




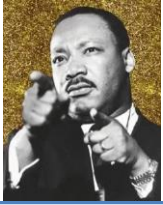
Project HEART

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

January 2019

This program is fully funded by the 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 AND INITIAL INTAKE INTERVIEW ARE REQUIRED! Contact Molly Smith 636-757-0515x1104 or mollys@willowsway.org
Project HEART information can be found at <https://www.willowsway.org/programs/project-heart>
If you need support in a classroom setting please bring along a support staff person.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day 	2	3 Do It Yourself: Make an Annual Planner 5:30-6:30PM @WW	4	5
6	7 Mental Health Skills: Minimize Post Holiday Blues 5:30- 6:30PM @WW	8 Project Plus: Beth Hoffman will teach us how to make Chicken Ceasar Wraps. 5:30- <u>7PM</u> @WW	9 Kitchen Skills: Healthy Meal Preps 5:30- 6:30PM @WW	10 Financial Skills: Budget for Meal Preps 5:30-6:30PM @WW	11	12
13	14 Do it Yourself Skills: Make a Wooden Birdhouse 5:30- <u>7PM</u> @WW	15 Mental Health Skills: Winter Coloring 5:30-6:30PM @WW	16	17 Exercise Skills: Table Top Curling 5:30- 6:30PM @WW	18	19
20	21 Martin Luther King Junior Day 	22 Safety Skills: Learn CPR with Johanna* Elkana 5:30-6:30PM @WW	23 Leisure Skills: Make salt dough winter wonderland scenescapes. 5:30-6:30PM @WW	24	25	26
27	28 Leisure Activity: Make and race Balloon Cars 5:30- 6:30PM @WW	29	30 Social Skills: Plan a Superbowl Party 5:30-6:30PM @WW	31 Cooking Skills: Hot Appetizer Dips 5:30- <u>7PM</u> @WW		

Project HEART January 2019 Class Description

COOKING SKILLS:

1. Thursday, 1/31/19, 5:30-7pm; @WW; Students will make hot appetizer dips.

DO IT YOURSELF SKILLS:

1. Thursday, 1/3/19, 5:30-6:30pm @WW; Students will make an annual planner.
2. Monday, 1/14/19, 5:30-7pm @WW; Students will make a wooden birdhouse (**pictured**).



EXERCISE SKILLS:

1. Thursday 1/17/19, 5:30-6:30pm @WW; Students will play table top curling (**pictured**). Table top curling is based on curling, the Olympic Winter Sport.



FINANCIAL SKILLS:

1. Thursday 1/10/19, 5:30-6:30pm @WW; Students will learn how to budget for meals for a week.

KITCHEN SKILLS:

1. Wednesday 1/9/19, 5:30-6:30pm @WW; Students will prep for healthy meals for a week.

LEISURE SKILLS:

1. Wednesday 1/23/19, 5:30-7:00pm @WW; Students will make salt dough winter wonderland scenes (**pictured**).
2. Monday 1/28/19, 5:30-6:30pm @WW; Students will make and race their balloon cars (**pictured**).



MENTAL HEALTH SKILLS:

1. Monday 1/7/19 5:30-6:30pm @WW; Students learn to minimize the post-holiday blues.
2. Tuesday 1/15/19 5:30-6:30pm @WW; Students will relax through winter coloring.

PROJECT PLUS SKILLS:

1. Tuesday 1/8/19 5:30-7pm @WW; Beth Hoffman will teach students how to make Chicken Caesar Wraps.

SAFETY SKILLS:

1. Tuesday 1/22/19 5:30-6:30pm @WW; Johnna Elkana will teach students how to perform CPR.
*Students will not receive official CPR certification.

SOCIAL SKILLS:

1. Wednesday 1/30/19 5:30-6:30pm @WW; Students will learn how to plan a Superbowl party.