dumplings. Socialize and learn with Amy and Kristen. We will be making homemade dumplings and enjoying fun with our peers.

DATE: THURSDAY FEBRUARY 12, 2018

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

LOCATION: Amy and Kristen's home, we will contact all attending with the address