

SERVING ADULTS WITH DISABILITIES

FALL 2022

# River Valley **PROJECT EXPLORE**



**SCHOLARSHIP INFO  
PAGE 14!**

**Come one, come all! CRAFT FAIR**

Saturday, October 15 • See page 7 for more details

Classes begin on September 3, 2022

Phone: 651-423-7931 | Email: [projectexplore@district196.org](mailto:projectexplore@district196.org) | [www.district196.org/projectexplore](http://www.district196.org/projectexplore)

# WELCOME

We would like to extend an invitation for you to explore the variety of activities and services offered through River Valley Project Explore, a Community Education program serving adults with disabilities. The information provided here should give you a close look and better understanding of how our program works and where to acquire additional information that you may need. For over 32 years, Project Explore has been a leader in providing options for adults with disabilities to participate in activities that are specifically designed to meet their diverse needs.

## FROM THE DESK OF THE COORDINATOR

It's been a great year back together again! Most of our regular activities have resumed and many filled up quickly. I hope you will explore this catalog and find some activities you'll want to join. We are offering Qi Gong this fall which is a gentle exercise that can be done standing or in a chair.

Please be sure to say hi and welcome new high school staff members: Hannah, Victoria and Zoey at our activities. We also welcome three new instructors: Amy, Bonnie and Karen. Amy and Bonnie will lead some craft classes and Karen is our Qi Gong instructor.

While we are welcoming new Project Explore staff, we sadly say goodbye to Caroline. She is moving out west in early fall for a new chapter in her life with her family. Caroline has been with Project Explore for 22 years! She's helped with most all of our activities at one time or another. She's been our craft instructor and has led many dances, bingos, dinners, parties, and outings including two day trips. She also had the vision for our 1st Craft Fair in 2015 and kept it going every year. She's already working on it for this October with Bonnie. We will miss her enthusiasm, creativity, love and dedication for Project Explore. If you see her this summer please thank her and wish her well in her new adventures!

Our Annual Fundraiser Dance in June was a great evening with music from 'The Prisoners of Rock n' Roll' along with 66 raffle prize winners! Thank you to everyone who donated raffle baskets and raffle items, including the following service providers: CareCo, Howry Residential Services, Kota Connections, Midwest Special Services, New Challenges, Inc., ProAct, Thomas Allen, Inc., and Twin Cities Dream Team. We also had many businesses, organizations and individuals make generous donations and contributions to help make the June Fundraiser dance a great success.

Make sure to use the back page of the catalog to keep track of your registrations. We'll send you an email reminder too, so make sure to include your email when you register!

You can call, go online, drop off or mail your registration to our office. Many classes and activities fill up quickly. In keeping with our policies, we need to receive your payment with registration.

We look forward to seeing you this fall!

## Project Explore Staff

Coordinator ..... Patty Vance  
Instructors and Staff ..... Karen Astromsky,  
Sue Butzer,  
Maddie Carlson,  
Gabby Cogshall, Amy  
Ferrell, Hannah Germann,  
Caroline Gettz,  
Anita Groen,  
Victoria Hamilton,  
Julie Harding, Jill Milbauer,  
Judy Moe, Megan Moe,  
Bonnie Pautsch-Dyakin,  
Betsy Ritschel, Angila  
Schmidtke, Zoey Svenson,  
Julie Swanson



## Project Explore Advisory Council

Elaine Becker	Caroline Gettz	Kevin Johnson
Ian Mayes	Dave Modrynski	Jenne O'Neill-Mager
Sona Parker	Greg Paulson	Leah Paulson
Kelly Ruiz	Barb St. Aubin	Patty Vance

Advisory Council members meet bi-monthly to discuss providing services and programming. In addition they develop collaborations to benefit the ongoing educational, recreational and social needs of adults with disabilities living within the five school districts of the consortium. Interested in becoming part of the Council? Contact Patty Vance for information.

## RVPE Foundation

Our mission is to seek funding resources and effectively manage funds to support River Valley Project Explore. The Foundation will work cooperatively with the Project Explore Advisory Council and program staff to support advocacy and fund raising programs as well as the disbursement of funds that ensure the programs' ongoing success.

The Foundation is focused on expanding programs, classes and opportunities; providing needed equipment for activities, and scholarships for those needing financial assistance.

Board members include: Derek Appleyard, Elaine Becker, Lisa Burns, Nick Cookas, Rick Cotterman, Suzanne Elwell, Jeanne Finch, Larry Hall, Monica Jensen, and Jeff VonHoltum.

## We love our Volunteers!

Project Explore Volunteers are Very Valuable. Through the generosity of volunteers we are able to keep our class and activity fees low, allowing individuals to participate in more classes. Project Explore is always looking for volunteers to help with activities. If you, your group or organization would like to volunteer, please let us know. You can send us an email – [projectexplore@district196.org](mailto:projectexplore@district196.org) – or call our office – 651-423-7931. Reach out and make a difference in someone's life by helping adults with disabilities learn new skills, make new friends or enrich their experience.



# COOKING CLASSES

Cooking classes provide you an opportunity to improve skills, build confidence and have fun with your friends while enjoying a tasty meal. You will need to be able to follow directions and safely use kitchen utensils and help with clean up too. Class sizes are limited, so be sure to sign up early!

## Gluten Free Cooking

Who knew gluten free cooking could be so easy and delicious? Join us to help prepare a tasty dinner complete with salad and dessert!

**Monday, September 19**  
**Valley Middle School**

**5:30-7:30 pm**  
**\$15 per person**

## Creepy Cooking

Are you looking for a meal that will "scare" away hunger? We'll be cooking up a Halloween dinner that will satisfy the hungriest ghosts and goblins. Don't be "afraid" to join us as we prepare some frightfully delicious recipes.



**Monday, October 17**  
**Valley Middle School**

**5:30-7:30 pm**  
**\$15 per person**

## Chili Night!!

What a great way to warm up on a 'chilly' day with a delicious bowl of chili!! Angila will have all the toppings for your chili along with some healthy sides and a tasty dessert.



