



# Project HEART

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

**OCTOBER 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 Heather Fischer 636-757-0515 or 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	2 Cooking: Cookie Bake-off 5:30-7pm Calvary church St. Peters, Mo.	3 Self Improvement: Finding your inner beauty 5:30-7pm WW	4	5 Fitness: Zumba Easy 30 minute workout to keep fit 5:30-7pm WW	6	7
8	9 Group Skills: Learning how to prep your car for winter weather 5:30-7pm WW	10 Healthy Relationships: How to work through anxiety and depression 5:30-7pm WW	11	12 Home Care: How to keep your kitchen smelling fresh 5:30-7pm WW	13	14
15	16 Health: The importance of getting Check-ups 5:30-7pm WW	17 Heart at Home with Jacob Wallace Improv night 5:30-7pm	18	19 Cooking: Cookie Bake-Off 5:30-7pm St. John's Church St. Charles, Mo.	20	21
22	23 Safety: Fire extinguisher Class 5:30-7:00p WW	24	25 Fire Station Tour at station 2 on 1550 South main in St. Charles, Mo. 63303 5:30-7:00p	26 Heart at Home with Lisa Huddleston jewelry making class 5:30-7pm	27	28
29	30 Communication Class: How to use the home phone safely and with confidence 5:30-7pm WW	31				

**Project HEART October 2017  
CLASS DESCRIPTIONS**

**COOKING Classes: Cookie bake-off**

We will be including a couple recipes for teams to make and compete in a cookie bake-off challenge. (One recipe per group to bake)

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.

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

**DATE: MONDAY OCTOBER 2, 2017**

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

**DATE: THURSDAY OCTOBER 19, 2017**

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

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

**SELF IMPROVEMENT: Finding your inner beauty**

Learn how to love yourself from the inside out.

**DATE: OCTOBER 3, 2017**

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

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

**Exercise: Zumba (30 minute workouts for fun)**

Learn Zumba basics, the history, and how to have fun with exercise.

**DATE: OCTOBER 5, 2017**

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

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

**GROUP SKILLS**

**LEARN HOW TO PREP YOUR CAR FOR WINTER WEATHER.** Checking all your fluids, tires, filters, and the overall system before bad weather is important for car care.

**DATE: OCTOBER 9, 2017**

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

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

**Healthy Relationships: Anxiety and Depression**

Learn strategies to deal with anxiety and depression from someone who knows firsthand what it means to live with these afflictions.

**DATE: OCTOBER 10, 2017**

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

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

**Kitchen Essentials: How to keep your kitchen smelling good**

**NO one likes a stinky kitchen.** Learn kitchen hacks to keeping a fresh smelling kitchen with Do-it –yourself tricks right from the grocery isle.

**DATE: OCTOBER 12, 2017**

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

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

**HEALTH: Doctor/Dentist check-ups**

We will cover the importance of staying healthy through regular doctor visits and how to stay well during cold and flu season.

**DATE: OCTOBER 16, 2017**

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

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

**FIRE SAFETY CLASSES**

**DATE: OCTOBER 23<sup>RD</sup> AND THE 25<sup>TH</sup>.**

**LOCATION & DIRECTIONS Below**

**Fire Extinguisher Class**

OCTOBER 23, 2017 WILL be held at Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO.

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

**Fire Station Tour at fire station 2**

OCTOBER 25, 2017 WILL BE HELD AT FIRE STATION 2 at address 1550 South Main Street in St. Charles, Mo. 63303

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

**COMMUNICATION SKILLS**

Build confident and ensure your safety while using the home phone. Learn how to answer properly, what information to share, and what to keep private.

**DATE: OCTOBER 30, 2017**

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

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

**HEART AT HOME CLASSES**

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

Come learn how to make jewelry with Lisa at home. Learn, socialize, and create a masterpiece of your very own.

**DATE: OCTOBER 26, 2017**

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

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

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

Come see how improv is done. Join in on the fun with Jacob at his home. Improv is a form of live theatre in which a plot, characters, and dialogue of a game, scene or story are made up in the moment.

**DATE: OCTOBER 17, 2017**

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

**LOCATION: Jacob Wallace's home. Let's do Improv night. We will call with directions**