



PROJECT ABLE

WINTER/SPRING
CATALOG '25

PROJECT ABLE



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

Tips to help our activities run successfully:

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

Bowling League

J-MO'S BOWL (FORMERLY FARIBOWL)

Grab those bowling balls and let's go bowling. The price includes two games and bowling shoes. Weekly bowling results will be given each evening. Lanes will be assigned based on requests and needs. Please be sure to arrive on time. Participants that arrive late will not be guaranteed original lane assignments and not guaranteed two games.

Location: J-Mo's Bowl (Formerly Faribowl)
1802 4th St. NW, Faribault MN

Instructors: Project ABLE Lead

Times: 4:00 PM - 5:30 PM

Cost: \$11 per night

Dates: See registration form for dates

SCHOLARSHIPS AVAILABLE

Having trouble paying for Project ABLE enrichment activities? Due to the Rice County Area United Way, the Hannah Lips Foundation and an anonymous donor, we have scholarships available for Project ABLE.

Call 507-333-6011 and speak with Monica or Linda for more details.

HOW TO REGISTER:

UPDATE: Please send all Project ABLE Registration Forms to the Faribault District Office.

Faribault District Office
Attn: Monica Leichtnam
710 17th ST SW, Faribault, MN 55021

Project ABLE is always looking for volunteers.
If you are interested, please call 507-333-6472.

ARTS & CRAFTS

Join us in creating a variety of seasonal art projects.

JANUARY: ABSTRACT ART

We will be painting, using wallpaper scraps and stencils to make abstract art.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, January 15th

Time: 4:30 PM - 6:00 PM

Cost: \$6

**Sponsored by the United Way*

FEBRUARY: LADIES NIGHT

Ladies...need some pampering? Join us as we will do facials, paint nails, and make some homemade lip balm. Light appetizers will also be served.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, February 19th

Time: 4:30 PM - 6:00 PM

Cost: \$6

**Sponsored by the United Way*

APRIL: WINDCHIMES

Nothing is more relaxing than sitting and listening to a windchime to calm your thoughts.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, April 16th

Time: 4:30 PM - 6:00 PM

Cost: \$6

**Sponsored by the United Way*

MAY: EGG CARTON FLOWERS

April showers bring May flowers right? We will be painting egg cartons to make flowers and display in a vase. What a beautiful way to say I Love You to Mom or someone special in your life.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, May 14th

Time: 4:30 PM - 6:00 PM

Cost: \$6

**Sponsored by the United Way*

MUSIC GET-TOGETHER

For all Music Lovers! We will sing and hopefully be able to use some instruments for the first 30 minutes. Take a 10 minute break. Snacks and refreshments will be provided. The remaining 30 minutes we will continue with songs.

Dates: Mondays | January 13th, March 17th, April 7th, May 19th

Time: 4:30 PM - 6:00 PM

Location: Faribault Education Center

Instructor: Debbie McBride and Project ABLE Staff

Cost: \$5

**Sponsored by the United Way*



FOOD FINDS

Do you like to cook? If so, come and join us in making some great classic dishes and fabulous treats. Once a month, we will be creating and cooking up a storm! Learning about what it takes to put a wonderful meal together. Water and lemonade will be provided most nights. Feel free to bring your own if you prefer. Staff members can choose to pay and eat with us. Please register ahead of time.

JANUARY: BLUEBERRY PANCAKES

Yum...Yum....blueberry pancakes with sausage.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, January 22nd

Time: 4:30 PM – 6:00 PM

Cost: \$6

**Sponsored by the United Way*

FEBRUARY: INDIVIDUAL PIZZAS

We will have ingredients to make sausage and pepperoni pizza.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, February 12th

Time: 4:30 PM – 6:00 PM

Cost: \$6

**Sponsored by the United Way*

MARCH: SHAMROCK SHAKES

We will make classic Shamrock Shakes and enjoy them with some cookies.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, March 19th

Time: 4:30 PM – 6:00 PM

Cost: FREE

**Sponsored by the United Way*

APRIL: GRILLED CHEESE & SALAD

April is National Grilled Cheese Month. We will make some grilled cheese sandwiches and have a side salad to make it a little healthier.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Date: Wednesday, April 23rd

Time: 4:30 PM – 6:00 PM

Cost: \$6

**Sponsored by the United Way*

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SPECIAL EVENTS

JANUARY: BUDDY HOLLY: OH BOY!

