

WINTER 2023-24

Classes begin on December 1, 2023

# River Valley **PROJECT EXPLORE**



**SCHOLARSHIP INFO  
PAGE 14!**



# 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 33 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 are already halfway through our fall activities and looking ahead to wintertime! Fall has been great with many activities and opportunities to get together with friends for learning, games, dances, and more! We've been on a Lake Minnetonka dinner cruise, two MN Twins games, Jersey Boys at the Chanhassen Dinner Theatre and Fawn-Doe-Rosa wildlife part in St. Croix Falls, Wisconsin. Our Citizen's Academy at the AVPD & AVFD was great! Four bowling leagues are full at Bogart's this fall.

The 8th annual Craft Fair on October 14th was another great success with over 60 vendors, lots of shoppers and so many different crafts and products for sale. A huge thank you to Caroline and Andrea for many, many hours of planning and organizing this great fundraiser for Project Explore!

This winter you'll find many of your favorite activities along with a few new ones. We welcome Kathy, our new painting instructor. She has many years of experience as an art teacher and is excited to offer some great art classes in January and February. Check them out in our new "Arts & Painting" section!

I hope you will join in for some social, recreational and learning opportunities with us this winter.

Questions about participating in Project Explore activities? Please review our Guidelines on page 11.

**Many activities fill up quickly, so make sure to register early when possible!**



## Project Explore Staff

Coordinator ..... Patty Vance  
Instructors and Staff ..... Pat Bauer,  
Sue Butzer, Delaney Cashin, Gabby Coggshall, Nick Cobbett,  
Julie Davis, Kathy Field, Hannah Germann, Caroline Gettz,  
Anita Groen, Victoria Hamilton, Julie Harding, Janet Larson,  
Emily Messick, Jill Milbauer, Megan Moe, Monica Mohn,  
Betsy Ritschel, Angila Schmidtke, Julie Swanson

## Project Explore Advisory Council

Jane Anderson	Caroline Gettz	Kevin Johnson
Ian Mayes	Dave Modrynski	Megan Moe
Jenne O'Neill-Mager	Sona Parker	Greg Paulson
Leah Paulson	Kelly Ruiz	Denise Weber
Dottie Woodruff	Barb St. Aubin	Patty Vance



Advisory Council members meet bi-monthly to discuss providing services and programming. 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 fundraising programs as well as the disbursement of funds that ensure the program's 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](mailto:projectexplore@district196.org) – or call our office – 651-423-7931.



# 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 work in a group, take turns, follow directions, safely use kitchen utensils and help with clean up too. Class sizes are limited, so be sure to sign up early!

## 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.*

**Wednesday, December 13**  
**Valley Middle School**

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

**Wednesday, December 13**  
**Scott Highlands Middle School**

**6:00-8:00 pm**  
**\$15 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!

**Monday, January 15**  
**Valley Middle School**

**5:30-7:30 pm**  
**\$15 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 note that this class meets the same time as Latin Line Dance.*

**Wednesday, February 7 5:30-7:30 pm**  
**Valley Middle School \$15 per person**



# CRAFTS CLASSES



## Holiday Gift Workshop

Join us to make three wonderful gifts for the holidays! **Chalk Painted Mug:** This gift is perfect for anyone. You can design the mug with a name on it, or leave it blank so a name can be added every time the cup is used for a beverage. No more picking up the wrong mug! **Tumbling Tower Block Coasters:** The holidays always have a few more beverages than usual, so why not protect your table? These coasters are relaxing to make and can be the perfect gift for someone. Glue the blocks together in a criss-cross design; they make a stunning gift. **The Grinch!:** Christmas is not complete without the Grinch showing up! This Grinch will have a face made of fabric, a Santa hat, and of course an expression that will be perfect for the holidays.



**Saturday, December 2**  
**Valley Middle School**

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



Participants **must** be accompanied to the classroom **no earlier** than 15 minutes prior to the start of an activity/class. **Caregivers/staff must return for pick up 15 minutes prior to the activity/class end time.**

# CRAFTS CLASSES

## Seashell Christmas Tree

Seashells are always fun to use in making crafts. Choose from different kinds of shells to make the shape of a Christmas tree on black canvas. There will be gems to add as lights to brighten up the tree. Maybe even a star to place on top!

