

WINTER 2024-25

River Valley



PROJECT EXPLORE



**SCHOLARSHIP INFO
PAGE 14!**

Classes begin on December 2, 2024

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 34 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

Saturday, October 5th was the 9th annual Project Explore Craft Fair! Over 80 vendors sold a wonderful variety of items! 22 of our vendors are Project Explore participants. A huge thank you to Caroline and Andrea for their many, many hours of planning and organizing this great event. I hope you were able to stop in and see the fair.

This fall was the **Grand Opening of our Online Merchandise Store.** 32 people ordered Project Explore gear during the two week sale. You should start seeing some clothing and more in late October! The store will open again in the future. Stay tuned!

This winter we have a lot of great activities in store for you. We'll go to 'The World's Toughest Rodeo' at the Xcel Energy Center at the end of January. It's sure to be a great evening! We have a play and a concert scheduled too. You'll also see all of the activities you've come to enjoy offered during the winter. We are starting up a 'Theater Club' this winter with our new instructor, Eileen, and plan to continue it next spring with multiple sessions ending with a performance. This activity will take place at a new location within the Burnsville School District; Eagle Ridge Middle School. We also have an educational class – Managing Medicare with Disabilities. This will be a very informative session. We have added some online classes too! I hope you will join us for some social, recreational and learning opportunities this winter.

As always, activities have been filling up quickly, so register early! Make sure to use the back page of the catalog to keep track of your registrations. We'll send you an email reminder too, so **include a current email address when you register!**

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.

Project Explore Staff

Coordinator Patty Vance
Instructors and Staff Sue Butzer, Delaney Cashin, Gabby Coggshall, Julie Davis, Jennifer Deviley, Kathy Field, Caroline Gettz, Anita Groen, Victoria Hamilton, Yayra Keptsu, Janet Larson, Emily Messick, Eileen O'Hara, Betsy Ritschel, Angila Schmidtke, Jen Stoller, Carla Student



Project Explore Advisory Council

Jane Anderson	Shekinah Dillon	Caroline Gettz
Kevin Johnson	Dave Modrynski	Megan Moe
Sona Parker	Greg Paulson	Leah Paulson
Kelly Ruiz	Carla Student	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 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.



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!

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. **Dinner will not be served, so make sure to eat before you come to class. You may only register for one class.**



Monday, December 9
Valley Middle School

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

Tuesday, December 17
Valley Middle School

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

Note that this class meets the same time as Yoga.

Healthy Veggie Pizza

This delicious, healthy veggie pizza is as much fun to make as it is to eat! We will have a great pizza sauce, yummy cheeses and a large variety of vegetables to top it off! There will be other side dishes we'll make along with dessert for a full meal. Come hungry!

Wednesday, January 8
Valley Middle School

5:30-7:00 pm
\$15 per person

Note that this class meets the same time as Move & Groove.

Gluten Free Burrito Bowls

This gluten free burrito bowl will be fun to assemble and is so tasty. It will warm you up on a cold February evening. Rice, meat, beans, veggies, cheese and toppings! With a delicious dessert this will be a complete dinner sure to satisfy your hunger.

Wednesday, February 12
Valley Middle School

5:30-7:00 pm
\$15 per person

CRAFTS CLASSES



The Grinch

Make this original Grinch and add it to your holiday decorations. He will be made out of a Styrofoam cone, ball and yarn. You will top it off with a Santa hat and your Grinch is sure to be adorable!

Tuesday, December 3
Valley Middle School

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

Reindeer Block

This is the most adorable reindeer! We will paint him brown, give him a red nose, decorate him with greenery and ribbon. Perfect for yourself or as a gift.

Tuesday, December 10
Southview Elementary

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

Snowman Family

This snowman family is the cutest! They are all stacked on top of each other. We'll make them out of tube socks, fluff, a cute sock for the hat and make adorable faces on them. You can use them for decorations all winter long!



Tuesday, January 7
Southview Elementary

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



CRAFTS CLASSES

Winter Gnome

We will decorate a jar to look like a gnome. Then you'll add some fairy lights in the jar. Your gnome will have a cozy and warm winter look to brighten your spirits during long winter evenings.

Tuesday, January 14
Valley Middle School

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

Note that this class meets the same time as Yoga.

Diamond Art

If you are a beginner or a pro this class will be fun! If you have never tried diamond art, we will be there to help you. There will be a variety of designs for you to choose from.