**Monday, November 28**  
**Valley Middle School**

**5:30-7:30 pm**  
**\$15 per person**

# CRAFT CLASSES

## Painted Canvas with Jewelry

Join Amy for a great craft project. You will paint a canvas and then add some beautiful jewelry to make your own unique design and artwork. This will be beautiful and look great hanging on your wall. If you have costume jewelry you aren't wearing anymore, please bring it for your artwork.



**Wednesday, September 14**  
**Valley Middle School**

**6:30-8:00 pm**  
**\$12 per person**

## Halloween Card Making

Join Betsy to make some great cards for Halloween that you can give to your friends to help celebrate all the fun and spookiness that Halloween brings. She will have all the supplies you need to make 10 cards! There will be colorful cardstock, stickers, markers and pens.

**Monday, October 10**  
**Valley Middle School**

**6:30-8:00 pm**  
**\$12 per person**



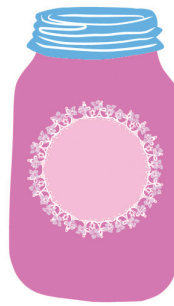
# CRAFT CLASSES

## Painted Mason Jars

Brighten up your home this fall with some colorful painted mason jars. These will be great for flowers, pens & pencils, craft supplies, or anything you wish.

**Wednesday, October 12**  
**Valley Middle School**

**6:30-8:00 pm**  
**\$12 per person**



## Halloween Wreath

You will love this wreath with ghosts, goblins and more! Just in time to hang on your door or in your home for Halloween.

**Monday, October 24**  
**Valley Middle School**

**6:30-8:00 pm**  
**\$12 per person**



## Pumpkin Carving

This is a favorite fall activity! Join your friends to decorate pumpkins in your own unique style! We are having two options this year. You can carve your pumpkin or paint it. Either way it will be a fun night!

**Thursday, October 27**  
**Valley Middle School**

**6:30-8:00 pm**  
**\$12 per person**





# CRAFT CLASSES



## T-Shirt Painting

Come to one of our favorite classes and paint a Project Explore T-Shirt. The design is already printed on the shirt, all you have to do is use your creativity and color it! **Please fill in your T-Shirt size when you register.** You must register by October 19th for this activity so your T-shirt can be ordered and printed prior to the class.

**Friday, November 11**  
**Valley Middle School**



**6:30-8:00 pm**  
**\$15 per person**

## Fall Flowers

The staff at Flowerama will teach you how to make the most of arranging flowers and give you tips to keep them looking great for a long time. You will take home a bright and fragrant arrangement of flowers sure to brighten up your home, made by you!

**Monday, November 14**  
**Flowerama**



**5:30-7:00 pm**  
**\$12 per person**



# DANCES

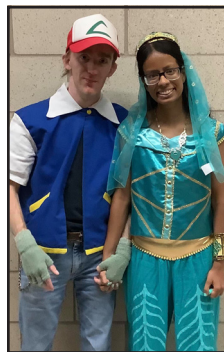
**One caregiver per participant or group home is asked to register and pay.**

## Fall Kick-off Dance

Get out your dancing shoes and join us for a great evening together to 'Kick-off' our fall season. What a great way to get moving and get together with friends!

**Friday, September 23**  
**Valley Middle School**

**6:30-9:00 pm**  
**\$6 per person**



## Halloween Dance

It's time for the most popular dance of the year! Wear your favorite costume and join all your friends for our annual Halloween Dance. Don't be spooked if they don't recognize you. Everyone in attendance is eligible to win a prize for costume creativity.

**Friday, October 21**  
**Farmington High School**

**6:30-9:00 pm**  
**\$6 per person**



# ENTERTAINMENT

## Let's Play Cards!

Calling all card players! If you enjoy UNO, SkipBo, PHASE10, Go Fish, Old Maid and other card games plan to join your friends for a great night of fun. We will have the cards and some refreshments ready for you.



**Thursday, September 8**  
**Valley Middle School**

**6:30-8:00 pm**  
**\$5 per person**

**Friday, October 7**  
**Valley Middle School**

**6:30-8:00 pm**  
**\$5 per person**





## Disney Sing Along

Join friends for a great night singing some of your favorite Disney songs! We will have songs from "Frozen", "The Lion King" and "Mary Poppins". Words will be on the big screen along with movie clips so it will be easy to follow along!

**Thursday, September 15 6:30-8:00 pm**  
Valley Middle School \$5 per person

## Karaoke Night!

Calling all singers! Plan for a great evening of Karaoke as you sing favorite songs with friends. You can bring your song requests or we can help you with song ideas. We'll have snacks and beverages to keep you happy and hydrated.

**Thursday, October 6**  
Valley Middle School

**6:30-8:00 pm**  
\$5 per person



## Bingo & Pizza

Let's meet up for a delicious pizza lunch followed by Bingo! What a great way to spend a Saturday afternoon with friends. There will be lots of great prizes for you to choose from as your bingo prize.

**Caregivers attending and eating lunch need to register and pay \$4 per person.**



**Saturday, September 24**  
Valley Middle School

**12:00-2:00 pm**  
\$8 per person

**Saturday, October 29**  
Valley Middle School

**12:00-2:00 pm**  
\$8 per person



## Movie Night

Get out of the house and join your friends for a relaxing evening of movies and refreshments. Check in time is from 5:45 to 6:05pm with the movie beginning promptly at 6:10pm. These popular nights fill up fast, so be sure to register early!

**Monday, September 26**  
Valley Middle School

**5:45-8:00 pm**  
\$5 per person

**Tuesday, November 22**  
Valley Middle School

**5:45-8:00 pm**  
\$5 per person

## Game Night & Fall Treats

Come on out and spend the evening playing games with your friends, both old and new! We'll have lots of games to choose from, but feel free to bring your favorite. There will also be tasty fall treats for you to enjoy as you play games.

**Thursday, September 29**  
Valley Middle School

**6:30-8:00 pm**  
\$5 per person

**Tuesday, November 29**  
Valley Middle School

**6:30-8:00 pm**  
\$5 per person



## Halloween Movie Night

Join your friends for a spooky movie to get in the 'spirit' of Halloween! Wear a costume if you'd like to add to the fun! Check in time is 5:45-6:00pm. The movie will start at 6:05pm to make sure we are done by 8:00pm.