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

**Wednesday, 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.

**Thursday, December 7**  
**Valley Middle School**

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



## Wooden Soldiers

People have been collecting wooden soldiers for years. Why not start your own collection beginning with these lovely painted wooden toy soldiers. You can design and paint them however you'd like. Not sure how to paint it? Bring your own picture of a soldier you like and try painting that way! We'll have some examples too!

**Monday, December 11**  
**Valley Middle School**

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

## Angel Ornament

This angel is made from recycled materials. It will look beautiful hanging on your tree after we glam it up!

**Monday, December 18**  
**Valley Middle School**

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

## Snowman Block Family

This family looks cold but will keep your heart warm with how cute they will turn out. We'll use different size blocks to make two adults and a child.



**Tuesday, January 2**  
**Valley Middle School**

**1:00-2:30 pm**  
**\$12 per person**

**Tuesday, January 2**  
**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. Pick your fabric at class and bring your sharp scissors! (Scissors are provided if you don't have your own.)

**Thursday, January 11**  
**Southview Elementary**

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

## Diamond Art

This diamond art class will **meet twice**. Diamond Art is becoming very popular, and is relaxing to do. We will have a kit for you to start in class, then you can take it home and work on it and bring it back for our next class.

**Friday, January 19 & February 2**  
**Southview Elementary**

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

## Inspirational Magnets

Everyone needs a little inspiration now and then. Make up to four magnets to have handy for a friend to lift their spirits or keep them for yourself to make it through your day!

**Tuesday, January 30**  
**Valley Middle School**

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

## 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 1**  
**Valley Middle School**

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

## Gem Hearts on Canvas



Our heart has all kinds of feelings, so why not make your heart with all kinds of gems, buttons and maybe a few more items. You will attach items onto a canvas in the shape of a heart. It will be a great decoration in your home this February.

**Monday, February 5**  
**Valley Middle School**

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

## Faux Leather Patchwork

Join Janet for this great craft project. You will use a glass vase or empty bottle and cover the surface with squares of tape in any pattern you choose. Apply some brown shoe polish with a rag and voilà you will have a beautiful 'faux leather' container perfect for flowers or a candle.

**Tuesday, February 6**  
**Valley Middle School**

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



## Tree of Life

This Tree of Life has many symbolic meanings based on family, friends, your roots and many other things. We will make a wreath wrapped with rope and decorated with stones. Then we'll make a tree out of rope and moss.

**Monday, February 19**  
**Valley Middle School**

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



# CRAFTS CLASSES



## Bird Feeders

Let's help our feathered friends survive winter by making two different types of bird feeders we can hang outside. One is made with peanut butter and pine cones and the other is made by stringing cereal and or dried fruit. There will also be some bird coloring pages for those who would like to color.

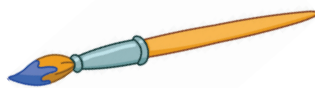
Afterwards, we'll eat like birds with a healthy snack of nuts and dried fruit.

*Allergen alert: Peanuts*

**Wednesday, February 21**  
**Valley Middle School**

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

# ARTS & PAINTING



## My Favorite Things

You will be given a colorful four-page pocket folder that you get to decorate with pictures of your favorite things (people, pets, things, places, activities, food, holidays). Outlined ideas will be given to you to color, cut out and glue to the Winter, Spring, Summer and Fall pages. You can fill the pockets with keepsakes during the year.

**Friday, January 5**  
**Valley Middle School**

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

## Sparkling Snowman

Create a beautiful and sparkling suncatcher in this class! Using glittery paints and stencils you will paint a snowman on a piece of 6 inch by 8-inch framed plexiglass. Attach a ribbon to hang your creation near a window and enjoy watching your snowman SPARKLE!

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

**Wednesday, January 24**  
**Valley Middle School**

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

## Magical HEART Garden

You will be given several hearts in different shapes and sizes to color. Magically before your eyes, fun little pictures will appear on your hearts. Cut out and glue the hearts on tag board. Finish your lovely garden with some leaves and stems you will color too.



**Monday, February 12**  
**Valley Middle School**

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

# ARTS & PAINTING

## Happy Fishes

This is a watercolor and crayon resist project that will be as fun to make as it will be beautiful! You will begin with pre-printed outlines of fish and other fun fish bowl items that you can color to your hearts content. After coloring cut out your fish and items. Next you will glue them to a tag board shaped fish bowl. Complete by painting the water with water colors.