Tuesday, January 28
Valley Middle School

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

Note that this class meets the same time as Yoga.

Tuesday, February 11
Southview Elementary

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

Note that this class meets the same time as Yoga.

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 30
Valley Middle School

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

Heart Blocks

Make this heart from blocks similar to Jenga blocks. We will glue them together in the shape of a heart, then you can hang it or use it as a trivet for warm winter meals!

Tuesday, February 4
Southview Elementary



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

Furry Puppy

Who doesn't love puppies and better yet - a fluffy and snuggly puppy? Come make this adorable fluffy puppy out of faux fur, felt and a few other things. Best thing is you won't have to clean up after it!

Tuesday, February 25
Valley Middle School

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

Note that this class meets the same time as Yoga.



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 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 26
Valley Middle School

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

ARTS & PAINTING



"North Pole"

This art class will be so much fun! Make a 3-D project with puffy snow paint, a 3-D igloo and water color sky. You may also add penguins, a polar bear, Santa and a sleigh. Each creation will be unique.

Monday, December 2
Valley Middle School

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

Dippity-Do-Doodle

Create your masterpiece with strings dipped in colorful paint. Pull, layer and squiggle the painted strings on your canvas. Glue will be mixed into the paint so the strings will harden to stay in place and adhere to the canvas. It is sure to brighten up your home!

Monday, January 6
Valley Middle School

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

Flip Flop Puzzle

Make a painting on both sides of an 8x8 piece of tag board. Once it is dry, you will cut it into eight triangle pieces. The you will be able to create an endless number of pictures by flipping, flopping, mixing and matching!

Monday, January 27
Valley Middle School

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

ARTS & PAINTING



Colorful Clay Sculpture

Get ready for Valentine's Day with this colorful clay sculpture. You will use colorful air dry clay to make your sculpture. Have fun creating something fun and pretty for yourself, a special someone or your sweetheart.

Monday, February 3
Valley Middle School

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

Action Painting

Imagine, assemble and paint! Use your imagination for this art project. You will create and then paint a movable animal using precut foam board shapes.

Monday, February 24
Valley Middle School

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



SCIENCE

Ribbon and Bow Invention

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

Monday, December 16
Valley Middle School

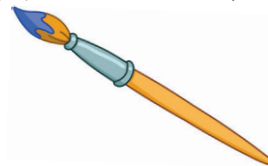
6:30-7:30 pm
\$12 per person



SCIENCE

Crystal Painting

Paint a picture with supersaturated salt solutions and grow crystal artwork. Mix different common kitchen chemicals in water and make supersaturated solutions. Paint snowflakes on black paper and as the water evaporates grow crystals. This will be fun chemistry as you mix different substances in water, paint the solutions on black paper and watch as crystals appear when the liquid evaporates.



Monday, January 13
Valley Middle School

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

Go Chocolate!

Be a candy scientist and invent your own mini candy bars. Learn the science of chocolate making and why chocolate makes us happy. Chocolate is a healthy food, a luxury item and a junk food. Go easy! Go dark! Go chocolate!

Monday, February 10
Valley Middle School

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



DANCES

One Caregiver per participant or group home is asked to register and pay for the dance.

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 20
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 10
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 7
Valley Middle School

6:30-9:00 pm
\$8 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.

Saturday, December 7
Valley Middle School

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

Saturday, February 8
Valley Middle School

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



ENTERTAINMENT



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. If you have a favorite card game you'd like to share, please bring it with you! We will have the cards and some refreshments ready for you.

Wednesday, December 11
Valley Middle School

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

Thursday, January 2
Valley Middle School

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

Note that this class meets the same time as Theater Club.

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 December 6th.**

Friday, December 13
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 19
Valley Middle School

5:45-8:00 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.

Thursday, January 9
Valley Middle School

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

Wednesday, January 15
Valley Middle School

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

Wednesday, February 19
Valley Middle School

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

Note that this class meets the same time as Move & Groove.

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.

Friday, January 17
Valley Middle School

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

Thursday, February 27
Valley Middle School

5:45-8:00 pm
\$5 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 23
Valley Middle School

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

Thursday, February 13
Southview Elementary

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. Registration closes on February 10th for this activity.

Thursday, February 20
Valley Middle School

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

Note that this class meets the same time as Theater Club.

