

WINTER 2022-23

River Valley



PROJECT EXPLORE



**SCHOLARSHIP INFO
PAGE 14!**

Classes begin on December 1, 2022

WELCOME

We would like to extend an invitation for you to take part in 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

We've been enjoying a great fall with so many opportunities to get back together! We started the fall with many outdoor activities to help enjoy the fall weather. We had a 'boat load' of fun on Lake Minnetonka with Captain Terry and his crew - 75 people enjoyed an evening cruise and dinner on September 16th. The week of September 12th kicked off our fall bowling leagues with 146 people participating on three afternoons at Bogart's Entertainment Center! The lanes are so busy that we are offering a Monday morning bowling league for those available to bowl during the day!

Our 7th annual Craft Fair was held on October 15th and it was a great success with over 50 craft vendors. Thank you to Caroline and Bonnie for all of your hard work to organize this and help out Project Explore!

As you look through the catalog you will find a lot of your favorite activities along with a few new ones. We hope you will join us for some social, recreational and learning opportunities.

December will be a very busy month. There is a dance, a dinner, crafts, cooking, bingo, exercise classes, games, movies and bowling! We've even reserved a luxury motor coach to view holiday lights. **Activities fill up quickly, so make sure to register early.**

I look forward to seeing you this winter!



Project Explore Staff

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

Project Explore Advisory Council

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: 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 – 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!

Cookies & Soup in a Jar

Let's get together and create some great cookie mixes for the holidays! They make terrific gifts for family and friends; or you can keep them for yourself to enjoy. You will take home two mason jars of goodies; one will be cookies and the other will be a delicious hot soup! **Dinner will not be provided at this class, so plan to eat before you come to class.**

Monday, December 5
Valley Middle School

6:00-8:00 pm
\$13 per person



Holiday Treats

Let's get together with friends to make some wonderfully delicious treats you can share during the holidays! We will make four different types of holiday cookies that you can take home and enjoy through the end of December!

**Dinner will not be served, so make sure to eat before you come to class.*

Monday, December 19 6:00-8:00 pm
Valley Middle School \$13 per person

Soup & Sandwich Night

Let's get together and make some soups sure to warm you up on a cold January night along with some tasty sandwiches. There will be a variety for you to sample once everyone is done with food preparations!



This class is offered two nights, please register for only one of the classes.

Monday, January 9
Valley Middle School

5:30-7:30 pm
\$13 per person

Monday, January 16
Valley Middle School

5:30-7:30 pm
\$13 per person



Pasta Dinner

What's more satisfying for dinner on a cold winter night than a delicious pasta dinner? Add a salad and dessert and you have a complete meal sure to warm you up! Gluten-free pasta will be available. Please indicate if you prefer gluten-free when you register. You may only register for one class.

Monday, February 13 5:30-7:30 pm
Valley Middle School \$13 per person

Monday, February 20 5:30-7:30 pm
Valley Middle School \$13 per person

CRAFT CLASSES

Fleece Garland

This beautiful holiday garland is sure to brighten up your home as you decorate for the season! Green fleece and red pom poms will be strung in a pattern to make a stunning decoration.

Thursday, December 1
Valley Middle School

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

Holiday Gift Workshop

Get a jump on your holiday gifts with this great craft session. You will make three gifts for the holidays. Caroline will have a variety of supplies that you will craft into beautiful presents for those special people in your life. You can choose to wrap them or use gift bags with tissue to finish your creations!

Saturday, December 3
Valley Middle School

9:00-11:00 am
\$30 per person

Nutcrackers

These adorable nutcrackers will be the perfect holiday decor for your home. You will paint and decorate these soldiers or kings as you like. Tradition states that they are a symbol of good luck.

Please note that this class meets the same time as Yoga.

Tuesday, December 6
Valley Middle School

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

Holiday Card Making

Let's get together and make some beautiful cards for the holidays. Betsy will have a variety of colors along with stickers and more for you to make very festive cards that you can give to family and friends.

Tuesday, December 13
Southview Elementary

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

Pom Pom Snowman & More

These snowmen are very cute. There is a pattern for you to follow as you glue on lots of pom poms to create your unique snowman. This will make a great winter decoration for your home! Once we are done we'll have a few other fun 'snowman' activities!



Tuesday, January 3
Valley Middle School

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

Tied Fleece Blanket

On a cold winter night, there is nothing better than wrapping yourself in a warm blanket. There will be a lot of great patterns to choose from: unicorns, stars, sunshine, dinosaurs, aliens, penguins and many more! Pick your fabric at class and bring your sharp scissors! (Scissors are provided if you don't have your own.)

