

Winter 2024
Course Guide

ACCESS PROJECT

PROGRAM FOR ADULTS WITH DISABILITIES



CONTACTS



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Scan to Register:



www.tridistrict.ce.eleyo.com

Creative Arts

Tape Resist Watercolor Art



Create a masterpiece with tape resist art! This fun and simple technique uses thin pieces of painters tape to create beautiful colored segments reminiscent of stained glass windows. Take home your artwork and hang it on a wall or give it as a gift to someone special.

Tue, Jan 9
6-7 pm
Branch Out, WSP
\$6 - 1 session

Card Making with Patty



This card making activity is a fun craft that joins creativity with social skills as you create a wonderful card while visiting with peers. You can make a card for fun, for a special occasion, or for a special person you have in your life. This class will show you some fun and different ways to make these cards extra special. We can't wait to see what you'll make!

Wed, Feb 7
6-7 pm
Branch Out, WSP
\$6 - 1 session

Miniature Meditation Sand Garden



Calm your mind and body using an ancient Japanese technique of meditation gardening. Enjoy hours of creating and recreating movement of lines and shapes in a miniature sand garden that can fit on top of a desk or table. All participants will take home their own sand garden.

Tue, Mar 12
6-7 pm
Branch Out, WSP
\$10 - 1 session

Thumbprint Dandelion Picture



Make a wish and may all your wishes come true! Dandelions remind us of dreams we aspire to be. Create your own inspiration specially unique to you by using your own fingerprints to create a dandelion in a beautiful piece of artwork.

Tue, Apr 16
6-7 pm
Branch Out, WSP
\$6 - 1 session

Health

Chair Yoga

Refresh and recharge with this gentle style of yoga. You will learn how to do gentle stretches, body weight exercises, and breathing techniques all while being supported by a chair. These exercises can be done anywhere!



Thu, Jan 25
6:30-7:30 pm
Branch Out, WSP
\$5 - 1 session

Food

Super Bowl Party Food



"Kickoff" your Super Bowl get together with these "Super" easy party food recipes! Be ready for the big day and score a "touchdown" with family and friends as you wow them with snacks to enjoy during the game.

Tue, Jan 30
6-7:30 pm
Branch Out, WSP
\$9 - 1 session

Valentine Sugar Cookies



Valentine's day is right around the corner. Show loved ones that you care by baking them some delectable yet easy to make Valentine cookies. Don't forget to keep a couple cookies for yourself because self care is just as important!

Tue, Feb 13
6-7:30 pm
Branch Out, WSP
\$9 - 1 session

Pizza Crackers



Craving pizza but don't have the time to make it? Then these quick and easy pizza crackers are the perfect snack for you! Loaded with flavor, these lil' pizza's will surely become a favorite.

Mon, Mar 11
6-7 pm
Branch Out, WSP
\$9 - 1 session

Muffins n' Butter



Rise and shine with these tasty homemade muffins and butter! Come learn the skills of measuring, mixing, and baking muffins that are perfect breakfast fare. And while the muffins are baking you will learn how to make homemade butter from cream! Enjoy the fruits of your labor at the end of class as we gather around and eat our baked goods. This is one class you do not want to miss!

Thu, Apr 4
6-7:30 pm
Branch Out, WSP
\$9 - 1 session

Social Corner

Tie Blanket Club

Gillette Children's hospital is a wonderful place that gives kids with medical issues a new look on life. After surgery each child gets to take home a one of a kind blanket, in hopes of raising their spirits. And you can help give back to this wonderful organization by joining our Tie blanket club! In this club we will create one of a kind blankets together and donate them to Gillette children's hospital.



Thursdays

Feb 1 and 15

Mar 7 and 21

6-7 pm

Branch Out, WSP

\$5 - 1 session

Karaoke Night

Let's sing the night away! Gather with friends for a fun night of singing, laughing, and music while taking turns performing some of your favorite tunes. Pre-registration is not required but appreciated.

Thu, Jan 4

6-7 pm

Branch Out, WSP

\$5 - 1 session



Friday Fun Night



Move over Branch Out Hangout here comes Friday Night Fun! Come join us for a night of fun with friends, games, crafts, movies, and pizza. Pre-registration is not required but helpful in ordering pizza.

Hall of Fame



Fridays 6-8:30 pm

Jan 12

Feb 09

Mar 8

Apr 12

Branch Out, WSP

\$10 - each session

Bingo!

Everyone loves BINGO! Come on over to meet new friends, play bingo, and have a good time. All participants win a prize! Pre-registration is not required.

Mondays 5-6 pm

Jan 22

Feb 26

Mar 18

Apr 29

Branch Out, WSP

\$4 - each session





Independent School District 197
Community Education
1897 Delaware Ave.
Mendota Heights, MN 55118



Special Events

Snowflake Dance

Get all dressed up and be ready to dance the night away at the beautiful Dakota Lodge. Refreshments will be served for guests and you can strike a pose at the photo booth area. Get ready to make lifelong memories. No cost for caregivers to attend. Pre Registration is not required but appreciated to make appropriate accommodations.

Fri, Jan 19
6-8:30 pm
Thompson Park Lodge, WSP
\$15 - 1 session



Hens and Roosters Dodge Nature Tour

The most common farm animal in the world is also one of the most interesting. Get an up and close look at the life cycle of chickens on Dodge Nature Center's farm. We will tour the coop, hold a chicken, check for eggs and see the free range flock as the roosters crow all the while.

Tue, Apr 23
5:45-7 pm
Dodge Nature Center, WSP
\$9 - 1 session