**Thursday, October 20**  
Valley Middle School

**5:45-8:00 pm**  
\$5 per person

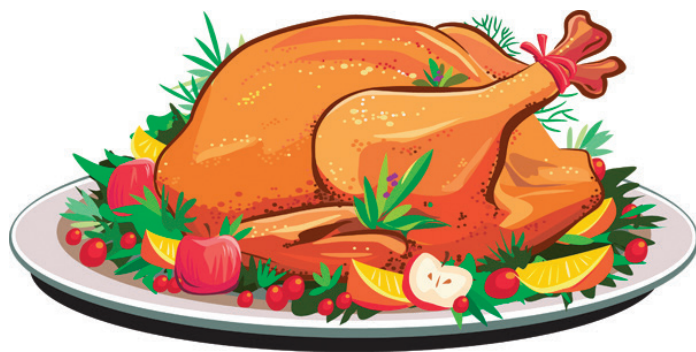
## Magic Show

Come and join us for a fun evening with Wonderful Woody! You'll be amazed by his illusions and tricks. They'll also be some juggling and a song or two. Come prepared for lots of laughs--there may even be some audience participation? Refreshments will be served.



**Friday, October 28**  
Valley Middle School

**6:30-7:30 pm**  
\$8 per person



## Thanksgiving Dinner

Come and celebrate the season at our annual Thanksgiving Dinner. We will begin serving dinner at 5:45pm. We are also asking that you bring a non-perishable food item to help support the food shelf at Messiah. We must receive your registration and payment for this event no later than Friday, November 4th. **Caregivers please register and pay for dinner. Sorry, no walk-ins accepted.**

**Friday, November 18**  
Messiah Lutheran Church

**5:30-7:30 pm**  
\$12 per person

# HEALTH AND WELLNESS

## IMPORTANT NOTE ABOUT HIKES AND STROLLS:

Caregivers who need to accompany their participants must stay by them the entire time and keep up with their pace of walking. Please wear appropriate shoes (no flip-flops!) Afterwards we will enjoy some refreshments and have social time. Please arrive 10 minutes before the scheduled time so we can start the walk together. *In case of inclement weather, the instructor will call and reschedule.*

### Hike Hanrehan Lake

Join us on a two to three mile hike on the beautiful rolling hills at Murphy-Hanrehan Nature Preserve.

**Saturday, September 3**  
**Hanrehan Lake**

**10:00-11:30 am**  
**\$5 per person**



### Stroll & Roll Valley Lake

Take a nice walk around the paved path and look for geese, ducks and other wild life. The path is suitable for wheelchairs, mostly flat, but there may be some small hills. Meet on the grass by the parking lot and shelter to sign in.

**Tuesday, September 6 6:00-7:00 pm**  
**Valley Lake Park \$5 per person**

### Hike Terrace Oaks West Park

We'll be hiking two to three miles on the beautiful, but unpaved wooded trails at Terrace Oaks West Park. Dress for the weather and wear sturdy walking shoes.

**Saturday, September 17**  
**Terrace Oaks West Park**

**10:00-11:30 am**  
**\$5 per person**

### Stroll & Roll Sunset Pond

We'll walk around Sunset Pond (1.75 miles). If the parking lot is full, please park next door in the office parking lot. (It's okay to park there in the evening.)

**Friday, September 30**  
**Sunset Pond Park**

**6:00-7:00 pm**  
**\$5 per person**



# HEALTH AND WELLNESS

## Introduction to Qi Gong

This is a gentle, centuries' old, mind/body practice from China where we will figuratively and literally "go with the flow." This is an opportunity to move the heart, mind, body and breath either standing up or in a chair. Everyone and all abilities are able to participate. You will leave feeling both energized and relaxed. Wear comfortable clothing.



**Wednesday, September 7**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Wednesday, September 21**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Wednesday, October 5**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Wednesday, October 19**  
**Valley Middle School**

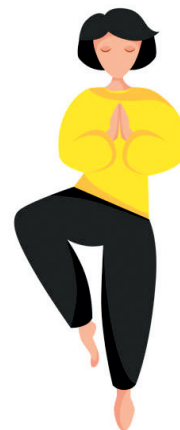
**6:30-7:30 pm**  
**\$5 per person**

**Wednesday, November 2**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**

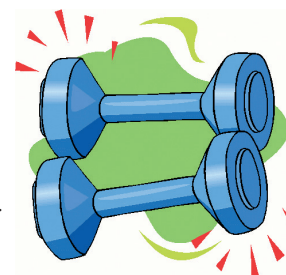
**Wednesday, November 16**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**



## Move & Groove

Join us for stretching and moving to music. We'll also use some hand weights for more muscle toning. This easy exercise class is so much fun you will forget it is good for you! Wear comfortable clothing and tennis shoes. Bring a water bottle and hand weights if you have them.



**Friday, September 9**  
**Nicollet Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Wednesday, September 28**  
**Nicollet Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Friday, October 14**  
**Nicollet Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Wednesday, October 26**  
**Nicollet Middle School**

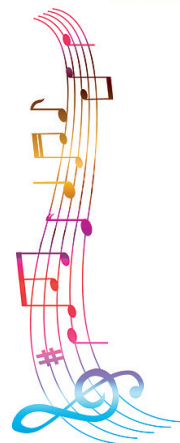
**6:30-7:30 pm**  
**\$5 per person**

**Wednesday, November 9**  
**Nicollet Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Wednesday, November 30**  
**Nicollet Middle School**

**6:30-7:30 pm**  
**\$5 per person**





# HEALTH AND WELLNESS

## Yoga

Join us for a relaxing evening of stress reduction and meditation through gentle yoga. You will learn breathing techniques and poses to promote strength and wellness. This class is for all levels and abilities. It can be adapted for those with limitations. Wear comfortable clothing, bring a yoga mat or towel along with a water bottle to keep hydrated.



**Tuesday, September 13**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Tuesday, September 27**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Tuesday, October 11**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Tuesday, October 18**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Tuesday, November 1**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$5 per person**

**Tuesday, November 15**  
**Southview Elementary**

**6:30-7:30 pm**  
**\$5 per person**



## Banking Basics

Wings Financial will help you understand general banking and how to manage your money. You will learn about checking and savings accounts. We will look at paychecks to understand taxes and where your money goes. Refreshments will be served and there will be time for questions.