Thursday, January 12
Valley Middle School

6:30-8:00 pm
\$18 per person

Decoupage Treasure Box

Create a unique 'Treasure Box' to store your precious and valuable belongings. You can even use it for your valentine cards! There will be many kinds of decorations for you to use including some sparkles, glitter, stickers and more.

Tuesday, January 31
Valley Middle School

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

CRAFT CLASSES

Valentine Cards & Scrapbooking

Create a valentine for that special someone in your life! We'll have all the card making supplies and tools that you'll need along with decorations, stickers and embellishments. If you prefer to scrapbook, bring your album along with 5-7 photos.

Thursday, February 2
Valley Middle School

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

Valentine Canvas Jewelry

Create a stunning piece of art just in time for Valentine's Day! You will paint a canvas and then attach jewelry of your choice in a heart shape. This will make a beautiful gift or keep it for yourself to brighten up your home. Jewelry will be provided, but you are welcome to bring your own.



Please note that this class meets the same time as Yoga.

Tuesday, February 7
Valley Middle School

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

Wood Bead Jewelry

Get ready for spring with some colorful wood beaded jewelry! We will have bicolored wooden beads for you to create necklaces and bracelets. These are sure to be beautiful for you to keep or give as a gift.

Please note that this class meets the same time as Yoga.

Tuesday, February 28
Valley Middle School

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

DANCES

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

Holiday Dance

Time to celebrate the season with a Holiday Dance! It's sure to be a great evening with friends on the dance floor with your favorite DJ and all of the great songs you love.

Friday, December 9
Valley Middle School

6:30-9:00 pm
\$8 per person



Winter Dance

Let's ring in the New Year with a dance. What a great way to warm up with friends on a cold winter evening! Plan to move it to your favorite tunes.

Friday, January 13
Valley Middle School

6:30-9:00 pm
\$8 per person

DANCES



Valentine's Dance

It's the season of love! This will be a great way to show how you care for your friends! Plan to wear red, pink or both for this great night of dancing and friendship.

Friday, February 10
Valley Middle School

6:30-9:00 pm
\$8 per person

ENTERTAINMENT

Holiday Dinner

It's that special time of year again! Let's celebrate the holiday season with a delicious pasta dinner shared with friends. We may even have a special visit from the Big Guy in red! The evening will end with a sing-along



of your favorite holiday songs. Be sure to bring your holiday spirit and wear your holiday favorites! Caregivers are asked to register and pay \$12 each for dinner. **Registration for dinner closes on November 23rd.**

Friday, December 2
Messiah Lutheran Church

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

ENTERTAINMENT

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 are asked to register and pay \$4 each for a pizza lunch.**



Saturday, December 17
Valley Middle School

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

Saturday, February 18
Valley Middle School

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

Holiday Movie



Let's get together with friends for a classic holiday movie. Refreshments will be served. You can check in for the movie starting at 5:45pm. The movie begins promptly at 6:05pm.

Thursday, December 22 5:45-8:00 pm
Valley Middle School \$5 per person

Elvis's Birthday Party

Calling all Elvis fans, dig out your Elvis costume and T-shirt as we celebrate the 'Kings' birthday with a movie featuring one of his popular films. Birthday treats will be served. There will be an Elvis impersonation contest where you will have the opportunity to say one of Elvis' famous lines. They will be provided, but you are welcome to bring your favorite. As Elvis would say, "Thank you, thank you very much..." for signing up for this special celebration.

Thursday, January 5
Valley Middle School

5:45-8:00 pm
\$6 per person

Let's Play Cards!

Calling all card players! If you enjoy UNO®, Gin Rummy, 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.



Friday, January 6
Valley Middle School

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

Friday, February 3
Valley Middle School

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

Karaoke Night!

Calling all singers! Plan for a great evening of Karaoke as you sing favorite songs with friends. We'll have snacks and beverages to keep you happy and hydrated.

Please add your song request on your registration form or when you register online.



Please note this class meets the same time as Move & Groove.