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

**Wednesday, February 28**  
**Valley Middle School**

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



# DANCES

**One caregiver per participant or group home is asked to pay \$8.**

## 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 8**  
**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 12**  
**Valley Middle School**

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



## 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 9**  
**Valley Middle School**

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

**If you find a class full...** please complete the registration process and add yourself to the waitlist. Registration cancellations occur as well as the possibility of adding additional classes. If you are on the waitlist, we will contact you with the opportunities.

## 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.



**Saturday, December 9**  
Valley Middle School

**12:00-2:00 pm**  
\$9 per person

**Saturday, January 27**  
Valley Middle School

**12:00-2:00 pm**  
\$9 per person



## 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 closes on December 8th.*

**Friday, December 15**  
Messiah Lutheran Church

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

## Holiday Movie

Celebrate the holiday season and 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 21**  
Valley Middle School

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

## Let's Play Cards!

Calling all card players! If you enjoy UNO®, SKIP BO®, 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.



**Thursday, January 4**  
Valley Middle School

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

**Thursday, February 22**  
Valley Middle School

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



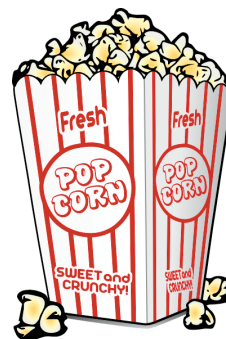
## Elvis' Birthday Party

Calling all Elvis fans, dig out your Elvis costume and t-shirt as we celebrate the King's birthday with a classic Elvis movie. 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.



**Monday, January 8**  
Valley Middle School

**5:45-8:00 pm**  
\$6 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.

**Wednesday, January 10**  
Valley Middle School

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



## Karaoke Night!

Calling all singers! Plan for a great evening of Karaoke as you sing favorite songs with friends. **Make sure to include the name of the song you want to sing when you register for this activity.** We'll have beverages to keep you hydrated.



**Tuesday, January 16**  
**Valley Middle School**

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

**Tuesday, February 20**  
**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.

**Wednesday, January 17**  
**Valley Middle School**

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



## Game Night & Winter Treats

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 winter beverages and snacks for you to enjoy while you play.

**Thursday, January 25**  
**Valley Middle School**

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

**Tuesday, February 13**  
**Valley Middle School**

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

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

## 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.*

**Friday, February 16**  
**Valley Middle School**

**5:30-7:30 pm**  
**\$10 per person**



# HEALTH AND WELLNESS

## 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 6**  
**Nicollet Middle School**

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

*Please note that this class meets the same time as Seashell Christmas Tree.*

**Tuesday, December 19**  
**Nicollet Middle School**

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

**Wednesday, January 3**  
**Nicollet Middle School**

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

**Tuesday, January 23**  
**Nicollet Middle School**

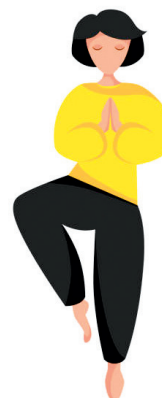
**6:30-7:30 pm**  
**\$5 per person**

**Wednesday, February 14**  
**Nicollet Middle School**

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

**Tuesday, February 27**  
**Nicollet Middle School**

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



Participants **must** be accompanied to the classroom **no earlier** than 15 minutes prior to the start of an activity/class. **Caregivers/staff must return for pick up 15 minutes prior to the activity/class end time.**

# HEALTH AND WELLNESS

## Open Swim

Enjoy the many benefits of a warm water pool. The water temperature is a relaxing 88 degrees which can soothe sore muscles, offer stress reduction and will feel great! As you move in the pool your body is supported while providing gentle resistance to improve your overall body strength without any joint strain. The pool is reserved just for us for a fun afternoon. Lifeguards will be on duty. Bring your swimsuit, towel, and goggles if desired. If you can't swim or need assistance in the pool, make sure a staff person is able to get into the pool with you.



**Saturday, January 20**  
**McGuire Middle School**

**2:00-3:00 pm**  
**\$5 per person**

**Saturday, February 17**  
**McGuire Middle School**

**2:00-3:00 pm**  
**\$5 per person**

## 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 5**  
**Valley Middle School**

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

**Wednesday, December 20**  
**Valley Middle School**

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

**Tuesday, January 9**  
**Valley Middle School**

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

**Wednesday, January 24**  
**Valley Middle School**

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

*Please note that this class meets the same time as Sparking Snowman.*

**Tuesday, February 13**  
**Valley Middle School**

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

*Please note that this class meets the same time as Game Night & Winter Treats.*

**Wednesday, February 28**  
**Valley Middle School**

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

*Please note that this class meets the same time as Happy Fishes.*

# MUSIC & DRAMA



## "Just Dance" Dance Class

Let your inner dancer out with this HOT! HOT! HOT! Lady Gaga song that makes you want to move!!! An early winter treat to get those feet movin' and hips groovin'! No partner required to have a great time!

