



PROJECT ABLE

WINTER/SPRING
CATALOG '23

PROJECT ABLE



Project ABLE (Achieving a Better Life through Education) is a program for adults with disabilities that provide social, recreational and educational opportunities. Project ABLE's staff is delighted to be back for another season!

Tips to help our activities run successfully:

- Please preregister for each class.
(Help us be prepared for class and let us know that you are coming.)
- Missing a class that you have signed up for? To receive a refund, you must inform the Project ABLE staff 12 hours in advanced that you will not be there.
- Transportation is not provided for any event unless specified in the course description.
- Please do not show up more than 15 minutes early to an event.
- If you have any questions regarding Project ABLE, please call our new Project ABLE Cell Phone Number at 507-201-5134.

Bowling League

STRIKES! SPARES! TURKEYS!

Sign up for Monday night bowling leagues. This league will be 8 weeks long. The price includes two games and bowling shoes. Weekly bowling results will be given each evening. Lanes will be assigned based on requests and needs. Please be sure to arrive on time. Participants that arrive late will not be guaranteed original lane assignments.

Winter Monday Night Bowling:

Mondays | January 2, 9, 16, 23, and 30 and
February 13, 20, and 27 (8 weeks)

Spring Monday Night Bowling:

Mondays | March 6, 13, 20 and
April 3, 17, 24 and May 1, 8 (8 weeks)

NO BOWLING February 6, March 27, or April 10

Winter Thursday Night Bowling:

Thursdays | January 5, 12, 19, 26 and
February 2, 16 23 and March 2nd (8 weeks)

Spring Thursday Night Bowling:

Thursdays | March 16, 23 and
April 6, 13, 20, 27 and May 4, 11 (8 weeks)
NO BOWLING February 9, March 9 or 30

Location: Faribowl

Instructor: Project ABLE Lead

Times: 4:00 PM - 5:30 PM

Price: \$80 for 8 weeks (\$10 drop-in rate)

*** Our designated bowling time is 4:00-5:15. If you know you are going to be late, please be aware that you may not finish the 2nd game. Thursday nights at Faribowl are open to staying later than 5:15 pm.***

PIZZA BINGO

Spend the evenings with your friends playing BINGO, eating pizza and having fun. Pizza and beverages will be served. To ensure that we order enough pizza, **pre-registration is highly recommended.**

Location: Faribault Education Center

Instructor: Project ABLE Lead

Dates: Fridays | Jan. 6, Jan. 13, Feb. 3, Feb. 10, Mar. 3,
Mar. 24, Apr. 14, Apr. 21, May 12, May 19

Times: 5:00 PM - 6:30 PM

Participant Price: \$12.25 (Includes two pieces of pizza, one beverage, and prizes)

Staff Price: \$6 (Includes two pieces of pizza, one beverage)

**Staff, please wait to eat until all participants have been served.*

*** If you are paying for Pizza Bingo at time of activity, the correct amount and change is required. If you do not have correct change you will be invoiced. Project ABLE staff will not have change.*

THREE WAYS TO REGISTER:

- Faribault Education Center:
340 9th Ave. SW, Faribault, MN 55021
- Call us at 507-333-6472
- Register & Pay Online: faribault.ce.eleyo.com

Project ABLE is always looking for volunteers.

If you are interested, please call 507-333-6472.

ARTS & CRAFTS

JANUARY: SCARVES

With colder temperatures, who doesn't like to wrap themselves with a warm scarf. I will try and see about getting some MN Vikings fleece :)

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, January 18th

Time: 4:30 PM - 6:00 PM

Cost: \$12.25

FEBRUARY: TIE BLANKETS

Wrap up in a blanket while you are watching a movie or reading.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, February 15th

Time: 4:30 PM - 6:00 PM

Cost: \$25 (includes cost of fabric to take home if need to finish)

MARCH: CLAY ART

Get creative. Make whatever you want with clay art and we will try to paint them.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, March 22nd

Time: 4:30 PM - 6:00 PM

Cost: \$12.25

APRIL: BABY CHICK POM POMS

With spring approaching so do baby animals. Let's get crafty and make some chicks/bunnies with pom poms.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, April 5th

Time: 4:30 - 6:00 PM

Cost: \$12.25

MAY: ART AT LOCAL STUDIO

Location: Upper East Side Art Studio -
213 Central Ave N. Faribault

Instructor: Project ABLE Lead/Suzanne

Date: Wednesday, May 10th

Time: 4:30 - 6:00 PM

Cost: \$25.00 per painter

Staff, if you want to paint you may.
You would also need to pay the \$25.