Wednesday, January 11
Valley Middle School

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

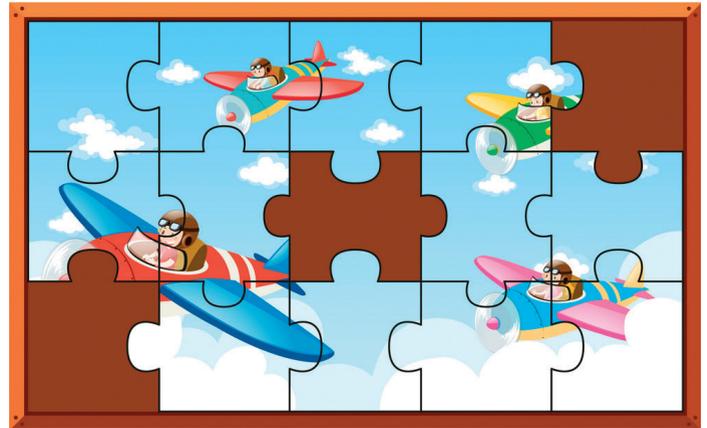


Movie Night

Get out of the house and join your friends for a fun evening of refreshments and a movie! Check-in time is 5:45-6:00 pm and the movie will begin promptly at 6:05 pm to make sure we are done by 8:00 pm.

Tuesday, January 17 5:45-8:00 pm
Valley Middle School \$5 per person

Thursday, February 16 5:45-8:00 pm
Valley Middle School \$5 per person



Puzzle Party!

Join with friends to complete a puzzle or two or three! There will be different levels of puzzles available from 24 piece to 200-piece puzzles. Refreshments and prizes will be available for all puzzlers!

Please note your preferred skill level for puzzles when you register; easy, medium, difficult.

Friday, January 20
Valley Middle School

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

ENTERTAINMENT

Game Night

Come on out and spend the evening playing games with your friends, both old and new! We'll have all the usual games, cards and puzzles. If you have a favorite game to share, feel free to bring it along. There will be beverages and snacks for you to enjoy while you play.



Thursday, January 26
Valley Middle School

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

Thursday, February 23
Valley Middle School

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

Word Search Challenge

Do you enjoy solving word searches? If so, this class is for you! You'll be challenged to see how many hidden words you can find in several puzzles. Remember the words can be hidden backwards, forwards and diagonally. Each participant will receive a word search book to take home. Refreshments will be served.

Monday, February 6
Valley Middle School

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



Winter Luau Picnic Dinner

Grab your Hawaiian shirt or grass skirt and join us for a luau - in the middle of winter! What better way to warm up and have some fun in a tropical setting? There will be a chicken dinner with beverages and dessert. Following dinner, we'll have games to play and a few surprises.

Caregivers are asked to register and pay \$10 each for the luau picnic dinner.

Friday, February 17
Valley Middle School

6:00-8:00 pm
\$10 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, December 6
Valley Middle School

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

Please note this class meets the same night as Nutcrackers.

Tuesday, December 20
Valley Middle School

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

Tuesday, January 10
Valley Middle School

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

Tuesday, January 24
Valley Middle School

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

Tuesday, February 7
Valley Middle School

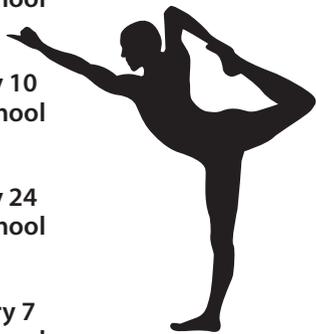
6:30-7:30 pm
\$5 per person

Please note this class meets the same night as Valentine Canvas Jewelry.

Tuesday, February 28
Valley Middle School

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

Please note this class meets the same night as Wood Bead Jewelry.



HEALTH AND WELLNESS

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, December 7
Valley Middle School
Please note this class meets the same night as Holiday Sing A Long.

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

Wednesday, January 4
Valley Middle School

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

Wednesday, January 18
Valley Middle School

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

Wednesday, February 1
Valley Middle School

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

Wednesday, February 15
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.

Wednesday, December 14
Nicollet Middle School

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

Wednesday, January 11
Nicollet Middle School
Please note this class meets the same night as Karaoke.

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

Wednesday, January 25
Nicollet Middle School

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

Wednesday, February 8
Nicollet Middle School

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

Wednesday, February 22
Nicollet Middle School

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

MUSIC & DRAMA

Holiday Sing A Long

What is your favorite Holiday song? Come join the fun as we gather for one of our favorite seasonal activities to sing as many Holiday favorites as we can fit in! Bring antlers, Santa hats, and bells to sing and celebrate as we get in the Christmas spirit! Refreshments will be served.

Please note this activity meets the same night as Qi Gong.

Wednesday, December 7
Valley Middle School

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



Line Dancing

"Happy" Line Dance

This song just invites you to move your feet, sing along and be "happy", so come along and learn this joyous line dance to the popular song by Pharrell Williams. Be prepared for an evening of pure fun!