**Thursday, November 3**  
**Wings Credit Union**

**6:00-7:00 pm**  
**\$5 per person**



## Craft Fair

### Come one, Come all!

See a great variety of crafts for sale from some of our Project Explore friends and various local vendors. Get a jump on all your holiday shopping. Invite your friends, family and co-workers. Food and drinks will be available for purchase.

**Saturday, October 15, 10:00am – 3:00pm**

**Free!**

**Valley Middle School**

If you are a crafter or want to volunteer,  
we need you!

Contact

Caroline at 952-393-5944

or

Bonnie at 952-393-4595

# MUSIC & DRAMA



## "Shake it Off"

Start your fall season with this fun line dance! "Shake it Off" by Taylor Swift will have you moving with Monica and friends!

**Tuesday, September 20**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$8 per person**



## MJ Retro Night

Join Monica and your friends for two great Michael Jackson songs! You'll learn all the steps to "Beat It" and "Thriller."

**Tuesday, October 25**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$8 per person**



## Country Line Dance

Join Monica for some fun Country Line Dancing. You'll learn the steps to lots of great favorites. Wear your dancing shoes or boots and hat if you'd like!

**Thursday, November 10 6:30-7:30 pm**  
**Valley Middle School \$8 per person**

# OUT ON THE TOWN

## CANCELLATION POLICY

*Cancellations must be made prior to the registration deadline. You will be charged for pre-paid tickets and other direct costs unless a replacement can be found. No refunds will be given for cancellations received on or after the date trip.*

## Lake Minnetonka Boat Cruise

Join us for a private cruise on Lake Minnetonka with friends. Lady of the Lake, a beautiful historic sternwheeler boat will take us all around the lake to explore beautiful shorelines, bay, inlets, and harbors while learning about the lake's history. Dinner is provided that includes a sandwich, pasta salad, fruit salad, jumbo cookie and a beverage. Gluten free option is available. Your registration includes the boat ticket and your meal and drink. The boat does have four stairs to navigate getting on and off the boat but is otherwise accessible.



*We must receive your registration and payment by August 30th or until the boat is full.*

**Friday, September 16**  
**Valley Middle School**

**4:15-8:30 pm**  
**\$36 per person**





# OUT ON THE TOWN



## Lunch Bunch

Let's meet for lunch and some socializing! It's a great time to enjoy lunch, see old friends and make some new friends. If you're available we hope you can join us! Remember to bring money for your meal.



**Wednesday, September 21**  
**Culvers of Rosemount**

**11:00 am-12:30 pm**  
**Free**

**Thursday, October 13**  
**Noodles & Company, Eagan**

**11:00 am-12:30 pm**  
**Free**

**Friday, November 4**  
**Freddy's Lakeville**

**11:00 am-12:30 pm**  
**Free**



## Snow White and Rose Red

A magical tale about two sisters who befriend a helpless bear and welcome him into their forest cottage during the long, cold winter. Come spring, the sisters find themselves rewarded royally for their kindness. This enchanting, joyous musical based on the Brother Grimm's fairy tale touches the heart - with lots of laughs, audience participation and lovable characters along the way! It's a perfect story for the holiday season.



**Wednesday, November 30**  
**Ives Auditorium**

**10:00-11:30 am**  
**\$10 per person**





# SCIENCE

## Seed Mosaics

Join Sue, our Science Wizard to explore MN crop seeds. Seeds exist in all shapes, sizes and colors. Make seed mosaics by gluing MN farm crop seeds on shaped wood pieces - owls, frogs, butterflies and more.



**Monday, September 12**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$12 per person**

## Sand Paper Prints

What's my grit? Learn about sandpaper and how it is made. Make cards by coloring on sandpaper and then ironing your design on card stocks. "Paint" with crayons too!

**Monday, October 3**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$12 per person**

## Ribbon and Bow Invention

Learn the history and science of ribbon and bow making. How did fancy wrapping presents start in America? The Hall brothers in the 1920's ... Hallmark. How did fancy ribbon and bows for presents start in America? WWII and cleaning the lens of guns. Design and make fancy bows for your upcoming gift giving.



**Monday, November 21**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$12 per person**



# SPORTS

## Fall Bowling Leagues

Our bowling leagues meet at Bogart's Entertainment Center. Join your friends for a fun afternoon of bowling and visiting. If you are hungry, you can stay and eat right there in the Main Street Grill. You receive a free beverage with your meal purchase.

**Please indicate on your registration if you need lane bumpers and/or bowling ramp.**

**Monday, September 12-November 14**  
**Bogart's Entertainment Center**

**4:00-5:15 pm**  
**\$45 per person**

**Wednesday, September 14-November 16**  
**Bogart's Entertainment Center**

**4:00-5:15 pm**  
**\$45 per person**

**Thursday, September 15-November 17**  
**Bogart's Entertainment Center**

**4:00-5:15 pm**  
**\$45 per person**



# VOLUNTEER CORNER



## Thanksgiving Dinner Set-up

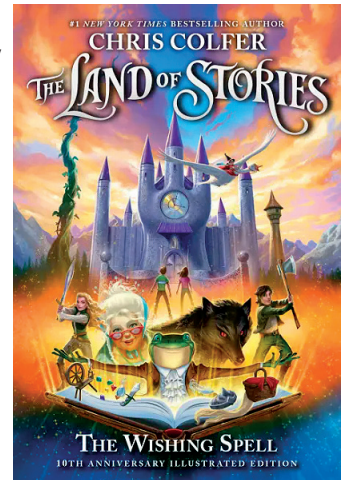
Come and help set up for our annual Thanksgiving dinner. We will get tables, chairs, napkins, cutlery and decorations ready for dinner.

