



# Project HEART

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

**September 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 at 636.757.0515 or [HeatherF@willowsway.org](mailto:HeatherF@willowsway.org)

ALL Project HEART information can be found at [www.willowsway.org](http://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.

A COMPLETED HEART PACKET NEEDS TO BE RETURNED TO COORDINATOR BEFORE ATTENDING YOUR FIRST CLASS.  
PLEASE REMEMBER TO CONTACT COORDINATOR IF YOU'RE UNABLE TO ATTEND CLASS SO THOSE ON THE WAIT LIST CAN ATTEND.  
PARTICIPANTS ARE RESPONSIBLE FOR SETTING UP THEIR OWN CLASS TRANSPORTATION.  
CLASS LOCATION AND TIMES VARY PLEASE VERIFY EACH DATE.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1.	2.
3.	4. <b>Labor Day</b> Office Closed	5. <b>Getting Ready for Fall:</b> Out with last season/ In with the New Season 5:30pm-7:00pm WW	6. <b>Financial SERIES: Part One</b> <b>Identifying your coins</b> 5:30pm-7:00pm WW	7. <b>COOKING:</b> Tacos 5:30-7PM WW	8.	9.
10.	11. <b>HEART AT HOME:</b> Erin Johnson Botchy Ball 5:30-7:00pm	12. <b>Fitness Exercise</b> Get your groove on 5:30pm-7:00pm WW	13. <b>Financial SERIES: Part Two</b> Count your way to success with money counting skills 5:30pm-7:00pm WW	14.	15.	16.
17.	18. <b>Halloween Treats Class</b> 5:30-7:00pm WW	19. <b>Financial Series: Part Three</b> Sorting Money Skills 5:30pm-7:00pm WW	20.	21. <b>COOKING:</b> Taco 5:30-7PM @ St. John United Church	22.	23.
24.	25.	26. <b>Heart at Home</b> Johanna's Bingo at the park Night 5:30pm-7:00pm	27. <b>Financial SERIES: Part Four</b> Spending Skills 5:30pm-7:00pm WW	28. <b>Personal Development</b> Cell Phone Etiquette 5:30pm-7:00pm WW	29.	30.

**Project Heart September 2017**  
**CLASS DESCRIPTIONS & DIRECTIONS**

**COOKING:**

Who loves Tacos? Come join in on making your own creation and share with others in a fun class that will surely get you hungry. We will have a variety of meats, toppings, and cheeses, including a mild sauce to top it off.

**DATES AND LOCATIONS: Due to Holiday Schedule**

Date: **THURSDAY September 7, 2017 at Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO**

Date: **THURSDAY September 21, 2017 at ST. JOHN UNITED CHURCH OF CHRIST 405 S. FIFTH STREET ST. CHARLES MO**

**TIME: 5:30-7 PM**

**Financial Series**

These days most people carry around debit/ credit cards, but how do you think they bought things back in the old days? **REAL MONEY!!** Class will include skills on learning how to identify money, teaching counting skills, sorting skills and learning ways to make the most of your budget.

**DATE: September 6, 13, 19, 27**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO      TIME: 5:30-7 PM**

**FITNESS:**

This class will get you up and moving. Come join in on getting your groove on and keeping active to live a healthy and happy life. Group will try new dances, share with others some of their favorite dances, and stay fit.

**DATE: September 12, 2017      TIME: 5:30-7PM**

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

**HEART AT HOMES Classes:**

Do you enjoy sharing how to do a talent or hobby with others, want to improve your leadership skills, or want to learn with others in a small group about a particular topic? Then hosting a Project Heart at Home class is what you're looking for. You will plan this class with the program coordinator, host the class, as well as get paid for co-leading the class. Co-leaders will do the planning and preparation to your individualized ability with help from the Project HEART Coordinator.

During this small group class Erin will be co-leading the group on how to play the game of botchy ball.

**DUE TO SPACE, THIS CLASS IS LIMITED TO 6 PARTICPANTS INCLUDING HOST.** Please call Project HEART for directions and details

**Erin's Heart at Home/ Botchy Ball**

**DATE: September 11, 2017**

**TIME: 5:30-7 PM**

**LOCATION: SPENCER CREEK PARK**

**Johanna's Heart at Home/Bingo in the Park**

**DATE: September 26, 2017**

**TIME: 5:30-7PM**

**LOCATION: Oak Creek Park off Willott Road in St. Peters, Mo. 63376**

**PERSONAL DEVELOPMENT:**

Cell phone dos and dont's. What are the rules? Cell phones are the greatest! But, now and then we need those little reminders of when it's a responsible and respectful time to use it. We will practice acceptable voice tones to use when in the community, what is acceptable when you're with family and/or friends, groups of people, and when it's appropriate to use at work. During this class participants will also cover texting etiquette and ways to safely play games in public.

**Date: September 28, 2017      TIME: 5:30-7 PM**

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

**FOOD AND NUTRITION: SNACK MAKING**

Wondering what kinds of snacks to make for Halloween, look no more. Come join us as we learn great tasting and easy snacks for yourself or to share with friends.

**DATE: September 18, 2017      TIME: 5:30- 7PM**

**LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO 63303**