Thursday, December 15
Southview Elementary

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

MUSIC & DRAMA



Olivia Newton-John Tribute

Join Monica for a great night of dancing! You'll learn all the moves to one of the songs from Grease as performed by Olivia Newton-John. So put on your dancing shoes, slick back your hair and come out to warm up to a great song on a chilly January evening!

Monday, January 23 6:30-7:30 pm
Valley Middle School \$8 per person



"Girls Just Wanna Have Fun"

This class is for everybody that likes to dance and have fun! Monica will get you moving and smiling to this upbeat, happy song by Cyndi Lauper. Grab your favorite dancing shoes. It'll be a fun night going back to the '80's.

Friday, February 24 6:30-7:30 pm
Scott Highlands 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.

Rockin' Around The Christmas Tree

Get into the holiday groove with a rocking selection of some of the season's best music and favorites such as The Beach Boys' "Little Saint Nick," Mariah Carey's "All I Want For Christmas Is You," Celine Dion's "O Holy Night" and The Eagles' "Please Come Home For Christmas". Featuring fabulous vocalists and a



OUT ON THE TOWN

band headed up by Brian Pekol, this holiday show promises to leave you feeling merry and bright!

Lunch is served at 11:30am and the show begins at 1:00pm. The lunch menu is Cranberry Roast Chicken, served with Cheesy Hashbrowns, Vegetable Du Jour, Winter Salad, Dinner Rolls, Assorted Desserts, Coffee and Tea.

Transportation is not provided for this activity. There is plenty of free parking right in front of the theatre. Caregivers must register and pay for this activity.

Tuesday, December 6 11:30 am-2:30 pm
Ives Auditorium \$48 per person

Strange World

Walt Disney Animation Studios' original action-packed adventure "Strange World" introduces a legendary family of explorers, the Clades. Watch as they attempt to navigate an uncharted, treacherous land alongside a motley crew that includes a mischievous blob, a three-legged dog and a slew of ravenous creatures. Doors open at 9:00 am. Bring money if you plan to purchase refreshments. **Caregivers are asked to register and pay \$7 each for the movie.**

Saturday, December 10 9:30-11:30 am
Rosemount Marcus Cinema \$7 per person

Festive Holiday Light Tour

Join your friends for a guided tour of beautiful holiday lights! We'll board a luxury motor coach bus for a two and a half hour tour to see the biggest and brightest displays of holiday cheer in our winter wonderland. Festive attire is encouraged, so wear your favorite holiday clothes! There will be holiday music, bottled water, candy canes and lots of fun! There's a bathroom on board the motor coach for your convenience.



Caregivers must register and pay for this activity.

We must receive your registration and payment by December 5th, or until the motor coach is full.

Monday, December 12 5:30-8:00 pm
Falcon Ridge Middle School \$28 per person

Puss in Boots

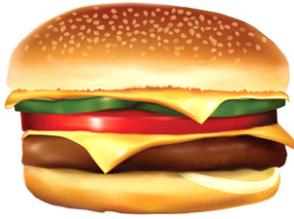
Two years after the events of the first film, Puss in Boots discovers that his passion for adventure has taken its toll: He has burned through eight of his nine lives, leaving him with only one left. He sets out on an epic journey to find the mystical Last Wish and restore his nine lives. . Doors open at 9:00 am. Bring money if you plan to purchase refreshments. **Caregivers are asked to register and pay \$7 each for the movie.**

Saturday, January 7 9:30-11:30 am
Rosemount Marcus Cinema \$7 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.



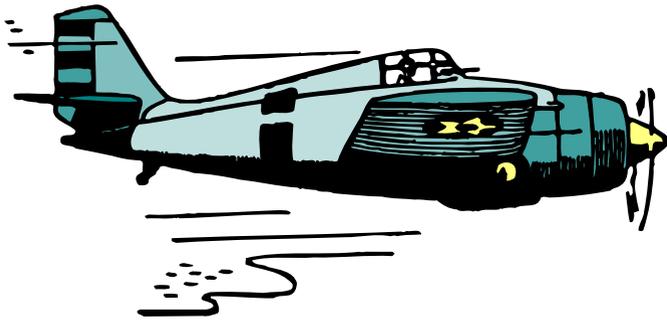
11:00 am-12:30 pm
Free

Thursday, January 19
Culvers of Apple Valley

Thursday, February 9
Raising Canes - AV

11:00 am-12:30 pm
Free

SCIENCE ACTIVITIES



Flights of Invention

Discover the secrets of flight and motion. Learn about the four forces of flight - thrust, weight, drag and lift. Design and build paper airplanes and helicopters, hoop gliders, flutter fish and more! What a great way to learn and have fun with Sue, our Science Wizard!