**Thursday, November 17 5:30-6:30 pm**  
**Messiah Lutheran Church Free**

# ZOOM CLASSES - ONLINE

## Book Club - "The Land of Stories"

Join friends for an online book club this fall. We will spend 10 weeks together reading "The Land of Stories - The Wishing Spell". The Wishing Spell follows twin siblings Alex and Conner Bailey, who grew up with fairy tales read to them by their grandmother. But when Alex and Conner are magically transported inside their grandmother's fairy tale treasury, they will be thrust into a world where all their fairy tale characters are extremely real. If we need an extra week so we can finish the book, we will meet Tuesday, November 22.



**Tuesday, September 13-November 15**  
**Online**

**4:00-5:00 pm**  
**\$30 per person**

# PROJECT EXPLORE POINTS OF INTEREST

## Walk-in Activities

We allow walk-ins for the following activities ONLY:

Dances

**No Walk-ins for Bingo & Pizza, Cooking Classes, Craft Classes or activities where a meal is being served.**

Please be considerate as we need to order food and may not have enough for those people not registered. We also may not have additional craft supplies for walk-ins. Prevent disappointment by registering before an activity.

## Wish List

To help keep our fees low we love donations for Bingo Prizes. Great ideas are:

Fuzzy Posters, DVDs, Shampoo, Body Lotions, Bath Wash, Crayons, Coloring Books, Word Find Books, Beanie Babies, Games, Liters of Pop and Snack foods.



# PROJECT EXPLORE GUIDELINES FOR PARTICIPATION

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Project Explore promotes inclusion of adults with developmental, sensory, cognitive and physical disabilities in a variety of Community Education programs and makes reasonable accommodations to provide an enriching experience for all participants. Your cooperation in following the guidelines listed below helps to make the classes and trips run smoothly and safely.

1. Pre-registration is required for all classes, activities and trips. Walk-ins will be accepted for dances and Bingo, but pre-payment and reservations are appreciated.
  2. Participants must be accompanied to the classroom. The instructor or staff is in the classroom no earlier than 30 minutes prior to class. Check in with the Project Explore staff and confirm the best time to return and pick up the participant; this needs to be at least 15 minutes prior to the end of class.
  3. Participants who require personal assistance for physical and/or behavioral issues must be accompanied and supervised for all activities and events by their caregiver.
  4. All participants must be accompanied for field trips, unless they are their own guardian. Call the office with any questions.
  5. Any participant with an active seizure disorder must be accompanied and supervised at all Project Explore activities by their caregiver.
  6. All Project Explore programs are school district sponsored, so there is no smoking on school grounds. All programs are alcohol free.
  7. Transportation to and from all activities is the responsibility of the participant. Exceptions are for "Out On The Town" activities where a bus is provided.
  8. Instructors are not expected to, nor are trained to provide the level of assistance often required by people with disabilities. Instructors are not familiar with all the personal, physical or behavioral needs of the participants.
  9. Any individuals attending any of our activities on their own are asked to carry emergency contact information with them.
  10. If you do not wish for the image and likeness of you to be used for Project Explore or ISD 196's promotional materials and publications, contact Communication Department at [communityed@district196.org](mailto:communityed@district196.org) or call 651-423-7701.
  11. Please do not bring any outside food or drink to non-meal events. It may cause inappropriate behavior from some participants. We appreciate your help.
  12. Arriving Late: Participants that arrive at an activity 30 minutes or more after the start time may not be permitted to complete all projects, activities or the event.
  13. Inclement Weather: In case of inclement weather check the ISD 196 website and also our outgoing voice message. We will make every effort to contact you.
- If unable to meet these guidelines, please call the program office.**

## WEB RESOURCES

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**River Valley Project Explore: [www.district196.org/projectexplore](http://www.district196.org/projectexplore)**

**The Project Explore brochure and pictures from events can be viewed on our website.**

**Here are some other websites that provide a variety of services to people of all ages and abilities in Minnesota.**

- **Arc of Minnesota:** [www.TheArcOfMinnesota.org](http://www.TheArcOfMinnesota.org)  
Advocacy and support for people with developmental disabilities and their families.
- **True Friends:** [www.truefriends.org](http://www.truefriends.org)  
True Friends is a non-profit agency that creates unique educational, recreational and social opportunities for people of all ages with mental and physical disabilities.
- **Metropolitan Center For Independent Living:** [www.mcil-mn.org](http://www.mcil-mn.org)  
MCIL is dedicated to the full promotion of the Independent Living philosophy by supporting individuals with disabilities in their personal efforts to pursue self-directed lives. Contact them at 651-603-2007 for more information on classes and services they offer.
- **Pacer Center:** [www.pacer.org](http://www.pacer.org)  
The mission of PACER is to expand opportunities and enhance the quality of life of children and young adults with disabilities and their families. They promote parents helping parents.
- **Search Beyond Adventures:** [www.searchbeyond.com](http://www.searchbeyond.com)  
Provides escorted travel tours for adults with disabilities.
- **Wilderness Inquiry:** [www.wildernessinquiry.org](http://www.wildernessinquiry.org)  
Our mission is to make adventure travel accessible to everyone, regardless of age, background or ability.
- **Disability Linkage Line:** [www.minnesotahelp.info](http://www.minnesotahelp.info)  
The disability Linkage Line is a free statewide information and referral resource. It provides Minnesotans with disabilities and chronic illnesses a single access point for all disability related questions. Contact them at 1-866-333-2466 for more information.

# ADDITIONAL COMMUNITY SERVICES

## District 196 Community Ed Adapted Swim Lessons

Swimming provides opportunities for physical and social development. Instruction is tailored to the needs of the individual. Learn water safety and water adjustment skills. Staff and volunteers provide one-on-one assistance. Family locker room is available. Sorry, no early bird discount. Contact 952-431-8777 for information and registration.

## Special Olympics

Whether you are interested in participating at practices or competing at Area Games and State Meets, you are sure to make new friends and have fun in a healthy and well managed environment. There are many sports offered including track & field, swimming, basketball, bowling, bocce, poly hockey, tennis, gymnastics, softball, soccer and power lifting.

