



# Project HEART

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

May 2018

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 Beth Hayes 636-757-0515x1104 or bethh@willowsway.org

ALL Project HEART information can be found at <https://www.willowsway.org/programs/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. SOCIAL SKILLS: Smart Phone Apps 5:30-6:30PM @WW (Bring your phone.)	3. MENTAL HEALTH: Make stress balls 5:30-7PM @ WW	4.	5.
6.	7. COOKING SKILLS: Skillet Scramble 5:30-7PM @ Calvary Church	8. SOCIAL SKILLS: How to be a Good Listener 5:30-6:30PM @ WW	9. INDEPENDENT LIVING SKILLS: How to be a Good Pet Owner 5:30-6:30PM @ WW	10. ENRICHMENT SKILLS: Heart at Home-Bookmarks with Ryan 5:30-7PM @WW	11.	12.
13.	14.	15. COOKING SKILLS: Skillet Scramble 5:30-7PM @ Frieden's Church	16.	17. COMMUNICATION SKILLS: Sign Language Part 1 5:30-6:30PM @ WW	18.	19.
20.	21.	22. COMMUNICATION SKILLS: Sign Language Part 2 5:30-6:30PM @ WW	23. FINANCIAL SKILLS: Balance a Checkbook 5:30-6:30PM @ WW	24. PHYSICAL HEALTH: Exercises for the home. 5:30-6:30PM @WW	25.	26.
27.	28. Memorial Day	29. FINANCIAL SKILLS: Make Smart Purchases 5:30-6:30PM @ WW	30. ENRICHMENT SKILLS: Make a bird feeder 5:30-7PM @WW	31. SOCIAL SKILLS: Email and Texting 5:30-6:30PM @WW		

## Project HEART May 2018 Class Description

### SOCIAL SKILLS:

1. May 2, Wednesday, 5:30-6:30PM, @WW. Students will learn how to use popular phone apps. (Bring your phone.)
2. May 8, Tuesday, 5:30-6:30PM, @ WW. Students will learn how to be good listeners.
3. May 31, Thursday, 5:30-6:30PM, @WW. Students learn the social etiquette and safety concerns associated with email and texting.

### MENTAL HEALTH SKILLS:

1. May 3, Thursday, 5:30-7PM, @WW. We will make stress balls and discuss how to release stress.

### COOKING SKILLS:

Students will read a recipe, measure ingredients, cook food in a skillet, clean dishes, and learn about the meal's nutrition facts. Teaching techniques targeted for those who require 10 hours or less of support a week.

1. MAY 7, Monday, 5:30-7:00PM, Calvary Church 3998 Mid Rivers Mall Dr., St Peters, MO 63376. Students will make skillet scrambles.
2. May 15, Thursday, 5:30-7PM, Friedens Church 1703 S Old Hwy 94, St., Charles, MO 63303. Students will make skillet scrambles.

### INDEPENDENT LIVING SKILLS:

1. May 9, Wednesday, 5:30-6:30PM, @ WW. Students will learn how to take care of cats and dogs. (Animals will be present in this class.)

### ENRICHMENT SKILLS:

1. May 10, Thursday, 5:30-7PM, Heart at Home- Make bookmarks with Ryan.
2. May 30, Wednesday, 5:30-6:30PM, @WW. Students will make bird feeders out of plastic bottles.

### COMMUNICATION SKILLS SERIES:

Students will learn conversational sign language.

1. May 17, Thursday, 5:30-6:30PM, @WW. Students will learn sign language used in conversations (Sign Language Part 1).
2. May 22, Tuesday, 5:30-6:30PM, @WW. Students will review previously learned sign language and learn new words (Sign Language, Part 2).

### FINANCIAL SKILLS:

1. May 23, Wednesday, 5:30-6:30PM, @ WW. Students will use calculators and Excel to balance a checkbook.
2. May 29, Tuesday, 5:30-6:30PM, @WW. Students will learn what facts to consider when making a purchase.

### PHYSICAL HEALTH:

1. May 24, Thursday, 5:30-6:30PM @WW. Students will learn a variety of exercises to be done in the home.