



Project HEART

Health Enrichment & Resource Training Courses

DECEMBER 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! Must have case management services **ALL CLASSES ARE FREE!**

***REGISTRATION IS REQUIRED!** Contact Heather Fischer 636-757-0515 or heatherf@willowsway.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Crockpot Meals for the holidays @ Calvary Church 5:30-7pm	5 Drivers Permit Class @ Willows Way 5:30-7pm	6	7 Heart at Home card making class with Beth H. @ Spencer Creek Library 5:30-7pm	8	9
10	11 DIY Project- Make your own laundry powder @ Willows Way 5:30-7pm	12 Drivers Permit Class @ Willows Way 5:30-7pm	13 Building Stronger Friendships @ Willows Way 5:30-7pm	14 Trivia Night @ Willows Way 5:30-7pm	15	16
17	18 Beach Body workout @ Willows Way 5:30-7pm	19 Drivers Permit Class @ Willows Way 5:30-7pm	20	21 Wrapping up for the Holiday's @ Willows Way 5:30-7pm	22	23
24	25 Happy Holidays	26 Drivers Permit Class @ Willows Way 5:30-7pm	27	28 End of the Year celebration @Willows Way 5:30-7pm	29	30
31						

**PROJECT HEART DECEMBER 2017
CLASS DESCRIPTIONS**

COOKING CLASS: Crock Pot Meals

We will be putting together an easy to make crock pot meal. With cold weather here now, what better way to enjoy a relaxing evening at home with family and friends than with something cooked homemade.

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 DECEMBER 4, 2017

TIME: 5:30-7:00pm

**LOCATION: Calvary Church 3998 mid rivers mall dr St
Peters, MO 63376**

Home Care: DIY Project

Learn how to make your own laundry detergent to help save money and live a more chemical free green lifestyle. This is great for anyone who suffers from allergies and skin irritation problems from additives that are used in store bought detergents.

DATE: December 11, 2017

TIME: 5:30-7:00pm

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

GROUP SKILLS: Permit Class

TIME: 5:30-7:00pm

DATE: DECEMBER 5TH, 12TH, 19TH, AND 26TH 2017

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

Self-improvement: Building stronger relationships

Learn ways to build relationships and have more confidence in yourself to help those in conflict.

DATE: December 13, 2017

TIME: 5:30-7:00pm

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

Team Building Skills: Trivia Night at Willows Way

Come out and have fun playing against teams to see who knows it best. Topic to be determined

DATE: December 14, 2017

LOCATION: Willows Way 800 Friedens Road Suite 100 St. Charles, MO. TIME: 5:30-7:00pm

Exercise: Beach Body Workout

Learn a new type of workout, the history, and how to have fun with exercise.

DATE: December 18, 2017

TIME: 5:30-7:00pm

LOCATION: Willows Way 800 Friedens Rd. Suite 100

Group Skills: Wrapping up for the Holidays

We will be learning tips on how to wrap presents and if you have any presents you need help with you may bring 2 to 3 along with you. Paper provided for smaller packages.

DATE: December 21, 2017

TIME: 5:30-7:00pm

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

End of the Year Celebration

Come to Willows Way to say goodbye to this year and welcome what the New Year has in store for us. It's going to be a great year. Cake, snacks, and drinks provided for those who attend.

DATE: December 28, 2017

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, YOU WILL BE CONTACTED IF YOUR NAME HAS BEEN DRAWN

Make Christmas cards with Beth -We will be making cards to pass out at the nursing home for Christmas. What better way to show you care than giving to those during this time of year who can't go home for the holidays.

DATE: DECEMBER 7, 2017

SPENCER CREEK LIBRARY 427 Spencer Rd, St Peters, MO 63376

