

SPRING 2025

River Valley **PROJECT EXPLORE**



**SCHOLARSHIP INFO
PAGE 14!**

Classes begin on March 3, 2025

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

Happy 2025! I hope the new year is going well for you. Project Explore winter activities are in full swing; we've been enjoying many holiday activities and more.

Spring is almost here and there are a lot of great opportunities for you to get out in the community and together with friends. We have scheduled a behind the scenes tour of Target Field in March and a day in Northfield at "A Great Day Farm" in May for two new adventures. There are many more activities, so make sure to look through the whole catalog. Our new Theater Club will meet seven times this spring and culminate with a performance open to all on Wednesday, May 28th! You need not register for the class to attend the performance! Call the office for details.

Save the date for the 16th annual Project Explore Waffle Breakfast on Saturday, April 26th! It is at Messiah Lutheran Church in Lakeville from 8:30-11:00am. What a great way to social with friends, fill up on delicious waffles and support Project Explore.

As always, activities have been filling up quickly, so I hope you will take the time to register early!

Please 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 **make sure your contact information including a current email address is up to date when you register!**

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

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,

Lauren Begich,
Maddie Carlson,
Delaney Cashin,
Gabby Cogshall,
Julie Davis,
Jennifer Deviley,
Kathy Field,
Sofia Fornicoia,
Caroline Gettz,
Anita Groen,
Victoria Hamilton,
Yayra Keptsu,
Janet Larson,
Emily Messick,
Eileen O'Hara, Eric Pearson, Betsy Ritschel, Angila Schmidtke,
Jen Stoller, Carla Student, Zoey Svenson



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.

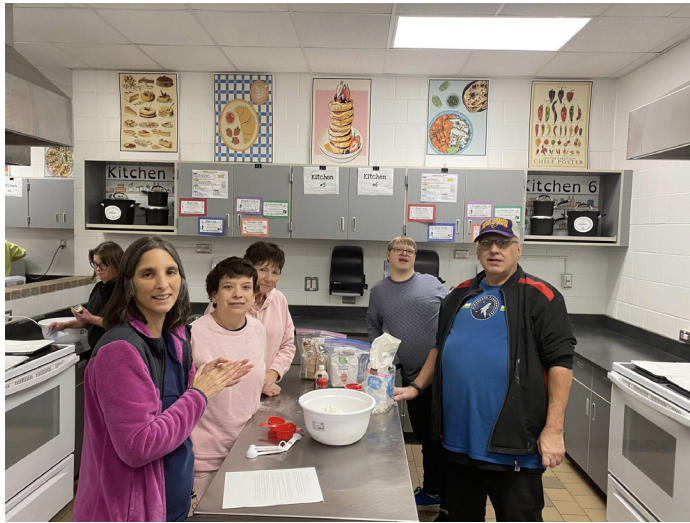
The Foundation is focused on expanding programs, classes and opportunities; providing needed equipment for activities, and scholarships for those needing financial assistance.

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, safely use kitchen utensils and help with clean up too. Class sizes are limited, so be sure to sign up early!



Breakfast Favorites

Do you love breakfast foods so much you want to have them at dinnertime? If your answer is yes, join this class to make some favorite breakfast foods and enjoy a delicious dinner with friends.

Monday, March 3
Valley Middle School

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

Breakfast For Dinner

Breakfast for dinner brings the cozy, comforting foods of breakfast to your evening table. In this class you'll prepare a variety of delicious breakfast favorites—including pannekoeken, (a breakfast pancake that puffs up in the oven), an omelet egg bake made with a crescent roll crust, chocolate chip muffins and yogurt parfaits.

Tuesday, April 1
Valley Middle School

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



Gluten Free Mexican Dinner

Let's get together and make some easy and delicious gluten free Mexican foods for dinner. Tacos, quesadillas, rice, beans, dessert and more.

Note this class meets the same time as Yoga.

Tuesday, April 22
Valley Middle School

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

Air Fryer Cooking

Learn safe and easy ways to make meals that are delicious! In this class you will learn how to make recipes that are fast and tasty. A discussion on safely using these appliances for meal preparation and safe clean up once we are done with our food preparations. No ovens or stoves will be used. We will use air fryers, microwaves and blenders.

Monday, April 28
Valley Middle School

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

BBQ Cooking

Do you love BBQ? Learn some easy and tasty recipes that are sure to please. A great way to get ready for some delicious meals you can enjoy this summer and throughout the year!