FOOD FINDS

JANUARY: CHILI COOK-OFF

Each home will make their "best" chili. Please bring chili in crockpot. Sour cream, cheese, bread, bowls, spoons and beverages will be provided.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Tuesday, January 10th

Time: 4:30 PM - 6:00 PM

Cost: FREE

FEBRUARY: WILD RICE SOUP

Nothing better than soup to warm the belly on a chilly day.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Tuesday, February 21st

Time: 4:30 PM - 6:00 PM

Cost: \$12.25

MARCH: BRINNER - BREAKFAST FOR DINNER

Like breakfast? We will make breakfast for dinner.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Tuesday, March 14th

Time: 4:30 PM - 6:00 PM

Cost: \$12.25

APRIL: MINI CHICKEN POT PIES

Remember when Mom used to make chicken pot pies? Now, we'll make our own.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Tuesday, April 11th

Time: 4:30 - 6:00 PM

Cost: \$12.25

MAY: TACOS

Let's celebrate Cinco De Mayo by making tacos.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Tuesday, May 16th

Time: 4:30 - 6:00 PM

Cost: \$12.25



SPECIAL EVENTS

FEBRUARY: WINTER DANCE

Let's get together with friends and shake a leg. Light appetizers and refreshments will be provided.

Location: Faribault Middle School

Instructor: Project ABLE Lead

Date: Friday, February 24th

Time: 5:00 PM – 8:00 PM

Cost: \$12.25

APRIL: MILL CITY MUSEUM

Discover the lively Mississippi riverfront – the very birthplace of Minneapolis – and experience the fiery past and dynamic present of this National Historic Landmark. Built within the ruins of what was once the world's largest flour mill, Mill City Museum is packed with fun for all ages.

Location: 704 South 2nd Street, Minneapolis

Instructor: Project Able Lead

Date: Saturday, April 8th

Time: 9:30 AM – 1:00 PM

(Bus will leave at 9:30 from Faribault Education Center and arrive back approximately 2:00 PM.)

Cost: \$32.00 (covers transportation and admission)

MAY: BOWLING BANQUET

To wrap up the Winter/Spring bowling season join everyone for our annual banquet. Burgers, fries and tater tots will be served after the two games.

Location: Faribowl

Instructor: Project Able Lead

Date: Thursday, May 11th

Time: 4:00–5:30 PM

Cost: \$14

MAY: YOU'RE A GOOD MAN CHARLIE BROWN MUSICAL

Charlie Brown Musical presented by Community Theater

Location: Paradise Center for the Arts

Instructor: Project Able Lead

Date: Saturday, May 20th

Time: 2:00 to approximately 4:00 PM

Cost: \$32 (covers admission)

A MONTHLY PROGRAM: TIME FOR RESPITE & SOCIAL INTERACTION

A monthly program for families who care for individuals with intellectual and/or developmental disabilities (IDD). Adults and children ages 5 and above with IDD who live at home with their families are welcome to join LBSA on the second Saturday of the month for crafts, games, outdoor activities, and snacks.

The events are designed to provide a few hours of respite for caregivers and social interaction for participants. Pre-registration is required. Families must complete an enrollment medical form prior to the event.

A \$20 per person fee is charged for each event; fee waivers are available for those that qualify.

Location: Laura Baker in Northfield, 211 Oak Street, Northfield, MN

Dates: January 14th | February 11th | March 11th | April 8th | May 13th

Pre-registration is required.

Sign up is on the Laura Baker Registration Page:

<https://www.laurabaker.org/services/family-navigation/>

FOOD ACTIVITIES

PIZZA BINGO

Spend the evenings with your friends playing BINGO, eating pizza and having fun. Pizza and beverages will be served. To ensure that we order enough pizza, **pre-registration is highly recommended.**

Location: Faribault Education Center

Instructor: Project ABLE Lead

Dates: Fridays | Jan. 6, Jan. 13, Feb. 3, Feb. 10, Mar. 3, Mar. 24, Apr. 14, Apr. 21, May 12, May 19

Times: 5:00 PM – 6:30 PM

Participant Price: \$12.25 (Includes two pieces of pizza, one beverage, and prizes)

Staff Price: \$6 (Includes two pieces of pizza, one beverage)

**Staff, please wait to eat until all participants have been served.*

*** If you are paying for Pizza Bingo at time of activity, the correct amount and change is required. If you do not have correct change you will be invoiced. Project ABLE staff will not have change.*

NIGHT OUT OF EATING

Join great friends for laughs and food. Experience one of Faribault's many wonderful restaurants. Staff must pay at the venue separately directly to the restaurant.

Location: Local Mystery Venue

Instructor: Project ABLE Lead

Dates: Tuesdays | January 24th, February 28th, March 7th, April 18th, May 23rd

Time: 5:00 PM – 6:30 PM

Participant Price: \$18.40

Staff Price: Staff pay individually at the venue.

Project ABLE
is sponsored by the
Rice County Area United Way



It is highly recommended that individuals preregister for activities as this helps us in getting needed materials as well as holding event. You will not be invoiced until after the event. If you preregister and pay before activity and do not call within 24 hours that you can not make event, refund may not be available. Each cancellation will be looked at individually based on circumstance. Thank you for understanding



Project Able is always looking for gently used/new small donations to help support our bingos. Some ideas are: crayons, coloring books, boxed theater candy, matchbox cars, CD, movies, seasonal, cookie/brownie mixes. Cash donations are also welcomed and appreciated very much.