A STELLAR TRIBUTE to the music of American rock and roll icon Buddy Holly.

Location: Paradise Arts Theatre, Faribault, MN

Instructor: Project ABLE Lead

Date: Friday, January 31st

Time: 7:30 PM to approximately 9:30 PM

Cost: \$30

Register by January 24th. Non refundable event.

FEBRUARY: AROUND THE WORLD IN 80 DAYS

AROUND THE WORLD IN EIGHTY DAYS races its way around the globe, taking in continents, intrigue, love, and even an elephant – all in the name of a bet.

Location: Paradise Arts Theatre, Faribault, MN

Instructor: Project ABLE Lead

Date: Sunday, February 16th

Time: 2:00 PM – Approximately 4:00 PM

Cost: \$18

Register by February 7th. Non refundable event

MARCH: SUGAR SPRING FARM

Sugar Spring Farm is a small hobby farm producing pure maple syrup. We will take a tour of how maple syrup is made and maybe taste a sample. Wear shoes/boots/coats as it may be cold and wet.

Location: 18788 Davis Ave., Faribault, MN

Instructor: Project ABLE Lead

Date: Saturday, March 22, 2024

Time: 11:00 AM to 1:00 PM

Cost: FREE

Register by March 20th.

MAY: SPRING DANCE

Grab those dancing shoes and let's get together to dance the night with friends. Light appetizers and beverages will be provided.

Location: Faribault Middle School

Instructor: Project ABLE Lead

Date: Friday, May 9th

Time: 5:00 PM to 7:30 PM

Cost: \$5

ROY ORBISON

Let's remember a true legend as we listen to an emotional tribute to Roy with ballads such as "Pretty Woman" and "Dream Baby".

Location: Paradise Arts Theatre, Faribault, MN

Instructor: Project ABLE Lead

Date: Saturday, May 17th

Time: 7:30 PM to approximately 9:30 PM

Cost: \$25

TUESDAY/ THURSDAY BOWLING BANQUET

Tuesday and Thursday night bowlers come together for a banquet. Enjoy two games of bowling and have a burger basket with toppings, a choice of fries or tater tots, and a beverage between games.

Location: J-Mos Bowling, Faribault, MN

Instructor: Project ABLE Lead

Date: Wednesday, May 28th

Time: 4:00 PM to 5:30 PM

Cost: \$24 per participant.

FOR STAFF: \$12.00 for burger basket



FOOD ACTIVITIES

PIZZA BINGO

Spend the evenings with your friends playing BINGO, eating pizza and having fun. Pizza and beverages will be served. In order to ensure that we order enough pizza, preregistration is highly recommended.

Walk-ins welcome if we have enough space and pizza ordered. Participants may be turned away if we already have 40 registered.

Location: Faribault Education Center

Instructor: Project ABLE Lead

Dates: Fridays, January 10th, 24th | February 21st, 28th | March 21st | April 11th, 25th | May 16th

*ASL Interpreted Events - January 10th, February 21st, April 11, May 16th

Times: 5:00 PM - 6:30 PM

Participant Price: \$13 (Includes two pieces of pizza, one beverage, and prizes)

Staff Price: \$7 (Includes two pieces of pizza, one beverage)

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

** Project ABLE is no longer collecting money at events. Please hold onto your money and you will be invoiced. This helps alleviate processing and to avoid any chances of losing money. Thank You.

NIGHT OUT OF EATING

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

Location: Local Mystery Venue

Instructor: Project ABLE Lead

Dates: Wednesday, January 29th, Monday, February 24th, Wednesday, March 12th, Wednesday, April 9th

Time: 5:00 PM - 6:30 PM

Participant Price: \$20

Staff Price: Staff pay individually at the venue.