Wednesday, December 21
Valley Middle School

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



Gourd Shekeres

Learn about early man's "love affair" with gourds and design your own gourd musical instrument. You'll also learn all about the beaded gourd history, design and playing techniques.

Monday, January 30
Valley Middle School

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

Shaving Cream Prints

Marbleize paper by floating food colors on top of shaving cream and capturing the designs on paper. Cool chemistry and prints will be made for you to take home!



Monday, February 27
Valley Middle School

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

SPORTS

Winter Bowling Leagues

Our bowling leagues meet at Bogart's Entertainment Center. Join your friends for a fun time 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.



We will skip the week of December 26th!

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

Monday Morning Bowling

New Time!! Bowling has become so popular that we've added a Monday morning league for those who can make it during the day.

Monday, December 12
Bogart's Entertainment Center

10:00-11:15 am
\$45 per person

Monday Afternoon Bowling

Monday, December 12
Bogart's Entertainment Center

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

Wednesday Bowling

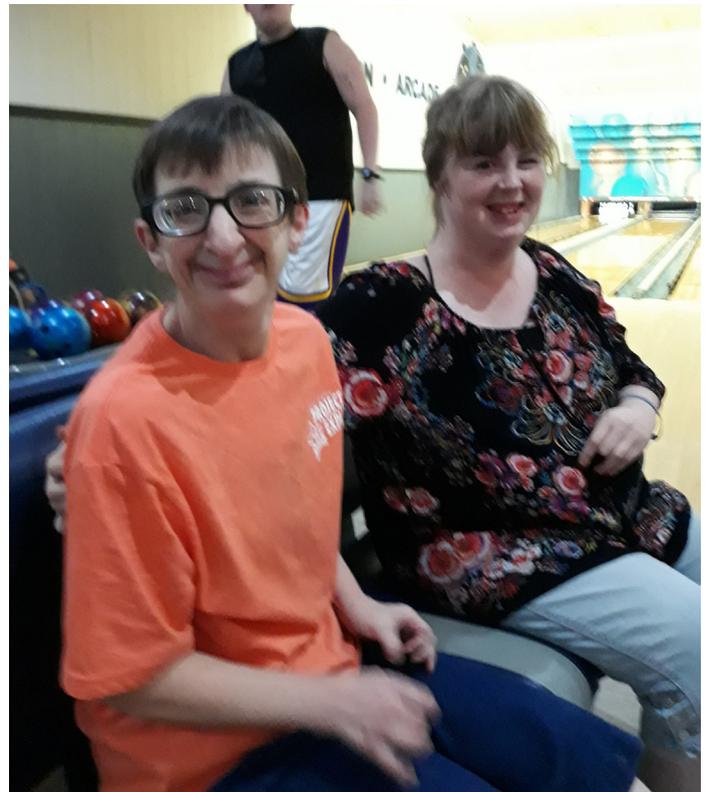
Wednesday, December 14
Bogart's Entertainment Center

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

Thursday Bowling

Thursday, December 15
Bogart's Entertainment Center

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



VOLUNTEER CORNER



Holiday Dinner Set Up

Come and help set up for our annual Holiday Dinner. We'll get the tables, chairs, napkins, cutlery and decorations ready for our dinner.

Thursday, December 1
Messiah Lutheran Church

5:30-6:30 pm
Free



Salvation Army Bell Ringing

Join us for our seventh year ringing the bell for the Salvation Army and help some families in need. Be sure to dress for the weather, but don't let the cold weather stop you from helping out because you can take breaks and warm up inside of Walmart any time. It may look chilly, but it's really a great time and easy to do! One hour of bell ringing raises enough money to provide a family in need with two bags of groceries or more! Bring a bell if you have one!!

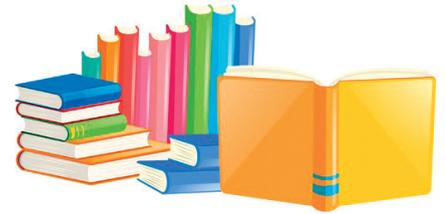
Friday, December 16
Walmart - Apple Valley

3:00-5:00 pm
Free

ZOOM ONLINE CLASSES

Book Club - Holiday Stories

Get in the holiday spirit by listening to some short stories celebrating the magic of December. We'll meet for three Tuesday afternoons and listen to some stories that are sure to warm your heart. Book Club meets online using Zoom. A Zoom link will be sent to you the morning of each meeting.