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 \$12 each for the luau picnic dinner.**



Friday, February 28
Valley Middle School

5:30-7:30 pm
\$12 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 3
Valley Middle School

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

Tuesday, December 17
Valley Middle School

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

Note that this class meets the same time as Holiday Treats.

Tuesday, January 14
Valley Middle School

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

Note that this class meets the same time as Winter Gnome.

Tuesday, January 28
Valley Middle School

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

Note that this class meets the same time as Diamond Art.

Tuesday, February 11
Valley Middle School

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

Note that this class meets the same time as Diamond Art.

Tuesday, February 25
Valley Middle School

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

Note that this class meets the same time as Fluffy Puppy.

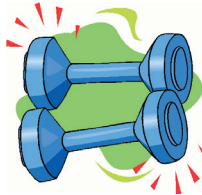
HEALTH AND WELLNESS



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 4
Nicollet Middle School



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

Wednesday, December 18
Nicollet Middle School

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

Wednesday, January 8
Nicollet Middle School

Note that this class meets the same time as Healthy Veggie Pizza.

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

Wednesday, January 29
Nicollet Middle School



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

Wednesday, February 5
Nicollet Middle School

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

Wednesday, February 19
Nicollet Middle School

Note that this class meets the same time as Karaoke Night.

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

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, December 14
McGuire Middle School



2:10-3:10 pm
\$5 per person

Saturday, January 11
McGuire Middle School

2:10-3:10 pm
\$5 per person

Saturday, February 22
McGuire Middle School

2:10-3:10 pm
\$5 per person

Managing Medicare with Disabilities

Medicare is a complex system that is always evolving. Join us for a class on how to navigate Medicare and Medicare disability. There will be information on coordination of Medicare benefits for working beneficiaries with disabilities, Waiver programs, and what Medicare does not cover. Spencer, an insurance expert will be our presenter! Bring your questions. This is open for all caregivers to learn more about this essential need for all. Caregivers need not register to attend.

Thursday, January 16
Falcon Ridge Middle School

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

MUSIC & DRAMA

Queen Line Dance

What a great way to have fun with friends! Join Monica for Queen's "Crazy Little Thing Called Love" Line Dance. Get a hoppin' and a boppin' to the infectious joy of the catchy song by Queen.

Thursday, December 12
Southview Elementary

6:30-7:30 pm
\$9 per person

Dance, Dance, Dance

Meet up with friends for a great night dancing to "Can't Stop the Feeling...Just Dance, Dance, Dance". Just to hear this iconic Justin Timberlake song gets the feet moving, the body grooving. So "put some sunshine in your pocket" as you learn an easy routine that captures the joy of this iconic song! No partner needed.

Wednesday, January 22
Valley Middle School

6:30-7:30 pm
\$9 per person

"Let's Get this Party Started"

Join Monica for some great line dance moves to Pink's "Let's Get this Party Started". As the song says "let's get this party started" with a fabulous, fun and easy routine that captures the energy & joy of Pink's song! No partner needed for this.

Tuesday, February 18
Scott Highlands Middle School

6:30-7:30 pm
\$9 per person

Theater Club

Explore your talents of singing, acting and more! Join us on two evenings for the exploration stage of developing our talents. We will continue in the spring with multiple sessions ending with a performance to showcase our talents and hard work.

New Class and New Location!

Thursdays, January 2 & February 20
Eagle Ridge Middle School

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

Note that this class meets the same time as Let's Play Cards in January and Word Search Challenge in February.

Is your diet Gluten Free?

Call the office if you are gluten free at least one week prior to the **Thanksgiving Dinner** and **Bingo & Pizza** so we can make sure to have gluten free food options available for you. Unless noted, cooking classes may not have gluten free options. Make sure to read the class description for details or call the office.

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.