Project ABLE
is sponsored by the
Rice County Area United Way



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



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

REGISTRATION FORM

PROJECT ABLE REGISTRATION FORM Winter/Spring 2025

| | |
|------------------------------------|----------------------|
| Name: | |
| Address: | Phone Number: |
| Guardian Name: | |
| Group Home (if applicable): | |

| WINTER - Tuesday Night Bowling League 4:00-5:30 pm \$11 per night | | | | | |
|---|--------------------------|---------------|--------------------------|----------------|--------------------------|
| Dates | Select | Dates | Select | Dates | Select |
| January 7th | <input type="checkbox"/> | February 4th | <input type="checkbox"/> | March 4th | <input type="checkbox"/> |
| January 14th | <input type="checkbox"/> | February 11th | <input type="checkbox"/> | March 11th | <input type="checkbox"/> |
| January 21st | <input type="checkbox"/> | February 18th | <input type="checkbox"/> | March 18th | <input type="checkbox"/> |
| January 28th | <input type="checkbox"/> | February 25th | <input type="checkbox"/> | TOTAL of \$121 | |

| WINTER - Thursday Night Bowling League 4:00-5:30 pm \$11 per night | | | | | |
|--|--------------------------|---------------|--------------------------|----------------|--------------------------|
| Dates | Select | Dates | Select | Dates | Select |
| January 9th | <input type="checkbox"/> | February 6th | <input type="checkbox"/> | March 6th | <input type="checkbox"/> |
| January 16th | <input type="checkbox"/> | February 13th | <input type="checkbox"/> | March 13th | <input type="checkbox"/> |
| January 23rd | <input type="checkbox"/> | February 20th | <input type="checkbox"/> | March 20th | <input type="checkbox"/> |
| January 30th | <input type="checkbox"/> | February 27th | <input type="checkbox"/> | TOTAL of \$121 | |

| SPRING - Tuesday Night Bowling League 4:00-5:30 pm \$11 per night | | | | | |
|---|--------------------------|------------|--------------------------|---------------|--------------------------|
| Dates | Select | Dates | Select | Dates | Select |
| April 1st | <input type="checkbox"/> | April 22nd | <input type="checkbox"/> | May 13th | <input type="checkbox"/> |
| April 8th | <input type="checkbox"/> | April 29th | <input type="checkbox"/> | May 20th | <input type="checkbox"/> |
| April 15th | <input type="checkbox"/> | May 6th | <input type="checkbox"/> | TOTAL of \$88 | |

| SPRING - Thursday Night Bowling League 4:00-5:30 pm \$11 per night | | | | | |
|--|--------------------------|------------|--------------------------|---------------|--------------------------|
| Dates | Select | Dates | Select | Dates | Select |
| April 3rd | <input type="checkbox"/> | April 24th | <input type="checkbox"/> | May 15th | <input type="checkbox"/> |
| April 10th | <input type="checkbox"/> | May 1st | <input type="checkbox"/> | May 22nd | <input type="checkbox"/> |
| April 17th | <input type="checkbox"/> | May 8th | <input type="checkbox"/> | TOTAL of \$88 | |

| Night Out of Eating 5:00-6:30 pm | | | | |
|-------------------------------------|--------------------------|-------------|--------------------------|---|
| Dates | Select | Participant | Select | Staff - must register to reserve a seat |
| January 29th | <input type="checkbox"/> | \$20.00 | <input type="checkbox"/> | *Pay venue |
| February 24th | <input type="checkbox"/> | \$20.00 | <input type="checkbox"/> | *Pay venue |
| March 12th | <input type="checkbox"/> | \$20.00 | <input type="checkbox"/> | *Pay venue |
| April 9th | <input type="checkbox"/> | \$20.00 | <input type="checkbox"/> | *Pay venue |

| Pizza Bingo 5:00-6:30 pm | | | | |
|-----------------------------|--------------------------|-------------|--------------------------|--------|
| Dates | Select | Participant | Select | Staff |
| January 10th** | <input type="checkbox"/> | \$13.00 | <input type="checkbox"/> | \$7.00 |
| January 24th | <input type="checkbox"/> | \$13.00 | <input type="checkbox"/> | \$7.00 |
| February 21st** | <input type="checkbox"/> | \$13.00 | <input type="checkbox"/> | \$7.00 |
| February 28th | <input type="checkbox"/> | \$13.00 | <input type="checkbox"/> | \$7.00 |
| March 21st | <input type="checkbox"/> | \$13.00 | <input type="checkbox"/> | \$7.00 |
| April 11th** | <input type="checkbox"/> | \$13.00 | <input type="checkbox"/> | \$7.00 |
| April 25th | <input type="checkbox"/> | \$13.00 | <input type="checkbox"/> | \$7.00 |
| May 16th** | <input type="checkbox"/> | \$13.00 | <input type="checkbox"/> | \$7.00 |

