



Project HEART


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

FEBRUARY 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.

PLEASE NOTE FOR THIS MONTH ONLY, ALL classes will be held at WW

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 MAKING VALENTINE'S DAY MEMORABLE (blue group) 6:00p-7:30p	5 COOKING: <small>(green group)</small> CLASS FULL 11:00a	6	7	8	9
10	11 COOKING: caramel apple dessert (blue group) 5:00p-6:30p	12	13	14  Valentine's Day	15	16
17	18 DEPRESSION: learn what to do to help (blue group) 6:00p-7:30p	19	20 BEING YOUR BEST (blue group) 6:00p-7:30p	21	22	23
24	25	26 COOKING: caramel apple dessert (blue group) 5:00p- 6:30p	27	28 THE DATING GAME-revised (blue group) 6:00p-7:30p	29	

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

IS CLASS STILL ON? Toni will attempt to contact you if class is cancelled, but you are still encouraged to call and check. If you are concerned, call Toni at (636) 757-0517 to confirm.

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

FEBRUARY 2008 CLASS DESCRIPTIONS & DIRECTIONS

*****SNACKS & PRIZES PROVIDED*****

MAKING VALENTINE'S DAY MEMORABLE

You will create a valentine card for someone in your life that is important to you. Valentine's Day is the perfect day to celebrate all types of love—romantic love, friendship love, family love and even appreciation love. We'll have fun sharing and learning, while eating sweet treats and creating masterpieces that will be sure to put a smile on the receiver's face.

DATE: MONDAY, FEBRUARY 04

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

Turn LEFT onto Friedens Rd.

- You will pass a strip mall on your LEFT with Wiliker's.
- This is at the intersection of Zumbel & 94. If you turn right, the road is Zumbel, 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 Zumbel Road Exit

Turn RIGHT onto Zumbel Road

- Continue through several lights, passing the St. Charles Police Station on your RIGHT
- Stay in the Left lane
- Continue straight across 94, Zumbel 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

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 meals with savings.

DATE: TUESDAY, FEBRUARY 11

TIME: 10:00a-11:00a

CLASS FULL

TMC

The Class is open to: green group

COOKING: caramel apple dessert

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: MONDAY, 02/11/2008 OR TUESDAY, 02/26/2008

TIME: 5:00p-6:30p

Directions: same as for Making Valentine's Day Memorable on 02/04/2008

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

The Class is open to: blue group both dates

DEPRESSION: what you can do to help

If you are someone you know struggles with depression, this class is a must for you. You will learn the signs of someone in need and what to do to find and get them help. Call to register and bring a friend, everyone needs to know this information.

DATE: MONDAY, FEBRUARY 18

TIME: 6:00p-7:30p

Directions: same as for Making Valentine's Day Memorable on 02/04/2008

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

The Class is open to: blue group

BEING YOUR BEST

This class is perfect for anyone who struggles with thinking good thoughts—whether you struggle with depression or you have others in your life that are always focused on what don't do right. Through some fun activities, you'll learn how to be more confident and happy in life, as well as a few tricks you can do to help you in stressful situations to be brave and feel good about yourself. We WILL have FUN and You WILL leave feeling PROUD!

DATE: WEDNESDAY, FEBRUARY 20

TIME: 6:00p-7:30p

Directions: same as for Making Valentine's Day Memorable on 02/04/2008

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

The Class is open to: blue group

THE DATING GAME: revised with new, funny question cards

Get ready for a brand new year to develop the relationship you have always wanted. This class is a twist on the old favorite TV show. Class participants may play one of these roles—the cheering audience, the person who wants a date, or one the 3 bachelors looking for a date. No real date will occur after this class, at least that Project HEART set up. Everyone will leave knowing more about having a healthy dating relationship.

DATE: THURSDAY, FEBRUARY 28

TIME: 6:00p-7:30p

Directions: same as for Making Valentine's Day Memorable on 02/04/2008

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

The Class is open to: blue group