Burnsville Area:  
Anita Groen – anitagroen1@gmail.com; 952-435-5352  
  
Rosemount-Apple Valley-Eagan area:  
info@theravesp.com or www.theravesp.com

## Community Education Integration Opportunities

Interesting and fun classes are offered through Community Education Programs. The sponsoring districts will make every effort to provide reasonable accommodation so your experience is successful. To request a catalog call the following Community Education Departments:

Burnsville:	952-707-4110
Farmington:	651-460-3200
Lakeville:	952-232-2170
Randolph:	507-263-2151
Rosemount:	651-423-7920

## Local Community Meals:

- All Saints Catholic, Lakeville located at 19795 Holyoke Ave, Lakeville  
2nd Thursday, 6:00-7:00 pm
- Easter Lutheran by the Lake located at 4545 Pilot Knob Road, Eagan  
Drive-Thru – Monday-Thursday, 5:30-6:30 pm

# FACILITY ADDRESSES

### Bogart’s Entertainment Center

14917 Garrett Avenue  
Apple Valley, MN 55124

### Culvers Restaurant

14755 S. Robert Trail  
Rosemount, MN 55068

### Farmington High School

20655 Flagstaff Avenue  
Farmington, MN 55024

### Flowerama

220 150th Street West  
Apple Valley, MN 55124

### Freddy’s Restaurant

16076 Pilot Knob Road  
Lakeville, MN 55044

### Hanrehan Lake

15501 Murphy Lake Boulevard  
Savage, MN 55378

### Ives Auditorium

11411 Masonic Home Drive  
Bloomington, MN 55437

### Lady of the Lake

8 Water Street  
Excelsior, MN 55331

### Messiah Lutheran Church

16725 Highview Avenue  
Lakeville, MN 55044

### Nicollet Middle School

400 E. 134th Street  
Burnsville, MN 55337

### Noodles & Company

2000 Rahncliff Road  
Eagan, MN 55122

### Southview Elementary School

1025 Whitney Drive  
Apple Valley, MN 55124

### Sunset Pond Park

3398 W. Burnsville Parkway  
Burnsville, MN 55337

### Terrace Oaks Park

12799 County Road 11  
Burnsville, MN 55337

### Valley Lake Park

160th Street, East of Cedar Ave.  
Lakeville, MN 55044

### Valley Middle School

900 Gardenview Drive  
Apple Valley, MN 55124

### Wings Credit Union

14985 Glazier Avenue  
Apple Valley, MN 55124

## Like us on Facebook:

### River Valley Project Explore

See what’s new and view current photos from our classes and activities!



# REGISTRATION FORM (ONE PER PERSON)

Online Registration:  
[www.district196.org/projectexplore](http://www.district196.org/projectexplore)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Zip: \_\_\_\_\_ Email Address: \_\_\_\_\_

☐ Please check if new address or phone number Contact Person: \_\_\_\_\_

Service Provider: \_\_\_\_\_ Group Home Name: \_\_\_\_\_

Special Information & Accommodations: ☐ Wheelchair ☐ Food Allergies, please specify \_\_\_\_\_

☐ Please check if you do not wish for your photo to be used for publicity purposes or social media

## Participant Events – Fall 2022

### Cooking Classes

Gluten Free Cooking \_\_\_\_\_ \$15  
Creepy Cooking \_\_\_\_\_ \$15  
Chili Night \_\_\_\_\_ \$15

### Craft Classes

Painted Canvas with Jewelry \_\_\_\_\_ \$12  
Halloween Card Making \_\_\_\_\_ \$12  
Painted Mason Jars \_\_\_\_\_ \$12  
Halloween Wreath \_\_\_\_\_ \$12  
Pumpkin Carving \_\_\_\_\_ \$12  
T-Shirt Painting \_\_\_\_\_ \$15

#### T-shirt size:

small – 4X-large

Fall Flowers \_\_\_\_\_ \$12

### Science Classes

Seed Mosaics \_\_\_\_\_ \$12  
Sand Paper Prints \_\_\_\_\_ \$12  
Ribbon & Bow Invention \_\_\_\_\_ \$12

### Entertainment

Let's Play Cards  
September 8 \_\_\_\_\_ \$5  
October 7 \_\_\_\_\_ \$5  
Disney Sing Along \_\_\_\_\_ \$5  
Karaoke \_\_\_\_\_ \$5  
Bingo & Pizza  
September 24 \_\_\_\_\_ \$8  
October 29 \_\_\_\_\_ \$8  
Game Night & Fall Treats  
September 29 \_\_\_\_\_ \$5  
November 29 \_\_\_\_\_ \$5  
Magic Show \_\_\_\_\_ \$8  
Halloween Movie Night \_\_\_\_\_ \$5  
Movie Night  
September 26 \_\_\_\_\_ \$5  
November 22 \_\_\_\_\_ \$5  
Thanksgiving Dinner \_\_\_\_\_ \$12

### Health and Wellness

Banking Basics \_\_\_\_\_ \$5  
Hike Hanrehan \_\_\_\_\_ \$5  
Hike Terrace Oaks \_\_\_\_\_ \$5  
Stroll & Roll Valley Lake Park \_\_\_\_\_ \$5  
Stroll & Roll Sunset Pond \_\_\_\_\_ \$5

### Introduction to Qi Gong

September 7 \_\_\_\_\_ \$5  
September 21 \_\_\_\_\_ \$5  
October 5 \_\_\_\_\_ \$5  
October 19 \_\_\_\_\_ \$5  
November 2 \_\_\_\_\_ \$5  
November 16 \_\_\_\_\_ \$5

### Move & Groove

September 9 \_\_\_\_\_ \$5  
September 28 \_\_\_\_\_ \$5  
October 14 \_\_\_\_\_ \$5  
October 26 \_\_\_\_\_ \$5  
November 9 \_\_\_\_\_ \$5  
November 30 \_\_\_\_\_ \$5

### Yoga

September 13 \_\_\_\_\_ \$5  
September 27 \_\_\_\_\_ \$5  
October 11 \_\_\_\_\_ \$5  
October 18 \_\_\_\_\_ \$5  
November 1 \_\_\_\_\_ \$5  
November 15 \_\_\_\_\_ \$5

### Dances

Fall Kick-off Dance \_\_\_\_\_ \$6  
Halloween Dance \_\_\_\_\_ \$6

### Music & Drama

"Shake It Off" \_\_\_\_\_ \$8  
MJ Retro Night \_\_\_\_\_ \$8  
Country Line Dance \_\_\_\_\_ \$8