Bells Will Be Ringin'

Celebrate the most wonderful time of the year with Sidekick Theatre's heartwarming and funny holiday show. Combining some of the Twin Cities best vocalists with a dynamic band headed up by Brian Pierce, this spirited holiday show brings a modern vitality to holiday favorites from the past and present day, and promises to leave you feeling merry and bright! A delicious lunch will be served before the show: baked chicken, sides, salad, beverages and a great assortment of desserts! **Caregivers need to register and pay for this performance and luncheon. Transportation is not provided by Project Explore.**

**Tuesday, December 3
Ives Auditorium**

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



Hansel & Gretel's Magical Adventure

You will love this original musical adaptation of the age-old tale of two siblings and their grand, fun-filled adventure. There will be lots of laughs, audience participation and lovable characters along the way! Intended for youngsters of all ages, it's the perfect story for the holiday season! **Caregivers need to register and pay for this performance. Transportation is not provided by Project Explore.**

**Wednesday, December 18
Ives Auditorium**

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

World's Toughest Rodeo

LET'S RODEO! The CINCH World's Toughest Rodeo is celebrating 40 years of bringing extreme entertainment to the masses! Featuring some of the nation's most talented rodeo athletes, livestock and specialty entertainers in a two-hour, action-packed performance you won't forget! Get ready for edge of your seat action, eight seconds at a time when the Cinch World's Toughest Rodeo returns to Xcel Energy Center! Events will include fan favorites Bull Riding, Saddle Bronc Riding, Bareback Riding and more! The rodeo begins at 7:30pm. Our bus will get us to the Xcel Energy Center at 6:30pm as there are a number of events happening before the rodeo begins! **Caregivers need to register and pay for this activity. The bus departs from Falcon Ridge Middle School at 6:00 pm! Arrive early to board the bus.**

**Friday, January 31
Falcon Ridge Middle School**

**6:00-10:15 pm
\$35 per person**

OUT & ABOUT

Coffee, Cocoa and Chat!

Join friends at Apple Valley's newest coffee shop and warm up with a cup of coffee, cocoa or tea! Constellation Coffee is located across the street from the Galaxie Library and has a cozy seating area. **Remember to bring money for your beverage and a snack.**

**Friday, January 3
Constellation Coffee**

**Thursday, February 6
Constellation Coffee**



**1:00-2:00 pm
No Fee**

**1:00-2:00 pm
No Fee**



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, December 19
Culvers of Apple Valley**

**11:00 am-12:15 pm
No Fee**

**Thursday, January 16
Noodles & Company, Eagan**

**11:00 am-12:15 pm
No Fee**

**Thursday, February 13
Pizza Ranch, Lakeville**

**11:00 am-12:15 pm
No Fee**



OUT & ABOUT

Winter Bowling Leagues

Our bowling leagues meet at Bogart's Entertainment Center. Plan to join your friends for a fun time bowling and socializing. If you are hungry, you can stay and eat right there in the Main Street Grill. Fall bowling sessions fill up quickly! You must pre-register to have a lane assigned.



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

All winter bowling leagues skip the weeks of December 23rd and December 30th.

Monday Morning Bowling

Mondays, December 9-February 24
Bogart's Entertainment Center 10:00-11:15 am
\$49 per person

Monday Afternoon Bowling

Monday, December 9-February 24
Bogart's Entertainment Center 4:00-5:15 pm
\$49 per person

Wednesday Bowling

Wednesday, December 11-February 26
Bogart's Entertainment Center 4:00-5:15 pm
\$49 per person

Thursday Bowling

Thursday, December 12-February 27
Bogart's Entertainment Center 4:00-5:15 pm
\$49 per person

VOLUNTEER CORNER

Salvation Army Bell Ringing

Join us for our ninth 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! You can take breaks and warm up inside of Cub Foods any time. One hour of bell ringing raises enough money to provide a family in need with two bags of groceries or more! We will have two stations for Bell Ringing at Cub Foods, so there will be plenty of room for 'ringers'! Bring a bell if you have one available.



Friday, December 6 3:00-5:00 pm
Cub Foods No Fee

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 12 5:30-6:30 pm
Messiah Lutheran Church No Fee

ZOOM CLASSES – ONLINE

A Zoom link will be emailed to you the morning of your online activity. Make sure we have your current email address when you register.

Book Club - "The Dog Who Saved Christmas"

Have you ever heard of the Labrador Retriever who saved a mom's life on Christmas Eve? Or the cat who miraculously found her way home for the holidays? Did you know that a reindeer once hitched a ride inside a submarine? These and other real animals have helped turn the holidays into a magical season. You will never forget their incredible true stories!

Tuesdays, December 3-17 4:00-5:00 pm
Online \$9 per person

Book Club - Nancy Drew

Join friends online to hear the very first Nancy Drew Mystery Story: "The Secret of the Old Clock". In this thrilling mystery Nancy Drew helps find a missing will before the evil Topham family steals the inheritance.

