

*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; 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
		<u>NATIONAL DAIRY MONTH !!!</u>		1.	2.	3.
4.	5.	6. HEALTH: What is Lactose Intolerance? 5:30-7:00pm @ WW	7. Learner's Permit Prep Class - Part 6 5:30-7:30pm @ WW	8. PERSONAL EXPRESSION: Scrapbooking 5:30-7:00pm @ WW	9.	10.
11.	12. COOKING: Easy Homemade Lactose-Free Ice Cream 5:30-7:00pm @ Calvary Church	13.	14. Learner's Permit Prep Class - Part 7 5:30-7:30pm @ WW	15. COOKING: Easy Homemade Lactose-Free Ice Cream 5:30-7:00pm @ St. John's United	16.	17. Health & Cooking: What is Lactose Intolerance/ Homemade Lactose-Free Ice Cream 9:00am-12:00pm @ WW
18.	19. HEART AT HOME: Mike's Friendship Game Night 5:30-7:00pm @ TBA	20. COOKING: Easy Homemade Lactose-Free Ice Cream 5:30-7:00pm @ Gateway Church	21.	22. Learner's Permit Prep Class -Part 8 Celebration! 5:30-7:30pm @ WW	23.	24. VOLUNTEER: Saturday Jubilee Time & Location TBA
25.	26. HEART AT HOME: Zumba with Jennifer 5:30-7:00pm @ WW	27.	28. HEART AT HOME: Marie & Kayla's Bunco Night 5:30-7:00pm @ TBA	29.	30.	

Project HEART June 2017

CLASS DESCRIPTIONS & DIRECTIONS

HEALTH: What is Lactose Intolerance?

Many people suffer from various allergies. A common allergy is an allergy to milk, also known as Lactose Intolerance. Come learn about Lactose Intolerance and learn tips for living healthily with a milk allergy.

DATE: TUESDAY 06/06

TIME: 5:30-7:00pm

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

SERIES DRIVING: Learner's Permit Prep Class (Part 6, 7, & 8)

This series is an 8 week class starting Wednesday, May 3rd and continuing until June 21st. 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 06/07, 06/14 & THURSDAY 06/22

TIME: 5:30-7:30PM

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

PERSONAL EXPRESSION: Scrapbooking

Scrapbooking is a fun and creative way to preserve the memories we hold most dear to us. Come learn some basic techniques and proper materials to use when building a scrapbook of your very own. *Please bring pictures and other small mementos to use during this class.*

DATE: THURSDAY 06/08

TIME: 5:30-7:00PM

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

COOKING: Easy Homemade Lactose-Free Ice Cream

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 06/12, THURSDAY 06/15, & MONDAY 06/20

TIME: 5:30-7:00pm

LOCATION: 06/12 - Calvary Church, 3998 Mid Rivers Mall Dr. St. Peters, MO 63376

06/15 - St. John United Church, 405 S. Fifth St. St. Charles, MO 63301

06/20 - Gateway Church, 250 Salt Lick Rd. St. Peters, MO 63376

HEALTH & COOKING: What is Lactose Intolerance? / Easy Homemade Lactose-Free Ice Cream

Come join us for our first Saturday class. We will be covering the topic of Lactose Intolerance, as well as, learning a fun and easy way to make homemade lactose-free ice cream.

DATE: SATURDAY 06/17

TIME: 9:00AM-12:00PM

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

HEART AT HOME: Mike's Friendship Game Night

Join Mike at his home for the chance to meet some new people and have a lot of fun.

DATE: MONDAY 06/19

TIME: 5:30-7:00PM

LOCATION: TBA

VOLUNTEER: Operation Food Search Saturday Jubilee

More of our neighbors are experiencing something many never thought possible in our plentiful area...hunger. Local pantries struggle to keep up with the increased demand, particularly in the summer when children are out of school. Every summer, we team up with Operation Food Search to organize Saturday Jubilee, a one day food drive. You can help!

DATE: SATURDAY 06/24

TIME: TBA

LOCATION: TBA

HEART AT HOME: Zumba with Jennifer

Want to dance and get in shape. Join Jennifer for a night of friendship, healthy living, and fun!

DATE: MONDAY 06/26

TIME: 5:30-7:00PM

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

HEART AT HOME: Bunco with Marie and Kayla

Bunco is a fast paced, team based dice game. Join Marie and Kayla at their new place for a night of team building fun.

DATE: WEDNESDAY 06/28

TIME: 5:30-7:00PM

LOCATION: TBA