### Out on the Town

Lady of the Lake \_\_\_\_\_ \$36  
No Bus \_\_\_\_\_ \$31  
Gluten Free \_\_\_\_\_  
Snow White & Rose Red \_\_\_\_\_ \$10  
Lunch Bunch  
Culvers Rosemount \_\_\_\_\_ Free  
Noodles & Co. Eagan \_\_\_\_\_ Free  
Freddy's Lakeville \_\_\_\_\_ Free

### Sports

Fall Bowling League (10 weeks)  
Mondays \_\_\_\_\_ \$45  
Wednesdays \_\_\_\_\_ \$45  
Thursdays \_\_\_\_\_ \$45  
I need lane bumpers \_\_\_\_\_  
I need a bowling ramp \_\_\_\_\_

### Online Activities

Book Club \_\_\_\_\_ \$30

### Volunteer Corner

Thanksgiving Dinner Set-up \_\_\_\_\_ Free

Participant Total \_\_\_\_\_  
Credit Voucher \_\_\_\_\_  
Enclosed \_\_\_\_\_  
Balance Remaining \_\_\_\_\_  
Check # \_\_\_\_\_  
UCare # \_\_\_\_\_  
UCare Plan \_\_\_\_\_

## Caregiver Events – Fall 2022

**This portion of the registration form must be completed when there is a fee charged for the staff to attend an activity with the participant(s).**

### Entertainment

Bingo & Pizza  
September 24 \_\_\_\_\_ \$4  
October 29 \_\_\_\_\_ \$4  
Thanksgiving Dinner \_\_\_\_\_ \$12

### Dances

Fall Kick-off Dance \_\_\_\_\_ \$6  
Halloween Dance \_\_\_\_\_ \$6

### Out on the Town

Lady of the Lake \_\_\_\_\_ \$36  
No Bus \_\_\_\_\_ \$31  
Gluten Free \_\_\_\_\_  
Snow White & Rose Red \_\_\_\_\_ \$10

Staff Total \_\_\_\_\_  
Credit Voucher \_\_\_\_\_  
Enclosed \_\_\_\_\_  
Balance Remaining \_\_\_\_\_  
Check # \_\_\_\_\_

### Complete and mail your registration form and check to:

River Valley Project Explore  
15180 Canada Avenue  
Rosemount, MN 55068

Payment is due with your registration. Please make checks payable to School District 196. Please call 651-423-7931 with any questions.

# EASY WAYS TO REGISTER

## 1. By Mail

Complete one registration form per person and mail it with a check to:

**River Valley Project Explore**

15180 Canada Avenue

Rosemount, MN 55068

**Make check payable to ISD 196**

## 2. Online

Visit [www.district196.org/projectexplore](http://www.district196.org/projectexplore) to register online.

## 3. Phone

Use your Visa, MasterCard, American Express or Discover card and call 651-423-7920.

## 4. In Person

Walk in registrations can be made at the office between the hours of 8:00 am and 4:00 pm, Monday through Friday.

## 5. Drop Box

Drop off your registration in our secure drop box 24/7, located at our offices. You'll find the drop box on the south side of the building under the Community Ed awning.

## Are You In?

Yes! Unless you are notified, assume that you are enrolled in the activity and that it will be held at the time and place indicated.

## Cancellation and Refund Policy

- Full refunds will be given if classes are cancelled by Project Explore.
- Refund requests received five (5) working days prior to a class qualify for a refund.
- Requests received less than five (5) working days before class start may not receive a refund.
- Exceptions are made due to serious illness or family emergency.
- Once tickets are purchased for "Out On The Town" events, refunds will not be made unless there is someone on our waiting list.

# HELP WITH PAYMENT

## UCare Discount

- **Some UCare Members are eligible for a \$15 discount on all classes in this catalog.** If a class is less than \$15, the member may take the class with no fee. You must be UCare member at the time of registration and throughout the duration of the class. Members need to include their UCare ID number when registering and indicate which UCare Plan they have. Call the office if you have questions.

## Scholarship Information

- Clients may request scholarship support for Project Explore sponsored activities. The annual maximum scholarship amount is \$100. Questions can be directed to Patty at the Program Office.

**Scholarships are provided by the RVPE Foundation.**





# PERSONAL REGISTRATION RECORD



Name: \_\_\_\_\_

☒ Check the classes you have registered for!

## Saturday, September 3

- ☐ Hike Hanrehan Lake  
10:00-11:30am  
Hanrehan Lake

## Tuesday, September 6

- ☐ Stroll & Roll Valley Lake  
6:00-7:00pm  
Valley Lake Park

## Wednesday, September 7

- ☐ Intro to Qi Gong  
6:30-7:30pm  
Valley Middle School

## Thursday, September 8

- ☐ Let's Play Cards  
6:30-8:00pm  
Valley Middle School

## Friday, September 9

- ☐ Move & Groove  
6:30-7:30pm  
Nicollet Middle School

## Monday, September 12

- ☐ Bowling League Begins  
4:00-5:15pm  
Bogart's
- ☐ Seed Mosaics  
6:30-7:30pm  
Valley Middle School

## Tuesday, September 13

- ☐ Book Club-"The Land of Stories"  
4:00-5:00pm  
Online
- ☐ Yoga  
6:30-7:30pm  
Valley Middle School

## Wednesday, September 14

- ☐ Bowling League Begins  
4:00-5:15pm  
Bogart's
- ☐ Painted Canvas with Jewelry  
6:30-8:00pm  
Valley Middle School

## Thursday, September 15

- ☐ Bowling League Begins  
4:00-5:15pm  
Bogart's
- ☐ Disney Sing Along  
6:30-8:00pm  
Valley Middle School

## Friday, September 16

- ☐ Lake Minnetonka Boat Cruise  
4:15-8:30 pm  
Valley Middle School

## Saturday, September 17

- ☐ Hike Terrace Oaks  
10:00-11:30am  
Terrace Oaks

## Monday, September 19

- ☐ Gluten Free Cooking  
5:30-7:30pm  
Valley Middle School

## Tuesday, September 20

- ☐ "Shake it Off"  
6:30-7:30pm  
Valley Middle School

## Wednesday, September 21

- ☐ Lunch Bunch  
11:00am-12:30pm  
Culvers - Rosemount
- ☐ Intro to Qi Gong  
6:30-7:30pm  
Valley Middle School