Tuesdays, January 7-28 4:00-5:00 pm
Online \$12 per person

Book Club - "The Borrowers"

This is a fantasy novel about the Clock family: Arrietty, Homily, Pod, Hendreary and Lupy. They are tiny people who live secretly in the walls and floors of an English house and "borrow" from the big people living in the house. A charming story that is sure to be enjoyed!

Tuesdays, February 4-25 4:00-5:00 pm
Online \$12 per person

All Online activities below are \$5 per person

BINGO Online

Let's play Bingo with each other online. After you sign up, we'll email you a link to your virtual Bingo Card, if you are a first time online Bingo player. You can print the card or play on your device by tapping the numbers when they are called. You'll also get directions in the email for connecting to the live game. These evenings will have a limit of 24 players.

January 3 4:00-5:00 pm
February 6 4:00-5:00 pm

Travel Club – Great Lakes

Let's learn all about the five Great Lakes! We have one in our 'backyard', Lake Superior, but there are four others we can 'visit' and learn about.

December 5 4:00-5:00 pm

Travel Club – Hawaii

Aloha! Hop on this activity with your friends to learn all about this tropical paradise. We will visit the seven main islands that make up Hawaii. There's so much to see and learn.

January 24 4:00-5:00 pm

Travel Club – The Grand Canyon

Join us for a virtual trip to one of the most amazing places on earth! We'll see and learn all about this canyon that is about a mile deep and has the Colorado River running through it.

February 17 4:00-5:00 pm

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 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: 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
Advocacy and support for people with developmental disabilities and their families.
- **GoDakota:** <https://www.co.dakota.mn.us/Transportation/GettingAround/Pages/default.aspx>
Transportation services for Dakota County residents.
- **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

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 – bkpetch@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

Bogart's Entertainment Center

14917 Garrett Avenue
Apple Valley, MN 55124

Falcon Ridge Middle School

12900 Johnny Cake Ridge Road
Apple Valley, MN 55124

Noodle & Company

2000 Rahncliff Road
Eagan, MN 55122

Constellation Coffee

14800 Galaxie Avenue
Apple Valley, MN 55124

Ives Auditorium

11411 Masonic Home Drive
Bloomington, MN 55437

Pizza Ranch

16995 Kenyon Avenue
Lakeville, MN 55044

Cub Foods

15350 Cedar Avenue
Apple Valley, MN 55124

McGuire Middle School

21220 Holyoke Avenue
Lakeville, MN 55044

Scott Highlands Middle School

14011 Pilot Knob Road
Apple Valley, MN 55124

Culvers Restaurant

15225 Galaxie Avenue
Apple Valley, MN 55124

Messiah Lutheran Church

16725 Highview Avenue
Lakeville, MN 55044

Southview Elementary School

1025 Whitney Drive
Apple Valley, MN 55124

Eagle Ridge Middle School

13955 Glendale Road
Savage, MN 55378

Nicollet Middle School

400 E. 134th Street
Burnsville, MN 55337

Valley Middle School

900 Garden View Drive
Apple Valley, MN 55124



REGISTRATION FORM (ONE PER PERSON)

Online Registration:
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 2024-25

Cooking Classes

Holiday Treats _____
 December 9 _____ \$15
 December 17 _____ \$15
 Healthy Veggie Pizza _____ \$15
 Gluten Free Burrito Bowls _____ \$15

Craft Classes

The Grinch _____ \$12
 Reindeer Block _____ \$12
 Snowman Family _____ \$12
 Winter Gnome _____ \$12
 Diamond Art _____
 January 28 _____ \$12
 February 11 _____ \$12
 Tied Fleece Blankets _____ \$18
 Heart Blocks _____ \$12
 Furry Puppy _____ \$12
 Bird Feeders _____ \$12

Arts & Painting

“North Pole” _____ \$12
 Dippity-Do-Doodle _____ \$12
 Flip/Flop Puzzle _____ \$12
 Colorful Clay Sculpture _____ \$12
 Action Painting _____ \$12

Science Classes

Ribbon and Bow Invention _____ \$12
 Crystal Painting _____ \$12
 Go Chocolate! _____ \$12