**Thursday, December 14**  
**Scott Highlands Middle School**

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



## Dance the Night!

Join Monica to dance from a great song featured in "The Barbie Movie". If all Barbies & Kens had so much fun, why not join in? Learn the moves and dance to this the inspiring music with its upbeat disco track by Dua Lipa and "Dance the Night" away... No partner needed for a night of fun.

**Monday, January 22**  
**Valley Middle School**

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

## Latin Line Dance

What better way spend a cold winter night than dancing to some "hot" Latin music? Get your body moving and your feet grooving with sultry Latin moves. No need for a partner...this is pure fun in line dance form.

*Please note that this class meets the same time as Pasta Dinner.*

**Wednesday, February 7**  
**Valley Middle School**

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

## Sing Along

Do you love to sing? If the answer is 'yes' then plan to join Nick and Pat for a wonderful evening singing your favorite songs. There will be song sheets for you so you can follow along! Nick plays guitar and Pat will lead the singing. Beverages will be served.



**Wednesday, January 31**  
**Valley Middle School**

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

**Thursday, February 29**  
**Valley Middle School**

**6:30-7:30 pm**  
**\$6 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.*

*Caregivers need to register and pay for each Out On The Town activity.*



## Honky Tonk Holiday

'Tis the season for a hootenanny! Celebrate the most wonderful time of the year with this funny, heartwarming musical extravaganza. It's the perfect way to treat your entire family this holiday season. Whether you enjoy good old-fashioned country holiday songs or you like contemporary holiday tunes with a distinctly Nashville twist, you won't want to miss out on our HONKY TONK HOLIDAY!

Lunch is served at 11:30am and the show is at 1pm. The lunch menu is: Cranberry Roast Chicken, Cheesy Potatoes, Green Bean Almondine, Winter Salad, Dinner Roll, Assorted Dessert - Chef's Choice, Coffee, Decaffeinated Coffee and Hot Tea (Special dietary meals available by request; call the Project Explore office by November 30.)

**Tuesday, December 5**  
**Ives Auditorium**

**11:30 am-3:00 pm**  
**\$51 per person**



## "Church Basement Ladies"

It's 1960 and Beverly gets her first pair of high heels for confirmation; Pastor announces his impending nuptials; Mrs. Snustad and Mrs. Gilmerson plan a food booth at the County Fair to raise money; and Mrs. Engelson embarks on a spontaneous driving lesson. Through it all these "bulwarks never failing" stand strong in their faith and in their friendships. "A Mighty Fortress is Our Basement" is the latest chapter of The Church Basement Ladies. It's sure to be loads of fun and filled with a lot of great music!

**Saturday, February 10**  
**Ames Center**

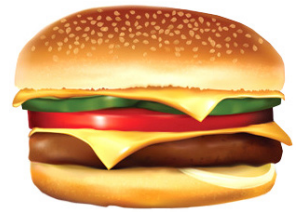
**3:00-5:15 pm**  
**\$39 per person**

# OUT & ABOUT



## 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.**



**Thursday, January 18**  
**Pizza Ranch - Lakeville**

**11:00 am-12:15 pm**  
**Free**

**Friday, February 23**  
**Culvers of Rosemount**

**11:00 am-12:15 pm**  
**Free**

# SCIENCE

## Blubber Gloves & More!

Blubber is a thick layer of fat found under the skin of all marine animals and keeps them warm in icy waters. Make a blubber glove and submerge your hands in icy water to feel how marine animals stay warm in the coldest places on Earth. Make whales and penguins out of Model Magic™ air dry clay to take home too.

**Monday, December 4**  
**Valley Middle School**

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

## Lemons, Lemons, Lemons

Explore science using lemons. Make a colorful erupting volcano using lemons and baking soda. Enjoy summertime in winter by drinking lemonade directly from a lemon using a candy cane straw. Lemon chemistry at its finest!

**Monday, January 29**  
**Valley Middle School**



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

## What is a Shadow?

Build an assemblage or grouping from a combination of found objects. Shine a flashlight on your assemblage or 3-D sculpture to make shadows that are fun and playful. Use your assemblage for Groundhog Day predictions. In praise of shadows.