** ASL Interpreted Pizza Bingo Nights

| Music Get-Together with Debbie 4:30-6:00 pm | | | | |
|--|--------------------------|-------------|--------------------------|-------|
| Dates | Select | Participant | Select | Staff |
| January 13th | <input type="checkbox"/> | \$5.00 | <input type="checkbox"/> | Free |
| March 17th | <input type="checkbox"/> | \$5.00 | <input type="checkbox"/> | Free |
| April 7th | <input type="checkbox"/> | \$5.00 | <input type="checkbox"/> | Free |
| May 19th | <input type="checkbox"/> | \$5.00 | <input type="checkbox"/> | Free |

| Special Events - view catalog for descriptions & times | | | | |
|--|--------------------------|-------------|--------------------------|-----------------------|
| Dates | Select | Participant | Select | Staff |
| January 31st | <input type="checkbox"/> | \$30.00 | <input type="checkbox"/> | \$30.00 |
| February 16th | <input type="checkbox"/> | \$18.00 | <input type="checkbox"/> | \$18.00 |
| March 22nd | <input type="checkbox"/> | Free | <input type="checkbox"/> | Free |
| May 9th | <input type="checkbox"/> | \$5.00 | <input type="checkbox"/> | \$5.00 |
| May 17th | <input type="checkbox"/> | \$25.00 | <input type="checkbox"/> | \$25.00 |
| May 28th | <input type="checkbox"/> | \$24.00 | <input type="checkbox"/> | \$12.00/burger basket |

| Arts & Crafts 4:30-6:00 pm | | | | |
|-------------------------------|--------------------------|-------------|--------------------------|-------|
| Dates | Select | Participant | Select | Staff |
| January 15th | <input type="checkbox"/> | \$6.00 | <input type="checkbox"/> | Free |
| February 19th | <input type="checkbox"/> | \$6.00 | <input type="checkbox"/> | Free |
| April 16th | <input type="checkbox"/> | \$6.00 | <input type="checkbox"/> | Free |
| May 14th | <input type="checkbox"/> | \$6.00 | <input type="checkbox"/> | Free |

| Three Ways to Register | | | | |
|--|--|--|--|--|
| 1.) Drop off or mail completed form to: Faribault Education Center, 340 9th AVE SW, Faribault, MN 55021 | | | | |
| 2.) Call us at 507-333-6011 for us to register for you | | | | |
| 3.) Register and pay online: faribault.ce.eleyo.com | | | | |

| Food Finds 4:30-6:00 pm | | | | |
|----------------------------|--------------------------|-------------|--------------------------|-------|
| Dates | Select | Participant | Select | Staff |
| January 22nd | <input type="checkbox"/> | \$6.00 | <input type="checkbox"/> | Free |
| February 12th | <input type="checkbox"/> | \$6.00 | <input type="checkbox"/> | Free |
| March 19th | <input type="checkbox"/> | \$6.00 | <input type="checkbox"/> | Free |
| April 23rd | <input type="checkbox"/> | \$6.00 | <input type="checkbox"/> | Free |

| Total Amount Owed | | | |
|--------------------|----------|---------------|--|
| Participant Total: | \$ _____ | Check # _____ | |
| Staff Total: | \$ _____ | Check # _____ | |

| Special Requests/Accommodations |
|-----------------------------------|
| Food Allergies: Y / N List: _____ |
| ASL Interpreter Needed: Y / N |
| Bumpers for Bowling: Y / N |
| Wheelchair: Y / N |

| Credit Card Info | |
|-------------------|--------------------|
| Name: | _____ |
| Card Number: | _____ |
| Exp. Date: | Sec. Code: _____ |
| PA Received Date: | PA Initials: _____ |

| Refund Policy |
|--|
| To receive a full refund, you must call or text (507) 201-5134 12 hours prior to the event. Refunds of \$20 or less will be applied as credit towards your next invoice. |

| Scholarship Info |
|---|
| Please call 507-333-6011 to ask about our scholarships. |