Dances

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

Entertainment

Bingo & Pizza _____
 December 7 _____ \$9
 February 8 _____ \$9
 Let’s Play Cards _____
 December 11 _____ \$5
 January 2 _____ \$5
 Holiday Dinner _____ \$12
 Holiday Movie _____ \$5
 Elvis’ Birthday Party _____ \$6
 Karaoke _____
 January 15 _____ \$5
 February 19 _____ \$5
 Movie Night _____
 January 17 _____ \$5
 February 27 _____ \$5
 Game Night & Winter Treats _____
 January 23 _____ \$5
 February 13 _____ \$5
 Word Search Challenge _____ \$8
 Winter Luau Picnic _____ \$12

Health and Wellness

Move & Groove _____
 December 4 _____ \$5
 December 18 _____ \$5
 January 8 _____ \$5
 January 29 _____ \$5

February 5 _____ \$5

February 19 _____ \$5

Yoga _____

December 3 _____ \$5

December 17 _____ \$5

January 14 _____ \$5

January 28 _____ \$5

February 11 _____ \$5

February 25 _____ \$5

Open Swim _____

December 14 _____ \$5

January 11 _____ \$5

February 22 _____ \$5

Managing Medicare _____ \$5

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Volunteer Corner

Salvation Army Bell Ringing _____ No Fee

Holiday Dinner Set Up _____ No Fee

Participant Total _____

Credit Voucher _____

Enclosed _____

Check # _____

UCare # _____

UCare Plan _____

Caregiver Events – Winter 2024-25

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 7 _____ \$5
 February 8 _____ \$5
 Holiday Dinner _____ \$12
 Winter Luau Picnic _____ \$12

Dances

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

Out on the Town

Bells Will Be Ringin’ _____ \$51
 Hansel & Gretel’s Magical Adventure _____ \$10
 World’s Toughest Rodeo _____ \$35
 No Bus _____ \$30

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 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.

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 opportunities.

Cancellation and Refund Policy

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



HELP WITH PAYMENT

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 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.



PERSONAL REGISTRATION RECORD



Name: _____

Check the classes you have registered for!

Monday, December 2

- "North Pole"
6:30-8:00 pm
Valley Middle School

Tuesday, December 3

- Bells Will Be Ringin'
11:30 am-3:00 pm
Ives Auditorium
- Book Club – "The Dog Who Saved Christmas"
4:00-5:00 pm
Online
- Yoga
6:30-7:30 pm
Valley Middle School
- The Grinch
6:30-8:00 pm
Valley Middle School

Wednesday, December 4

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

Thursday, December 5

- Travel Club-Great Lakes
4:00-5:00 pm
Online

Friday, December 6

- Salvation Army Bell Ringing
3:00-5:00 pm
Cub Foods, Apple Valley

Saturday, December 7

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

Monday, December 9

- Morning Bowling Begins
10:00-11:15 am
Bogart's Entertainment Center
- Afternoon Bowling Begins
4:00-5:15 pm
Bogart's Entertainment Center
- Holiday Treats
6:00-8:00 pm
Valley Middle School

Tuesday, December 10

- Reindeer Block
6:30-8:00 pm
Southview Elementary

Wednesday, December 11

- Bowling Begins
4:00-5:15 pm
Bogart's Entertainment Center
- Let's Play Cards
6:30-8:00 pm
Valley Middle School

Thursday, December 12

- Bowling Begins
4:00-5:15 pm
Bogart's Entertainment Center
- Holiday Dinner Set Up
5:30-6:30 pm
Messiah Lutheran Church
- Queen Line Dance
6:30-7:30 pm
Southview Elementary

Friday, December 13

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

Saturday, December 14

- Open Swim
2:10-3:10 pm
McGuire Middle School

Monday, December 16

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

Tuesday, December 17

- Holiday Treats
6:00-8:00 pm
Valley Middle School
- Yoga
6:30-7:30 pm
Valley Middle School

Wednesday, December 18

- Hansel & Gretel's Magical Adventure
10:00-11:15 am
Ives Auditorium
- Move & Groove
6:30-7:30 pm
Nicollet Middle School

Thursday, December 19

- Lunch Bunch
11:00 am-12:15 pm
Culver's Apple Valley
- Holiday Movie
5:45-8:00 pm
Valley Middle School

Friday, December 20

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

Thursday, January 2

- Let's Play Cards
6:30-8:00 pm
Valley Middle School
- Theater Club
6:30-8:00 pm
Eagle Ridge Middle School

