



# Project HEART

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

November 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 636-757-0515 or heatherf@willowsway.org

ALL Project HEART information can be found at [www.willowsway.org](http://www.willowsway.org); click on the Project HEART logo on the left side.

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 Heart at Home with Chris Deep Dish Pizza 5:30- 7pm	2	3	4
5	6 Casseroles with leftovers from Thanksgiving or Christmas at Calvary church 5:30-7pm	7 Drivers Permit Class Willows Way 5:30-7pm	8	9 s Self- Advocate for yourself at Willows Way 5:30-7pm (Defense)	10	11
12	13 Gratitude is more than being thankful at Willows Way 5:30-7pm	14 Drivers Permit Class Willows Way 5:30-7pm	15	16 Learn the basics of character /cartoon Sketching at Willows Way 5:30-7pm	17	18
19	20 Kindness Rocks at Willows Way 5:30-7pm	21 Drivers Permit Class Willows Way 5:30-7pm	22	23	24	25
26	27 Tie Dye shirts at Willows Way 5:30-7pm	28 Drivers Permit Class Willows Way 5:30-7pm	29	30 Heart at Home Jennifer at Jaycee Park in 5:30-7pm		

**PROJECT HEART NOVEMBER CALENDAR 2017  
CLASS DESCRIPTIONS**

**Cooking Classes:** Turn your leftovers into something new. There is only one this month due to the holidays. We will be including ingredients which may be left over from the holiday meal and turning them into a casserole for one to enjoy so we don't have to throw away food. This is teaching a new recipe to try and share with others. 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 NOVEMBER 6, 2017**

**TIME: 5:30-7:00pm**

**LOCATION:** Calvary Church 3998 MID Rivers Mall Dr. St Peters, MO. 63376

**Permit Course: This is an 8 week course starting in November 2017  
And Going through the end of December of 2017**

**TIME: 5:30-7:00pm**

Learn basic driving skills to obtain your drivers permit and gain experience for driving.

**DATE: November 7, 14, 21, & 28 and December 5, 12, 19, & 26**

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

**Independent living: Defend yourself without the use of force**

Learn how to use your body's own defenses without force so you can prevent yourself from further harm if confronted by someone.

**DATE: October 9, 2017**

**TIME: 5:30-7:00pm**

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

**Personal Development: Gratitude**

Group will be making journals of all the things they are thankful for this holiday season. This will be a time to share stories, pictures, or any memories you may have.

**DATE: November 13, 2017**

**TIME: 5:30-7:00pm**

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

**Group Skills: The Basics of character/cartoon Sketching**

We will be learning the basics of sketching animals and/or people.

**DATE: November 16, 2017**

**TIME: 5:30-7:00pm**

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

**Self-Improvement: Kindness Rocks Project**

Group will be collecting rocks for the whole month before class or they can purchase some to bring to class and decorate. After project is completed they can place them in random places around the area or wherever they choose for others to find. Let's help spread love and kindness to other or to just bring joy to those who find them.

**Date: November 20, 2017**

**TIME: 5:30-7:00pm**

**LOCATION:** Willows Way 800 Friedens Rd. St. Charles, Mo. 63303

**Group Skills: Tie Dye tie shirts**

We will be learning the technique of DIY tie dye shirts. Group will have several different colors available for dye and can make any design they wish or can bring their own pattern to do during the group project.

**DATE: November 27, 2017**

**TIME: 5:30-7:00pm**

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

**HEART AT HOME CLASSES**

**Heart at Home with Chris Merrifield- ALL HEART AT HOMES ARE DRAWN ON A LOTTERY SYSTEM AND YOU WILL BE CONTACTED IF YOUR NAME HAS BEEN DRAWN.**

Come and enjoy learning how to make deep dish pizza with a group of your peers. Learn skills needed to make your own favorite pizza at home with your family and enjoy the fellowship of being in a natural setting.

**DATE: November 1, 2017**

**TIME: 5:30-7:00pm**

**LOCATION:** Chris Merrifield's home. Let's bring Chicago to St. Charles, Mo. We will call with directions.

**Heart at Home with Jennifer Librach - ALL HEART AT HOMES ARE DRAWN ON A LOTTERY SYSTEM, YOU WILL BE CONTACTED IF YOUR NAME HAS BEEN DRAWN**

Come join in on a night full of games at the park on hostess choice. Class attendance will change for this Heart at Home and will be unlimited due to the fact it's at the park. Regular sign up for transport for realities clients still is as normal to the 9 spots available, but if you can find transport outside of what's provided you can attend.

**DATE: November 30, 2017**

**TIME: 5:30-7:00pm**

**LOCATION:** Jaycee Park at 2805 Elm St, St Charles, MO 63301