



Project HEART

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

April 2017

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 Sarah Dillingham, Coordinator at 636.757.0515 or sarahy@willowsway.org

ALL Project HEART information can be found at www.willowsway.org; click on What We Do then Project HEART.

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.
2.	3. VOLUNTEER: Stuff Easter Eggs for Parks Department EGGSTRAVAGANZA! 5:30-7:00pm @WW	4. FUN AND GAMES: Communication Games 5:30-7:00pm @ WW	5.	6. HEART AT HOME: Brooke's Needlepoint Basics 5:30-7:00pm @ TBA	7.	8.
9.	10. COOKING: Pizza Pinwheels 5:30-7:00pm @ Calvary Church	11.	12. HOME CARE: How to Organize Your Home 3:00-4:30pm @ WW	13. PERSONAL EXPRESSION: Easter Egg Dyeing 5:30-7:00pm @ WW	14.	15.
16.	17.	18. COOKING: Pizza Pinwheels 5:30-7:00pm @ Gateway Church	19.	20. COOKING: Pizza Pinwheels 5:30-7:00pm @ St. John United Church	21. PERSONAL DEVELOPMENT: Life Hacks 3:00-4:30pm @ WW	22.
23.	24.	25. HEART AT HOME: Ryan's Movie Trivia 5:45-7:15pm @ TBA	26. PERSONAL EXPRESSION: Clay Bead Making 3:00-4:30pm @ WW	27. HEALTH: Got Allergies? 5:30-7:00pm @ WW	28.	29.
30.						

Project HEART April 2017

CLASS DESCRIPTIONS & DIRECTIONS

VOLUNTEER: Stuff Easter Eggs for Parks Department EGGSTRAVAGANZA!

The St. Charles Parks Department is having their annual EGG-STRAVAGANZA Easter egg hunt, and they would love our help getting the eggs stuffed and ready. Come volunteer and have a little fun with friends in the process.

DATE: MONDAY 04/03

TIME: 5:30-7:00pm

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

FUN AND GAMES: Communication Games

In this class we will explore different ways to communicate and play some fun games!

DATE: TUESDAY 04/04

TIME: 5:30-7:00pm

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

HEART AT HOME: Brooke's Needlepoint Basics

Brooke has been working on a needlepoint project for her nephew, and now she would like to share her talents with all of us. Come have some fun at Brooke's place while she teaches us how to do some basic needlepoint techniques!

DATE: THURSDAY 04/06

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: TBA

COOKING: Pizza Pinwheels

Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring, and health information specific to the meal.

DATE: MONDAY 04/10

TIME: 5:30-7:00pm

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

HOME CARE: How to Organize Your Home

Learn how to spruce up your home and make it flow from one room to the next.

DATE: WEDNESDAY 04/12

TIME: 3:00-4:30pm

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

PERSONAL EXPRESSION: Easter Egg Dyeing

Have you ever wondered why people dye eggs at Easter? Come learn that and more while dyeing some eggs of your own.

DATE: THURSDAY 04/13

TIME: 5:30-7:00pm

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

COOKING: Pizza Pinwheels

Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring, and health information specific to the meal.

DATE: TUESDAY 04/18

TIME: 5:30-7:00pm

LOCATION: Gateway Church, 250 Salt Lick Rd. St. Peters, MO 63376

COOKING: Pizza Pinwheels

Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring, and health information specific to the meal.

DATE: THURSDAY 04/20

TIME: 5:30-7:00pm

LOCATION: St. John United Church of Christ, 405 S. Fifth St., St. Charles, MO

PERSONAL DEVELOPMENT: Life Hacks

Clothes falling off the hanger, shoes getting stained. Come learn some simple ways to use things you already have around the house to upgrade each other.

DATE: FRIDAY 04/21

TIME: 3:00 - 4:30pm

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

HEART AT HOME: Ryan's Movie Trivia

Ryan is quite the movie buff and with that comes a love of movie knowledge. Come join Ryan for a fun night of movie trivia!

DATE: TUESDAY 04/25

TIME: 5:45 - 7:15pm

LOCATION: TBA

PERSONAL EXPRESSION: Clay Bead Making

Working with your hands can be very therapeutic. Making something cool while working with your hands is even better. Come learn to make some simple clay bead designs.

DATE: 04/26

TIME: 3:00 - 4:30pm

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

HEALTH: Got Allergies?

Learn about allergies and how to deal with them. We will also try some home remedies to help with allergies.

DATE: THURSDAY 04/27

TIME: 5:30-7:00pm

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