Friday, January 3

- Coffee, Cocoa and Chat!
1:00-2:00 pm
Constellation Coffee
- BINGO Online
4:00-5:00 pm
Online

Monday, January 6

- Dippity-Do-Doodle
6:30-8:00 pm
Valley Middle School

Tuesday, January 7

- Book Club-"Nancy Drew"
4:00-5:00 pm
Online
- Snowman Family
6:30-8:00 pm
Southview Elementary School

Wednesday, January 8

- Healthy Veggie Pizza
5:30-7:00 pm
Valley Middle School
- Move & Groove
6:30-7:30 pm
Nicollet Middle School

Thursday, January 9

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

Friday, January 10

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

Saturday, January 11

- Open Swim
2:10-3:10 pm
McGuire Middle School

Monday, January 13

- Crystal Painting
6:30-7:30 pm
Valley Middle School

Tuesday, January 14

- Yoga
6:30-7:30 pm
Valley Middle School
- Winter Gnome
6:30-8:00 pm
Valley Middle School

Wednesday, January 15

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

Thursday, January 16

- Lunch Bunch
11:00 am-12:15 pm
Noodles & Co. Eagan
- Managing Medicare with Disabilities
6:30-7:30 pm
Falcon Ridge Middle School

Friday, January 17

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

Wednesday, January 22

- Dance, Dance, Dance
6:30-7:30 pm
Valley Middle School

Thursday, January 23

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

Friday, January 24

- Travel Club-Hawaii
4:00-5:00 pm
Online

Monday, January 27

- Flip Flop Puzzle
6:30-8:00 pm
Valley Middle School

Tuesday, January 28

- Diamond Art
6:30-8:00 pm
Valley Middle School
- Yoga
6:30-7:30 pm
Valley Middle School

Wednesday, January 29

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

Thursday, January 30

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

Friday, January 31

- World's Toughest Rodeo
6:00-10:15 pm
Bus departs Falcon Ridge Middle School

Monday, February 3

- Colorful Clay Sculpture
6:30-8:00 pm
Valley Middle School

Tuesday, February 4

- Book Club – "The Borrowers"
4:00-5:00 pm
Online
- Heart Blocks
6:30-8:00 pm
Southview Elementary School

Wednesday, February 5

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

Thursday, February 6

- Coffee, Cocoa and Chat!
1:00-2:00 pm
Constellation Coffee
- BINGO Online
4:00-5:00 pm
Online

Friday, February 7

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

Saturday, February 8

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

Monday, February 10

- Go Chocolate!
6:30-7:30 pm
Valley Middle School

Tuesday, February 11

- Diamond Art
6:30-8:00 pm
Valley Middle School
- Yoga
6:30-7:30 pm
Valley Middle School

Wednesday, February 12

- Gluten Free Burrito Bowls
5:30-7:00 pm
Valley Middle School

Thursday, February 13

- Lunch Bunch
11:00 am-12:15 pm
Pizza Ranch Lakeville
- Game Night & Winter Treats
6:30-8:00 pm
Southview Elementary School

Monday, February 17

- Travel Club-Grand Canyon
4:00-5:00 pm
Online

Tuesday, February 18

- "Let's Get This Party Started"
6:30-7:30 pm
Scott Highlands Middle School

Wednesday, February 19

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

Thursday, February 20

- Word Search Challenge
6:30-8:00 pm
Valley Middle School
- Theater Club
6:30-8:00 pm
Eagle Ridge Middle School

Saturday, February 22

- Open Swim
2:10-3:10 pm
McGuire Middle School

Monday, February 24

- Action Painting
6:30-8:00 pm
Valley Middle School

Tuesday, February 25

- Furry Puppy
6:30-8:00 pm
Valley Middle School
- Yoga
6:30-7:30 pm
Valley Middle School

Wednesday, February 26

- Bird Feeders
6:30-8:00 pm
Valley Middle School

Thursday, February 27

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

Friday, February 28

- Winter Luau Picnic
5:30-7:30 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)

17630 Juniper Path, Suite A
Lakeville, MN 55044

Randolph (#195)

29110 Davisson Avenue
Randolph, MN 55065

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

3455 153rd Street W
Rosemount, MN 55068



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TIME SENSITIVE MATERIAL

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

FALL FUN!