REGISTRATION FORM

Name: _____

Address: _____ Phone Number: _____

Guardian Name: _____

Group Home (if applicable): _____

WINTER - Monday Night Bowling League 4:00-5:30 pm		
Dates	Paid	Participant
Monday Nights Jan. 2nd - Feb. 27th (No bowling Feb. 6th)	<input type="checkbox"/>	\$80 per session
Drop In Rate	<input type="checkbox"/>	\$10 per night

WINTER - Thursday Night Bowling League 4:00-5:30 pm		
Dates	Paid	Participant
Thursday Nights Jan. 5th - March 2nd (No bowling Feb. 9th)	<input type="checkbox"/>	\$80 per session
Drop In Rate	<input type="checkbox"/>	\$10 per night

SPRING - Monday Night Bowling League 4:00-5:30 pm		
Dates	Paid	Participant
Monday Nights March 6th - May 8th (No Bowling March 27th or April 10th)	<input type="checkbox"/>	\$80 per session
Drop In Rate	<input type="checkbox"/>	\$10 per night

SPRING - Thursday Night Bowling League 4:00-5:30 pm		
Dates	Paid	Participant
Thursday Nights March 16 - May 11th (No Bowling March 9th or March 30th)	<input type="checkbox"/>	\$80 per session
Drop In Rate	<input type="checkbox"/>	\$10 per night

Night Out of Eating 5:00 - 6:30 pm				
Dates	Paid	Participant		Staff
January 24	<input type="checkbox"/>	\$18.25	<input type="checkbox"/>	*Pay venue
February 28	<input type="checkbox"/>	\$18.25	<input type="checkbox"/>	*Pay venue
March 7	<input type="checkbox"/>	\$18.25	<input type="checkbox"/>	*Pay venue
April 18	<input type="checkbox"/>	\$18.25	<input type="checkbox"/>	*Pay venue
May 23	<input type="checkbox"/>	\$18.25	<input type="checkbox"/>	*Pay venue

Pizza Bingo New Time! 5-6:30 pm				
Dates	Paid	Participant	Paid	Staff
January 6	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6
January 13	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6
February 3	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6
February 10	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6
March 3	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6
March 24	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6
April 14	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6
April 21	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6
May 12	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6
May 19	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$6

Special Events				
Dates	Paid	Participant		Staff
Feb. 24th - Valentine's Dance	<input type="checkbox"/>	\$12.25	<input type="checkbox"/>	\$14
April 8th - Mill City Museum	<input type="checkbox"/>	\$32.00	<input type="checkbox"/>	\$32
May 11th - Bowling Banquet	<input type="checkbox"/>	\$14.00	<input type="checkbox"/>	\$12.25
May 20th - Paradise Arts	<input type="checkbox"/>	\$32.00	<input type="checkbox"/>	\$32

Arts & Crafts 4:30 - 6:00 pm		
Dates	Paid	Participant
January 18 - Scarves	<input type="checkbox"/>	\$12.25
February 15 - Tie Blankets	<input type="checkbox"/>	\$25.00
March 22 - Clay Art	<input type="checkbox"/>	\$12.25
April 5 - Baby Chick pom-pom	<input type="checkbox"/>	\$12.25
May 10 - Upper East Side Art Studio	<input type="checkbox"/>	\$25/per painter

Food Finds 4:30 - 6:00 pm				
Dates	Paid	Participant		Staff
January 10 - Chili Cook Off	<input type="checkbox"/>	FREE		Free
February 21 - Wild Rice Soup	<input type="checkbox"/>	\$12.25		Free
March 14 - Brinner	<input type="checkbox"/>	\$12.25		Free
April 11 - Mini Pot Pies	<input type="checkbox"/>	\$12.25		Free
May 16 - Tacos	<input type="checkbox"/>	\$12.25		Free

Medical Conditions or Needs
Food Allergies: Y / N List: _____
ASL Interpreter Needed: Y / N
Bumpers for Bowling: Y / N
Wheelchair: Y / N

Three Ways to Register
1.) Drop off or send completed form to: Faribault Education Center, 340 9th AVE SW, Faribault, MN 55021 Attn: Project ABLE
2.) Call us at 507-333-6472 for us to register for you
3.) Register and pay online: faribault.ce.eleyo.com

Scholarship Information
Please call 507-201-5134 to apply for scholarship fund.
Refund Policy
To receive a full refund, you must call 507-201-5134 at least 12 hours in advance.

Payment Information		
Participant Total:	\$ _____	Check # _____
Staff Total:	\$ _____	Check # _____
Credit Card Info:		
Name:	_____	
Card Number:	_____	
Exp. Date:	_____	Sec. Code: _____
PA Received Date:	_____	PA Initials: _____

Thank you for participating with Project ABLE!