**Monday, February 26**  
**Valley Middle School**

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

Participants **must** be accompanied to the classroom **no earlier** than 15 minutes prior to the start of an activity/class. **Caregivers/staff must return for pick up 15 minutes prior to the activity/class end time.**

# SPORTS



## Winter 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. Bowling Leagues fill up quickly. **You must pre-register to ensure you will have a lane assigned!**

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

*We will skip the weeks of December 25th and January 1st!!*

### Monday Morning Bowling

December 4-February 19  
Bogart's Entertainment Center

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

### Monday Afternoon Bowling

December 4-February 19  
Bogart's Entertainment Center

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

### Wednesday Bowling

December 6-February 21  
Bogart's Entertainment Center

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

### Thursday Bowling

December 7-February 22  
Bogart's Entertainment Center

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



Participants **must** be accompanied to the classroom **no earlier** than 15 minutes prior to the start of an activity/class. **Caregivers/staff must return for pick up 15 minutes prior to the activity/class end time.**

# VOLUNTEER CORNER

## Salvation Army Bell Ringing

Join us for our eighth 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 to ring if you have one available.**



Friday, December 1  
Walmart

3:00-5:00 pm  
Free



## 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 14  
Messiah Lutheran Church

5:30-6:30 pm  
Free

# ZOOM CLASSES - ONLINE

## Book Club - "Odd and the Frost Giants"

In ancient Norway a boy named Odd is in the middle of a spell of bad luck. In the forest, he meets a bear, a fox and an eagle who tell him a strange story that sends him on a journey to save the city of the gods from the Frost Giants. Sound winter-y enough for you? Why not grab a mug of hot chocolate or tea to enjoy while listening to this very wintery story?

Tuesdays, December 5-26  
Online

4:00-5:00 pm  
\$12 per person

## Book Club - "Appleblossom the Possum"

Mama Possum has done her best to impart wisdom to her newborn "A" possum brood—Antonio, Alisa, Abdul, Ajax, Alberta, Angie, Allan, Alphonse, Atticus, Alejandro, Augusta, Amlet, and the littlest possum, Appleblossom. There are many rules that must be followed in the possum world—never be seen during the day, avoid cars (metal monsters), people, and especially the hairies (dogs). Once they are on their own Appleblossom unexpectedly has a great big adventure! Story by Holly Goldberg Sloan.

Tuesdays, January 2-30  
Online



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

## Book Club - "Escape from Baxters' Barn"

When Burdock the barn cat sneaks into the farmhouse in search of warmth, he discovers a terrible secret: all of the animals on the farm are in the gravest of danger. The only solution seems to be escape. You'll love this story where friendship, loyalty and teamwork are put to the test. The story is by Rebecca Bond.

Tuesdays, February 6-27  
Online

4:00-5:00 pm  
\$12 per person



# 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.

**Participants must be accompanied to the classroom no earlier than 15 minutes prior to the listed start time and should be picked up promptly at the listed end time. Caregivers must return for pick up 15 minutes prior to the end of the activity/class to ensure prompt pickup. Please be considerate of the Project Explore staff in following the activity end time.**

**Participants arranging transportation need to arrange pick-ups at the activity/class end time.**

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 who require personal assistance for physical and/or behavioral issues must be accompanied and supervised for all activities and events by their caregiver.
3. All participants must be accompanied for field trips, unless they are their own guardian. Call the office with any questions.
4. Any participant with an active seizure disorder must be accompanied and supervised at all Project Explore activities by their caregiver.
5. All Project Explore programs are school district sponsored, so there is no smoking on school grounds. All programs are alcohol free.
6. 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.
7. 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.
8. Any individuals attending any of our activities on their own are asked to carry emergency contact information with them.
9. 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.
10. 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.
11. 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.
12. 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: [ce.district196.org/projectexplore](http://ce.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

