



# Project HEART

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

**May 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](http://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. <b>COOKING:</b> Homemade Soft Pretzels 5:30-7:00pm @ Calvary Church	2.	3. Learner's Permit Prep Class - Part 1 5:30-7:30pm @ WW	4.	5. <b>HEALTH:</b> Personal Care 3:30-5:00pm @ WW	6.
7.	8.	9. <b>COOKING:</b> Homemade Soft Pretzels 5:30-7:00pm @ Gateway Church	10. Learner's Permit Prep Class - Part 2 5:30-7:30pm @ WW	11. <b>VOLUNTEER:</b> Write Letters to the Troops 5:30-7:00pm @ WW	12.	13.
14. <i>Happy Mothers Day</i>	15. <b>HOME CARE:</b> Squeaky Clean! 5:30-7:00pm @ WW	16. <b>HEART AT HOME:</b> How to Cook for a Group w/ Kevin 5:30-7:00pm @ TBA	17.	18. Learner's Permit Prep Class - Part 3 5:30-7:00pm @ WW	19.	20.
21.	22.	23. <b>HEART AT HOME:</b> Baseball Bracelets w/ Hannah N. 5:30-7:00pm @ TBA	24. Learner's Permit Prep Class -Part 4 5:30-7:30pm @ WW	25. <b>COOKING:</b> Homemade Soft Pretzels 5:30-7:00pm @ St. John United Church	26.	27.
28.	29. <u>CLOSED</u>  <b>memorial DAY</b>	30. <b>HEART AT HOME:</b> Cake Decorating Basics w/ Bethany 5:30-7:00pm @ WW	31. Learner's Permit Prep Class - Part 5 5:30-7:30pm @ WW			

# Project HEART May 2017

## CLASS DESCRIPTIONS & DIRECTIONS

### **COOKING: Homemade Soft Pretzels**

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 05/01**

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

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

### **SERIES DRIVING: Learner's Permit Prep Class (Part 1, 2, 3, 4, 5)**

This series is an 8 week class starting Wednesday, May 3<sup>rd</sup> and continuing until June 21<sup>st</sup>. Part 1 of this class will be the introduction class. Each class will begin where the last class ended with opportunities to ask questions on previous material. We will also discuss important study habits, highlighting key areas and note taking to help remember information. Our goal is to meet your needs by providing study information and opportunities to improve driving knowledge. Between the seventh and eighth class participants are encouraged to take the permit test and on the 8 there will be a celebration for everyone attending all of this series.

**DATE: WEDNESDAYS 05/03, 05/10, 05/24, 05/31 & THURSDAY 05/18 (Continues into June)**

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

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

### **HEALTH: Personal Care**

In this class we will be taking an even closer look at our hygiene. Topics covered will include proper hair care, proper nail & foot care, proper eye care, as well as basic skin care and proper tooth brushing & flossing.

**DATE: FRIDAY 05/05**

**TIME: 3:30-5:00PM**

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

### **COOKING: Homemade Soft Pretzels**

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 05/01**

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

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

### **VOLUNTEER: Write Letters to the Troops**

With Memorial Day approaching, this volunteering experience will be about showing our troops overseas that they have people back home who care about them personally. We will write letters to be delivered to our armed forces overseas.

**DATE: THURSDAY 05/11**

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

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

### **HOME CARE: Squeaky Clean!**

This class will break down the proper way to deep clean a kitchen and bathroom. It will cover what cleaner is best for a specific job, and which tool to use.

Some cleaning products should never be mixed, so we will also cover chemical safety while cleaning.

**DATE: MONDAY 05/15**

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

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

### **HEART AT HOME: How to Cook for a Group hosted by Kevin**

Kevin will be teaching the class how to cook for a group of at least 5 people. Timing is everything in kitchen, which item should go in first in order to have everything finished around the same time. Timing as well as, recipe reading, and food safety, will be the focus of this class.

**DATE: TUESDAY 05/16**

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

**LOCATION: TBA**

### **HEART AT HOME: Baseball Bracelets hosted by Hannah**

Come learn how to turn a baseball into a super cute bracelet at Hannah's Baseball Bracelets Night. Just in time to wear to a Cardinals game.

**DATE: TUESDAY 05/23**

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

**LOCATION: TBA**

### **COOKING: Homemade Soft Pretzels**

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 05/01**

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

**LOCATION:** St. John United Church, 405 S. Fifth St. St. Charles, MO 63301

### **HEART AT HOME: Cake Decorating Basics hosted by Bethany**

Come learn some basic cake decorating tips. We will learn how to properly frost a cake, how to write on the cake, and some basic tips for flowers.

**DATE: TUESDAY 05/30**

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

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