Tuesdays, December 6-20
Online

4:00-5:00 pm
\$9 per person

Book Club - "Dogs Don't Tell Jokes"

Join friends for five Tuesday afternoons in January to hear this funny story that's sure to create lots of laughs. Gary W. Boone knows he was born to be a stand-up comedian. It's the rest of the kids in his class who think he's just a goon. Then the Floyd Hicks Junior High School Talent Show is announced, and he starts practicing his routine nonstop to get it just right. Gary's sure this will be his big break—he'll make everyone laugh and win the \$100 prize. But when an outrageous surprise threatens to turn his debut into a disaster, it looks as if the biggest joke of all may be on Gary himself. The Zoom link will be sent to you each morning as we meet online for this activity.

Tuesdays, January 3-31
Online

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

Book Club - "Homer Price"

"Homer Price" by Robert McCloskey tells the story of a boy living in Centerburg, Ohio. Along with a cast of unforgettable characters, Homer gets caught in some outrageous situations that include comic books, unstoppable doughnut machines, a better mouse trap and even robbery! Join friends to listen to this funny story for four afternoons in February. A Zoom link will be sent to you the morning of our Zoom meetings.

Tuesdays, February 7-28
Online

4:00-5:00 pm
\$12 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

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 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

River Valley Project Explore: 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
Advocacy and support for people with developmental disabilities and their families.
- **True Friends:** 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
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
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
Provides escorted travel tours for adults with disabilities.
- **Wilderness Inquiry:** 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
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:

Brian Petrich – bkpetrich@gmail.com; 612-760-2362

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

Culver's

15225 Galaxie Avenue
Apple Valley, MN 55124

Falcon Ridge Middle School

12900 Johnny Cake Ridge Road
Apple Valley, MN 55124

Ives Auditorium

11411 Masonic Home Drive
Bloomington, MN 55437

Messiah Lutheran Church

16725 Highview Avenue
Lakeville, MN 55044

Nicollet Middle School

400 E. 134th Street
Burnsville, MN 55337

Raising Cane's

7501 150th Street W.
Apple Valley, MN 55124

Rosemount Marcus Cinema

15280 Carrousel Way
Rosemount, MN 55068

Scott Highlands Middle School

14011 Pilot Knob Road
Apple Valley, MN 55124

Southview Elementary School

1025 Whitney Drive
Apple Valley, MN 55124

Valley Middle School

900 Gardenview Drive
Apple Valley, MN 55124

Walmart

7835 150th Street W.
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

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 – Winter 2022-23

Cooking Classes

Cookies & Soup in a Jar	_____	\$13
Holiday Treats	_____	\$13
Soup & Sandwich		
January 9	_____	\$13
January 16	_____	\$13
Pasta Night		
February 13	_____	\$13
February 20	_____	\$13
Gluten-free?	_____	

Craft Classes

Fleece Garland	_____	\$12
Holiday Gift Workshop	_____	\$30
Nutcrackers	_____	\$12
Holiday Cardmaking	_____	\$12
Pom Pom Snowman & More	_____	\$12
Tied Fleece Blanket	_____	\$18
Decoupage Treasure Box	_____	\$12
Valentine Canvas Jewelry	_____	\$12
Valentine Cards & Scrapbooking	_____	\$12
Wood Bead Jewelry	_____	\$12

Science Classes

Flights of Invention	_____	\$12
Gourd Shekeres	_____	\$12
Shaving Cream Prints	_____	\$12

Dances

Holiday Dance	_____	\$8
Winter Dance	_____	\$8
Valentine's Dance	_____	\$8

Entertainment

Holiday Dinner	_____	\$12
Bingo & Pizza		
December 17	_____	\$8
February 18	_____	\$8
Holiday Movie Night	_____	\$5
Elvis' Birthday Party	_____	\$6
Let's Play Cards		
January 6	_____	\$5
February 3	_____	\$5
Karaoke	_____	\$5

Song you want to sing:

Movie Night		
January 17	_____	\$5
February 16	_____	\$5
Puzzle Party	_____	\$5

Circle one: Easy Medium Difficult

Game Night		
January 26	_____	\$5
February 23	_____	\$5
Word Search Challenge	_____	\$6
Winter Luau Picnic	_____	\$10

Health and Wellness

Yoga		
December 6	_____	\$5
December 20	_____	\$5
January 10	_____	\$5
January 24	_____	\$5
February 7	_____	\$5
February 28	_____	\$5

Qi Gong

December 7	_____	\$5
January 4	_____	\$5
January 18	_____	\$5
February 1	_____	\$5
February 15	_____	\$5

Move & Groove

December 14	_____	\$5
January 11	_____	\$5
January 25	_____	\$5
February 8	_____	\$5
February 22	_____	\$5