## 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

## Like us on Facebook: River Valley Project Explore

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

## 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

### Ames Center

12600 Nicollet Avenue  
Burnsville, MN 55337

### McGuire Middle School

21220 Holyoke Avenue  
Lakeville, MN 55044

### Scott Highlands Middle School

14011 Pilot Knob Road  
Apple Valley, MN 55124

### Bogart's Entertainment Center

14917 Garrett Avenue  
Apple Valley, MN 55124

### Messiah Lutheran Church

16725 Highview Avenue  
Lakeville, MN 55044

### Southview Elementary School

1025 Whitney Drive  
Apple Valley, MN 55124

### Culver's Restaurant

14775 S Robert Trail  
Rosemount, MN 55068

### Nicollet Middle School

400 E. 134th Street  
Burnsville, MN 55337

### Valley Middle School

900 Garden View Drive  
Apple Valley, MN 55124

### Ives Auditorium

11411 Masonic Home Drive  
Bloomington, MN 55437

### Pizza Ranch

16995 Kenyon Avenue  
Lakeville, MN 55044

### Walmart

7835 150th Street W.  
Apple Valley, MN 55124

## PROJECT EXPLORE POINTS OF INTEREST

### Walk-in Activities

We allow walk-ins for the following activities ONLY:

Bingo  
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 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:

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



# REGISTRATION FORM (ONE PER PERSON)

Online Registration:  
[ce.district196.org/projectexplore](http://ce.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 2023-24

### Cooking Classes

Holiday Treats VMS \_\_\_\_\_ \$15  
Holiday Treats SHMS \_\_\_\_\_ \$15  
Soup & Sandwich Night \_\_\_\_\_ \$15  
Pasta Dinner \_\_\_\_\_ \$15

### Craft Classes

Holiday Gift Workshop \_\_\_\_\_ \$30  
Seashell Christmas Tree \_\_\_\_\_ \$12  
Holiday Cardmaking \_\_\_\_\_ \$12  
Wooden Soldiers \_\_\_\_\_ \$12  
Angel Ornament \_\_\_\_\_ \$12  
Snowman Block Family  
1:00-2:30 pm \_\_\_\_\_ \$12  
6:30-8:00 pm \_\_\_\_\_ \$12  
Tied Fleece Blanket \_\_\_\_\_ \$18  
Diamond Art \_\_\_\_\_ \$18  
Inspirational Magnets \_\_\_\_\_ \$12  
Valentine Cards & Scrapbook \_\_\_\_\_ \$12  
Gem Hearts on Canvas \_\_\_\_\_ \$12  
Faux Leather Patchwork \_\_\_\_\_ \$12  
Tree of Life \_\_\_\_\_ \$12  
Birdfeeders \_\_\_\_\_ \$12

### Arts & Painting

My Favorite Things \_\_\_\_\_ \$12  
Sparkling Snowman \_\_\_\_\_ \$12  
Magical Heart Garden \_\_\_\_\_ \$12  
Happy Fishes \_\_\_\_\_ \$12

### Science Classes

Blubber Gloves & More! \_\_\_\_\_ \$12  
Lemons, Lemons, Lemons \_\_\_\_\_ \$12  
What is a Shadow? \_\_\_\_\_ \$12

### Dances

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

### Entertainment

Bingo & Pizza  
December 9 \_\_\_\_\_ \$9  
January 27 \_\_\_\_\_ \$9  
Holiday Dinner \_\_\_\_\_ \$12  
Holiday Movie \_\_\_\_\_ \$5  
Let's Play Cards  
January 4 \_\_\_\_\_ \$5  
February 22 \_\_\_\_\_ \$5  
Elvis' Birthday Night \_\_\_\_\_ \$6  
Movie Night \_\_\_\_\_ \$5  
Karaoke Night!  
January 16 \_\_\_\_\_ \$5  
Song request \_\_\_\_\_  
February 20 \_\_\_\_\_ \$5  
Song request \_\_\_\_\_  
Word Search Challenge \_\_\_\_\_ \$6  
Game Night & Winter Treats  
January 25 \_\_\_\_\_ \$5  
February 13 \_\_\_\_\_ \$5  
Winter Luau Picnic \_\_\_\_\_ \$10

### Health and Wellness

Yoga  
December 5 \_\_\_\_\_ \$5  
December 20 \_\_\_\_\_ \$5  
January 9 \_\_\_\_\_ \$5  
January 24 \_\_\_\_\_ \$5  
February 13 \_\_\_\_\_ \$5  
February 28 \_\_\_\_\_ \$5  
Move & Groove  
December 6 \_\_\_\_\_ \$5  
December 19 \_\_\_\_\_ \$5  
January 3 \_\_\_\_\_ \$5  
January 23 \_\_\_\_\_ \$5  
February 14 \_\_\_\_\_ \$5  
February 27 \_\_\_\_\_ \$5  
Open Swim  
January 20 \_\_\_\_\_ \$5  
February 17 \_\_\_\_\_ \$5

