



Project HEART

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

JANUARY 2008

Instructions You Need To Know

- *Classes are FREE for adults with developmental disabilities, their family, friends, and staff in St. Charles County!
- *RESERVATIONS ARE REQUIRED! Contact **Toni Cole**, *Project HEART* Coordinator (636) 757-0517.
- *A SUPPORT PERSON MUST REGISTER AND PROVIDE SUPPORT DURING THE TRAINING.
- *If you have not completed one in the last year, please bring a signed CONSENT TO PARTICIPATE AND ASSESSMENT FORM.
- *If you are unable to attend a training for which you are registered, please contact Toni BEFORE the training is scheduled to begin.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10 COOKING (green group) 5:00p-6:30p	11	12
13	14 COOKING (blue group) 5:00p-6:30p	15	16 MAKING FRIENDS (blue group) 6:00p-7:30p	17	18	19
20	21 	22 DEALING WITH DIFFICULT PEOPLE, pt. 1 (blue group) 6:00p-7:30p	23	24 COUCH POTATO WORKOUT (blue group) 6:00p-7:00p	25	26
27	28 YOUR OWN COOKBOOK (blue group) 6:00p-7:30p	29	30 DEALING WITH DIFFICULT PEOPLE, pt. 2 (blue group) 6:00p-7:30p	31		

COOKING WILL NO LONGER SERVE FULL MEALS. PLEASE PLAN TO EAT DINNER BEFORE OR AFTER CLASS.

If you are concerned that class will be cancelled due to the weather, call Toni at (636) 757-0517. A decision will be made by noon the day of class. Toni will attempt to contact you if class is cancelled, but you are still encouraged to call and check.

If you are unsure of your group color, contact Toni to complete an Assessment Form with her over the phone. She will assign you a color group, either blue or green. As participant numbers increase for the green group, more class options will be offered.

Project HEART

JANUARY 2008 CLASS DESCRIPTIONS & DIRECTIONS

COOKING

Skills taught include recipe reading, keeping clean and safe kitchen, knife skills and cutting, measuring and health information specific to the meal. We'll make two healthy treats—one for your sweet tooth and the other savory to satisfy your cravings.

DATE: THURSDAY, 01/10/2008 OR MONDAY, 01/14/2008

TIME: 5:00p-6:30p

Directions:

Coming from St. Louis:

Take I-70 West to Hwy. 94.

Turn RIGHT onto First Capitol Drive/Hwy. 94

- You will see Dairy Queen on your LEFT
- Then there will be a light.

Turn LEFT onto West Clay at this light.

- You will pass Walgreens on your LEFT
- You will see US Bank on your RIGHT

Turn RIGHT onto Duchesne Rd. at US Bank.

- There will be several strip malls on your LEFT.
- ACE evenings in 2nd strip mall, next to Caribbean Tan. Across the street you will see Schnucks.

Location: ACE Program, 1039 Duchesne Rd., St. Charles

The Class is open to: 12/04 blue group; 12/10 green and blue group

Coming from St. Peters/O'Fallon:

Take I-70 East to Hwy. 94.

Turn LEFT onto Zumbahl Rd.

Turn RIGHT onto West Clay at Lowe's.

- You will pass a gas station and Lion's Choice on your RIGHT
- You will go through a light, Westbury Rd., after this.

Turn LEFT onto Duchesne Rd. at the next light.

- There will be several strip malls on your Left.
- ACE evenings in 2nd strip mall, next to Caribbean Tan. Across the street you will see Schnucks

MAKING FRIENDS

You will learn how to make a friend-worthy impression in this class through watching a few video clips and participating in a fun winter game activity. AND you might even meet someone new in class!

DATE: WEDNESDAY, JANUARY 16

TIME: 6:00p-7:30p

Directions:

Coming from St. Louis:

Take 70 West to First Capitol/Hwy. 94 Exit

Turn LEFT onto First Capitol Drive/Hwy. 94

- You will pass a strip mall on your LEFT with Wiliker's.

Turn LEFT onto Friedens Rd.

- This is at the intersection of Zumbahl & 94. If you turn right, the road is Zumbahl, if you turn LEFT the road is Friedens.
- There will be a stop light here--Fazoli's and a Mobil station will be on the LEFT side of the street.
- Just down hill, Willows Way is the building on your LEFT after Country Club Place, with 3 yellow flags.
- Turn directly into the lower parking lot and enter at the main lower entrance.

Location: Willows Way, 800 Friedens Road, St. Charles

The Class is open to: blue group

Coming from St. Peters/O'Fallon:

Take 70 East to Zumbahl Road Exit

Turn RIGHT onto Zumbahl Road

- Continue through several lights, passing the St. Charles Police Station on your RIGHT
- Stay in the Left lane

Continue straight across 94, Zumbahl changes names to Friedens Rd.

- There will be a stop light here--Fazoli's will be on the LEFT side of the street and a Mobil station will be on the RIGHT.
- Just down hill, Willows Way is the building on your LEFT after Country Club Place, with 3 yellow flags.
- Turn directly into the lower parking lot and enter at the main lower entrance

DEALING WITH DIFFICULT PEOPLE, part 1

Family members, friends and co-workers are a great part of our lives; however, sometimes people can be difficult. Whether it is teasing, criticizing, bullying, or anger you'll learn how to identify these bad characteristics and how to deal with them in a healthy and appropriate way. As always, there will be fun activities and snacks to make it an enjoyable evening while you're learning. Call NOW!

DATE: TUESDAY, JANUARY 22

TIME: 6:00p-7:30p

Directions: same as Making Friends on 01/16/2008

Location: Willows Way, 800 Friedens Road, St. Charles

The Class is open to: Adults with Disabilities, Support Staff

COUCH POTATO WORK-OUT

Do you love watching TV and think about getting some exercise but never do? Are you someone who has to sit in a chair most of the time? If you answered "yes" to either of these questions, this class is for you. We will learn to use a few things you already have around the house to help you get into shape while watching your favorite TV shows.

REMEMBER TO BRING: a bath towel and a can of vegetables

DATE: THURSDAY, JANUARY 24

TIME: 6:00p-7:00p

Directions: same as Making Friends on 01/16/2008

Location: Willows Way, 800 Friedens Road, St. Charles

The Class is open to: blue group

YOUR OWN COOKBOOK

You've cooked with Project HEART many times by now. Come and put together a book of the recipes you have loved the most. You will put them in spiral books easy to use at home and create cover pages that will make your book unique. A FUN NIGHT FOR ALL!

DATE: MONDAY, 01/28/2008

TIME: 6:00p-7:30p

Directions: same as Making Friends on 01/16/2008

Location: Willows Way, 800 Friedens Road, St. Charles

The Class is open to: blue group

DEALING WITH DIFFICULT PEOPLE, part 2

Family members, friends and co-workers are a great part of our lives; however, sometimes people can be difficult. Whether it is teasing, criticizing, bullying, or anger you'll learn how to identify these bad characteristics and how to deal with them in a healthy and appropriate way. As always, there will be fun activities and snacks to make it an enjoyable evening while you're learning. Call NOW!

DATE: WEDNESDAY, 01/30/2008

TIME: 6:00p-7:30p

Directions: same as Making Friends on 01/16/2008

Location: Willows Way, 800 Friedens Road, St. Charles

The Class is open to: blue group