Music & Drama

Holiday Sing A Long	_____	\$5
"Happy" Line Dance	_____	\$8
Olivia Newton-John Tribute	_____	\$8
"Girls Just Wanna Have Fun"	_____	\$8

Out on the Town

Rockin' Around The Christmas Tree	_____	\$48
Strange World	_____	\$8
Festive Holiday Light Tour	_____	\$28
Puss in Boots	_____	\$8
Lunch Bunch		
Culver's - AV	_____	Free
Raising Cane's - AV	_____	Free

Sports

Winter Bowling League (10 weeks)		
Monday Mornings	_____	\$45
Monday Afternoons	_____	\$45
Wednesdays	_____	\$45
Thursdays	_____	\$45

I need lane bumpers _____

I need a bowling ramp _____

Online Activities

Book Club		
Holiday Stories	_____	\$9
"Dogs Don't Tell Jokes"	_____	\$15
"Homer Price"	_____	\$12

Volunteer Corner

Holiday Dinner Set-Up	_____	Free
Salvation Army Bell Ringing	_____	Free

Participant Total	_____
Credit Voucher	_____
Enclosed	_____
Balance Remaining	_____
Check #	_____
UCare #	_____

Caregiver Events – Winter 2022-23

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

Dances

Holiday Dance	_____	\$8
Winter Dance	_____	\$8
Valentine's Dance	_____	\$8
Holiday Dinner	_____	\$12
Bingo & Pizza		
December 17	_____	\$8
February 18	_____	\$8
Winter Luau Picnic	_____	\$10

Out on the Town

Rockin' Around		
The Christmas Tree	_____	\$48
Strange World	_____	\$8
Festive Holiday Light Tour	_____	\$28
Puss in Boots	_____	\$8

Caregiver Total

Caregiver 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 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.

DID YOU KNOW?

Guthrie Theater - Gateway Ticket Program

Gateway Tickets are available to patrons with limited income for \$5. To qualify, patrons must be at least 18 years old and enrolled in one or more of the following: TANF, MFIP, WIC, General Assistance, Medical Assistance, MinnesotaCare, Supplemental Security Income, Social Security Disability Benefits, SNAP, Section 8 or free/reduced school meals. To enroll, present your photo ID and one of the following documents to the Box Office: EBT card, Medical Assistance card, Section 8 document, WIC folder, Supplemental Security Income verification, Social Security Disability Benefits verification, free/reduced school meals approval, Refugee Cash Assistance card or General Assistance verification. Up to four tickets may be purchased for select performances by phone or in person at the Box Office. Valid performance dates are posted on the Tuesday prior to the first performance of each production.

Enrollment is valid for one year. Offer is subject to availability and excludes *A Christmas Carol*, concerts and presentations. For more information call the Guthrie Theater box office: 612-377-2224

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.



"Project Explore has been an extremely positive experience for an individual I work with. It has provided opportunities for her to engage independently in the community, while allowing respite for caregivers. She has filled her calendar with 8 activities this month and is looking forward to participating in all of them. Additionally, she has made positive connections with peers."
- Dakota County Social Worker

PERSONAL REGISTRATION RECORD



Name: _____

Check the classes you have registered for!

Thursday, December 1

- Holiday Dinner Set-Up
5:30-6:30pm
Messiah Lutheran Church
- Fleece Garland
6:30-8:00 pm
Valley Middle School

Friday, December 2

- Holiday Dinner
5:30-7:30pm
Messiah Lutheran Church

Saturday, December 3

- Holiday Gift Workshop
9:00-11:00 am
Valley Middle School

Monday, December 5

- Cookies & Soup in a Jar
6:00-8:00 pm
Valley Middle School

Tuesday, December 6

- Rockin' Around The Christmas Tree
11:30 am-2:30 pm
Ives Auditorium
- Book Club – Holiday Stories
4:00-5:00pm
Online
- Nutcrackers
6:30-8:00 pm
Valley Middle School
- Yoga
6:30-7:30 pm
Valley Middle School

Wednesday, December 7

- Qi Gong
6:30-7:30 pm
Valley Middle School
- Holiday Sing A Long
6:30-7:30 pm
Valley Middle School

Friday, December 9

- Holiday Dance
6:30-9:00 pm
Valley Middle School

December 10

- Strange World
9:30-11:30 am
Rosemount Marcus Cinema

Monday, December 12

- Morning Bowling League Begins
10:00-11:15 am
Bogart's
- Bowling League Begins
4:00-5:15 pm
Bogart's
- Festive Holiday Light Tour
5:30-8:00 pm
Falcon Ridge Middle School