### Music & Drama

"Just Dance" \_\_\_\_\_ \$8  
Dance the Night! \_\_\_\_\_ \$8  
Latin Line Dance \_\_\_\_\_ \$8  
Sing Along  
January 31 \_\_\_\_\_ \$6  
February 29 \_\_\_\_\_ \$6

### Out on the Town

Honky-Tonk Holiday \_\_\_\_\_ \$51  
Gluten Free Meal \_\_\_\_\_  
Church Basement Ladies \_\_\_\_\_ \$39

### Out & About

Lunch Bunch  
Pizza Ranch, Lakeville \_\_\_\_\_ Free  
Culvers Rosemount \_\_\_\_\_ Free

### Sports

Winter Bowling Leagues (10 weeks)  
Monday Morning \_\_\_\_\_ \$45  
Monday Afternoon \_\_\_\_\_ \$45  
Wednesdays \_\_\_\_\_ \$45  
Thursdays \_\_\_\_\_ \$45

I need lane bumpers \_\_\_\_\_  
I need a bowling ramp \_\_\_\_\_

### Online Activities

Book Club  
"Odd and the Frost Giants" \_\_\_\_\_ \$12  
"Appleblossom the Possum" \_\_\_\_\_ \$15  
"Escape from Baxter's Barn" \_\_\_\_\_ \$12

### Volunteer Corner

Salvation Army Bell Ringing \_\_\_\_\_ Free  
Holiday Dinner Set-up \_\_\_\_\_ Free

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

## Caregiver Events – Winter 2023-24

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

### Entertainment

Bingo & Pizza  
December 9 \_\_\_\_\_ \$5  
January 27 \_\_\_\_\_ \$5  
Holiday Dinner \_\_\_\_\_ \$12  
Winter Luau Picnic \_\_\_\_\_ \$10

### Dances

Holiday Dance \_\_\_\_\_ \$8  
Winter Dance \_\_\_\_\_ \$8  
Valentine Dance \_\_\_\_\_ \$8

### Out on the Town

Honky-Tonk Holiday \_\_\_\_\_ \$51  
Gluten Free Meal \_\_\_\_\_  
Church Basement Ladies \_\_\_\_\_ \$39

Caregiver Total \_\_\_\_\_  
Credit Voucher \_\_\_\_\_  
Enclosed \_\_\_\_\_  
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 [ce.district196.org/projectexplore](http://ce.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.

## If you find a class full

Complete the registration process and add yourself to the waitlist. Registration cancellations occur as well as the possibility of adding additional classes. If you are on the waitlist, we will contact you with the opportunities.



# 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!

## Friday, December 1

- ☐ Salvation Army Bell Ringing  
3:00-5:00 pm  
Walmart, AV

## Saturday, December 2

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

## Monday, December 4

- ☐ Morning Bowling Begins  
10:00-11:15 am  
Bogart's
- ☐ Afternoon Bowling Begins  
4:00-5:15 pm  
Bogart's
- ☐ Blubber Gloves & More!  
6:30-7:30 pm  
Valley Middle School

## Tuesday, December 5

- ☐ Honky-Tonk Holiday  
11:30 am-3:00 pm  
Ives Auditorium
- ☐ Yoga  
6:30-7:30 pm  
Valley Middle School
- ☐ Book Club – "Odd and The Frost Giants"  
4:00-5:00 pm  
Online

## Wednesday, December 6

- ☐ Bowling Begins  
4:00-5:15 pm  
Bogart's
- ☐ Move & Groove  
6:30-7:30 pm  
Nicollet Middle School
- ☐ Seashell Christmas Tree  
6:30-8:00 pm  
Valley Middle School

## Thursday, December 7

- ☐ Bowling Begins  
4:00-5:15 pm  
Bogart's
- ☐ Holiday Card Making  
6:30-8:00 pm  
Valley Middle School

## Friday, December 8

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

## Saturday, December 9

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

## Monday, December 11

- ☐ Wooden Soldiers  
6:30-8:00 pm  
Valley Middle School

## Wednesday, December 13

- ☐ Holiday Treats  
6:00-8:00 pm  
Valley Middle School
- ☐ Holiday Treats  
6:00-8:00 pm  
Scott Highlands Middle School

## Thursday, December 14

- ☐ Holiday Dinner Set Up  
5:30-6:30 pm  
Messiah Lutheran Church
- ☐ "Just Dance"  
6:30-7:30 pm  
Scott Highlands Middle School