## Friday, September 23

- ☐ Fall Kick-off Dance  
6:30-9:00pm  
Valley Middle School

## Saturday, September 24

- ☐ Bingo & Pizza  
12:00-2:00pm  
Valley Middle School

## Monday, September 26

- ☐ Movie Night  
5:45-8:00pm  
Valley Middle School

## Tuesday, September 27

- ☐ Yoga  
6:30-7:30 pm  
Valley Middle School

## Wednesday, September 28

- ☐ Move & Groove  
6:30-7:30pm  
Nicollet Middle School

## Thursday, September 29

- ☐ Game Night & Fall Treats  
6:30-8:00pm  
Valley Middle School

## Friday, September 30

- ☐ Stroll & Roll Sunset Pond  
6:00-7:00pm  
Sunset Pond

## Monday, October 3

- ☐ Sand Paper Prints  
6:30-7:30pm  
Valley Middle School

## Wednesday, October 5

- ☐ Intro to Qi Gong  
6:30-7:30pm  
Valley Middle School

## Thursday, October 6

- ☐ Karaoke Night  
6:30-8:00pm  
Valley Middle School

## Friday, October 7

- ☐ Let's Play Cards  
6:30-8:00pm  
Valley Middle School

## Monday, October 10

- ☐ Halloween Cardmaking  
6:30-8:00pm  
Valley Middle School

## Tuesday, October 11

- ☐ Yoga  
6:30-7:30pm  
Valley Middle School

## Wednesday, October 12

- ☐ Painted Mason Jars  
6:30-8:00pm  
Valley Middle School

## Thursday, October 13

- ☐ Lunch Bunch  
11:00am-12:30pm  
Noodles & Co - Eagan

## Friday, October 14

- ☐ Move & Groove  
6:30-7:30pm  
Nicollet Middle School

## Saturday, October 15

- ☐ CRAFT FAIR  
10:00am-3:00pm  
Valley Middle School

## Monday, October 17

- ☐ Creepy Cooking  
5:30-7:30pm  
Valley Middle School

## Tuesday, October 18

- ☐ Yoga  
6:30-7:30pm  
Valley Middle School

## Wednesday, October 19

- ☐ Intro to Qi Gong  
6:30-7:30pm  
Valley Middle School

## Thursday, October 20

- ☐ Halloween Movie Night  
5:45-8:00pm  
Valley Middle School

## Friday, October 21

- ☐ Halloween Dance  
6:30-9:00pm  
Farmington High School

## Monday, October 24

- ☐ Halloween Wreath  
6:30-8:00pm  
Valley Middle School

## Tuesday, October 25

- ☐ MJ Retro Night  
6:30-7:30pm  
Valley Middle School

## Wednesday, October 26

- ☐ Move & Groove  
6:30-7:30pm  
Nicollet Middle School

## Thursday, October 27

- ☐ Pumpkin Carving  
6:30-8:00pm  
Valley Middle School

## Friday, October 28

- ☐ Magic Show  
6:30-7:30pm  
Valley Middle School

## Saturday, October 29

- ☐ Bingo & Pizza  
12:00-2:00pm  
Valley Middle School

## Tuesday, November 1

- ☐ Yoga  
6:30-7:30pm  
Valley Middle School

## Wednesday, November 2

- ☐ Intro to Qi Gong  
6:30-7:30pm  
Valley Middle School

## Thursday, November 3

- ☐ Banking Basics  
6:00-7:00pm  
Wings Credit Union

## Friday, November 4

- ☐ Lunch Bunch  
11:00am-12:30pm  
Freddy's Lakeville

## Wednesday, November 9

- ☐ Move & Groove  
6:30-7:30pm  
Nicollet Middle School

## Thursday, November 10

- ☐ Country Line Dance  
6:30-7:30pm  
Valley Middle School

## Friday, November 11

- ☐ T-Shirt Painting  
6:30-8:00pm  
Valley Middle School

## Monday, November 14

- ☐ Fall Flowers  
5:30-7:00pm  
Flowerama, Apple Valley

## Tuesday, November 15

- ☐ Yoga  
6:30-7:30pm  
Southview Elementary School

## Wednesday, November 16

- ☐ Intro to Qi Gong  
6:30-7:30pm  
Valley Middle School

## Thursday, November 17

- ☐ Thanksgiving Dinner Set-up  
5:30-6:30pm  
Messiah Lutheran Church

## Friday, November 18

- ☐ Thanksgiving Dinner  
5:30-7:30pm  
Messiah Lutheran Church

## Monday, November 21

- ☐ Ribbon and Bow Invention  
6:30-7:30pm  
Valley Middle School

## Tuesday, November 22

- ☐ Movie Night  
5:45-8:00pm  
Valley Middle School

## Monday, November 28

- ☐ Chili Night  
5:30-7:30pm  
Valley Middle School

## Tuesday, November 29

- ☐ Game Night & Fall Treats  
6:30-8:00pm  
Valley Middle School

## Wednesday, November 30

- ☐ Snow White & Rose Red  
10:00-11:30am  
Ives Auditorium
- ☐ Move & Groove  
6:30-7:30pm  
Nicollet Middle School

**A Community Education Consortium Representing:**

**Burnsville (#191)**

200 West Burnsville Parkway  
Burnsville, MN 55337

**Farmington (#192)**

20655 Flagstaff Avenue  
Farmington, MN 55024

**Lakeville (#194)**

8670 210th Street West  
Lakeville, MN 55044

**Randolph (#195)**

29110 Davisson Avenue  
Randolph, MN 55065

**Rosemount-Apple Valley-  
Eagan (#196)**

3455 153rd Street W  
Rosemount, MN 55068



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**TIME SENSITIVE MATERIAL**

If you no longer want to receive this brochure, or you know someone who would like to receive it, please call us at 651-423-7931. Thank you!

# ROCK N' ROLL SUMMER DANCE!