Tuesday, December 13

- Holiday Card Making
6:30-8:00 pm
Southview Elementary School

Wednesday, December 14

- Bowling League Begins
4:00-5:15 pm
Bogart's
- Move & Groove
6:30-7:30 pm
Nicollet Middle School

Thursday, December 15

- Bowling League Begins
4:00-5:15 pm
Bogart's

- "Happy" Line Dance
6:30-7:30 pm
Southview Elementary School

Friday, December 16

- Salvation Army Bell Ringing
3:00-5:00 pm
Walmart – Apple Valley

Saturday, December 17

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

Monday, December 19

- Holiday Treats
6:00-8:00 pm
Valley Middle School

Tuesday, December 20

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

Wednesday, December 21

- Flights of Invention
6:30-7:30 pm
Valley Middle School

Thursday, December 22

- Holiday Movie
5:45-8:00 pm
Valley Middle School

December 23 – January 1

- Holiday Break
No Activities
Office closed

Tuesday, January 3

- Book Club – "Dogs Don't Tell Jokes"
4:00-5:00 pm
Online
- Pom Pom Snowman & More
6:30-8:00 pm
Valley Middle School

Wednesday, January 4

- Qi Gong
6:30-7:30 pm
Valley Middle School

Thursday, January 5

- Elvis' Birthday Party
5:45-8:00 pm
Valley Middle School

Friday, January 6

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

January 7

- Puss in Boots
9:30-11:30 am
Rosemount Marcus Cinema

Monday, January 9

- Soup & Sandwich
5:30-7:30 pm
Valley Middle School

Tuesday, January 10

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

Wednesday, January 11

- Karaoke
6:30-8:00 pm
Valley Middle School
- Move & Groove
6:30-7:30 pm
Nicollet Middle School

Thursday, January 12

- Tied Fleece Blanket
6:30-8:00 pm
Valley Middle School

Friday, January 13

- Winter Dance
6:30-9:00 pm
Valley Middle School

Monday, January 16

- Soup & Sandwich
5:30-7:30 pm
Valley Middle School

Tuesday, January 17

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

Wednesday, January 18

- Qi Gong
6:30-7:30 pm
Valley Middle School

Thursday, January 19

- Lunch Bunch
11:00 am-12:30 pm
Culver's – Apple Valley

Friday, January 20

- Puzzle Party!
6:30-8:00 pm
Valley Middle School

Monday, January 23

- Olivia Newton-John Tribute
6:30-7:30 pm
Valley Middle School

Tuesday, January 24

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

Wednesday, January 25

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

Thursday, January 26

- Game Night
6:30-8:00 pm
Valley Middle School

Monday, January 30

- Gourd Shekeres
6:30-7:30 pm
Valley Middle School

Tuesday, January 31

- Decoupage Treasure Box
6:30-8:00 pm
Valley Middle School

Wednesday, February 1

- Qi Gong
6:30-7:30 pm
Valley Middle School

Thursday, February 2

- Valentine Cards & Scrapbooking
6:30-8:00 pm
Valley Middle School

Friday, February 3

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

Monday, February 6

- Word Search Challenge
6:30-8:00 pm
Valley Middle School

Tuesday, February 7

- Book Club – "Homer Price"
4:00-5:00 pm
Online
- Valentine Canvas Jewelry
6:30-8:00 pm
Valley Middle School
- Yoga
6:30-7:30 pm
Valley Middle School

Wednesday, February 8

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

Thursday, February 9

- Lunch Bunch
11:00 am- 12:30 pm
Raising Cane's AV

Friday, February 10

- Valentine's Dance
6:30-9:00 pm
Valley Middle School

Monday, February 13

- Pasta Dinner
5:30-7:30 pm
Valley Middle School

Wednesday, February 15

- Qi Gong
6:30-7:30 pm
Valley Middle School

Thursday, February 16

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

Friday, February 17

- Winter Luau Picnic
6:00-8:00 pm
Valley Middle School

Saturday, February 18

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

Monday, February 20

- Pasta Dinner
5:30-7:30 pm
Valley Middle School

Wednesday, February 22

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

Thursday, February 23

- Game Night
6:30-8:00 pm
Valley Middle School

Friday, February 24

- "Girls Just Wanna Have Fun"
6:30-7:30 pm
Scott Highlands Middle School

Monday, February 27

- Shaving Cream Prints
6:30-7:30 pm
Valley Middle School

Tuesday, February 28

- Wood Bead Jewelry
6:30-8:00 pm
Valley Middle School
- Yoga
6:30-7:30 pm
Valley 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 Davison 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!

FALL FUN!