## Friday, December 15

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

## Monday, December 18

- ☐ Angel Ornament  
6:30-8:00 pm  
Valley Middle School

## Tuesday, December 19

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

## Wednesday, December 20

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

## Thursday, December 21

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

## Tuesday, January 2

- ☐ Snowman Block Family  
1:00-2:30 pm  
Valley Middle School
- ☐ Book Club – "Appleblossom"  
4:00-5:00 pm  
Online
- ☐ Snowman Block Family  
6:30-8:00 pm  
Valley Middle School

## Wednesday, January 3

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

## Thursday, January 4

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

## Friday, January 5

- ☐ My Favorite Things  
6:30-8:00 pm  
Valley Middle School

## Monday, January 8

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

## Tuesday, January 9

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

## Wednesday, January 10

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

## Thursday, January 11

- ☐ Tied Fleece Blanket  
6:30-8:00 pm  
Southview Elementary School

## Friday, January 12

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

## Monday, January 15

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

## Tuesday, January 16

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

## Wednesday, January 17

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

## Thursday, January 18

- ☐ Lunch Bunch  
11:00 am-12:15 pm  
Pizza Ranch, Lakeville

## Friday, January 19

- ☐ Diamond Art  
6:30-8:00 pm  
Southview Elementary School

## Saturday, January 20

- ☐ Open Swim  
2:00-3:00 pm  
McGuire Middle School

## Monday, January 22

- ☐ Dance the Night!  
6:30-7:30 pm  
Valley Middle School

## Tuesday, January 23

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

## Wednesday, January 24

- ☐ Yoga  
6:30-7:30 pm  
Valley Middle School
- ☐ Sparkling Snowman  
6:30-8:00 pm  
Valley Middle School

## Thursday, January 25

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

## Saturday, January 27

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

## Monday, January 29

- ☐ Lemons, Lemons, Lemons  
6:30-7:30 pm  
Valley Middle School

## Tuesday, January 30

- ☐ Inspirational Magnets  
6:30-8:00 pm  
Valley Middle School

## Wednesday, January 31

- ☐ Sing Along  
6:30-7:30 pm  
Valley Middle School

## Thursday, February 1

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

## Monday, February 5

- ☐ Gem Hearts on Canvas  
6:30-8:00 pm  
Valley Middle School

## Tuesday, February 6

- ☐ Book Club – "Escape from Baxter's Barn"  
4:00-5:00 pm  
Online

- ☐ Faux Leather Patchwork  
6:30-8:00 pm  
Valley Middle School

## Wednesday, February 7

- ☐ Pasta Dinner  
5:30-7:30 pm  
Valley Middle School
- ☐ Latin Line Dance  
6:30-7:30 pm  
Valley Middle School

## Friday, February 9

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

## Saturday, February 10

- ☐ "Church Basement Ladies"  
3:00-5:15 pm  
Ames Center

## Monday, February 12

- ☐ Magical HEART Garden  
6:30-8:00 pm  
Valley Middle School

## Tuesday, February 13

- ☐ Yoga  
6:30-7:30 pm  
Valley Middle School
- ☐ Game Night & Winter Treats  
6:30-8:00 pm  
Valley Middle School

## Wednesday, February 14

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

## Friday, February 16

- ☐ Winter Luau Picnic  
5:30-7:30 pm  
Valley Middle School

## Saturday, February 17

- ☐ Open Swim  
2:00-3:00 pm  
McGuire Middle School

## Monday, February 19

- ☐ Tree of Life  
6:30-8:00 pm  
Valley Middle School

## Tuesday, February 20

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

## Wednesday, February 21

- ☐ Birdfeeders  
6:30-8:00 pm  
Valley Middle School

## Thursday, February 22

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

## Friday, February 23

- ☐ Lunch Bunch  
11:00 am-12:15 pm  
Culvers of Rosemount

## Monday, February 26

- ☐ What is a Shadow?  
6:30-7:30 pm  
Valley Middle School

## Tuesday, February 27

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

## Wednesday, February 28

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

- ☐ Happy Fishes  
6:30-8:00 pm  
Valley Middle School

## Thursday, February 29

- ☐ Sing Along  
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 Davisson Avenue  
Randolph, MN 55065

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

3455 153rd Street W  
Rosemount, MN 55068



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Rosemount, MN  
Permit No. 1

## 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!!