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

Wednesday, May 21
Valley Middle School

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

CRAFTS CLASSES

Leprechaun Hat

This hat will be the perfect centerpiece for your St. Patrick's table or you can gift it to a friend. What a great way to celebrate the month of March! We will paint a container shaped like a hat, let the paint dry, then decorate it.

Tuesday, March 4
Valley Middle School

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

Ribbon Wreath

This is the perfect wreath to welcome in Spring! We will pin pieces of ribbon to a wreath with bright Spring colors. Hang it on your door or wall and enjoy it all through the spring! It is sure to bring many smiles!

Tuesday, March 11
Southview Elementary

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



CRAFTS CLASSES

Spring Cardmaking

Celebrate spring with friends and loved ones by making beautiful cards to give and let people know you care about them. We will have supplies for a variety of spring cards. You will be able to make an assortment.

Thursday, April 3 6:30-8:00 pm
Valley Middle School \$12 per person



Painted Bird Houses

It's a busy time for our feathered friends so we should paint them a beautiful birdhouse to live in! After you finish decorating your bird house you can hang it in a tree, sit back and watch the birds enjoy their new beautifully painted house!

Tuesday, April 15
Valley Middle School



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

Fairy Swing

This craft is so adorable! We will make a fairy on a swing, decorate it with fairy lights and things from the forest. You can use it for a cute nightlight in your room!

Tuesday, April 29
Valley Middle School

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

Decoupage Flower Pot

We are going to paint the flower pot white and then decoupage the pot with pretty flower napkins. Your plants will be happy to grow in this beautiful pot.

Note this class meets the same time as Stroll Sunset Pond.

Tuesday, May 13
Southview Elementary

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



T-Shirt Painting

Come to one of our favorite classes and paint a Project Explore T-Shirt. The design is already printed on the shirt, all you have to do is use your creativity and color it! Please fill in your T-shirt size when you register.

You must register by April 23rd for this activity so your T-shirt can be ordered and printed prior to the class.

Thursday, May 15
Valley Middle School

6:30-8:00 pm
 \$15 per person

Cork Flag

This flag will probably be the cutest flag you will have. We paint the corks red white and blue, then glue the corks onto a hard surface. When it dries hang it on your door or wall.

Note this class meets the same time as Yoga and Theater Club.

Tuesday, May 27
Valley Middle School

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

ARTS & PAINTING



Light Up Mosaic

Have fun creating a beautiful mosaic design with self-stick colorful foam shapes. It is your choice to make a design or use patterns that will be available to you. You will use a 6 X 6 inch box that will open at the top. When you've completed your design, put a small battery tea light inside. Tea lights will be provided. This will make a nice night light for your home!

Monday, March 17
Valley Middle School

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

Fur, Feather or Fin

Join Kathy for shadow box painting. How fun it is to see a pet in a window! Maybe a kitty, dog, bird or fish in a bowl. You will be given printed instructions, sample outlines, ideas and the materials necessary to create a pet of your choice and its fun surroundings.

Monday, March 31
Valley Middle School

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



Spring Wall Hanging

With the days getting longer it's time to celebrate spring! You will be given a printed and illustrated instruction sheet. Materials you will use are wood beads, laser cut wood spring objects, (such as birds, butterflies and flowers), string and a dowel. You will paint the beads and objects. Once they are dry string them and hang from the dowel. You can make up to six bead strings. Finished project sizes will vary.



Monday, April 7
Valley Middle School

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

Hatched and Hungry

You will love these adorable newborn begging baby birds! You will use a sturdy 6 x 6 inch material for the background. Start this project by painting two papier mache baby birds, and then decorate with feather like material. Place these hungry birdies in the nest that you will make. Finish your creation by painting fun little worms to feed these begging babies.

Monday, April 21
Valley Middle School

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

ARTS & PAINTING

Fairy Garden

You will paint a fairy garden of flowers using cotton swabs and acrylic paints. Then it's time to make a fairy for your garden. There will be supplies to make the fairy along with easy instructions. Add your fairy to the garden and it will be complete. Finish your fairy garden with a little fairy dust!!

Thursday, May 8
Valley Middle School

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

Sunny Seaside Collage

The days are getting longer and warmer. This makes us think of being near the water. You will make a seaside collage using sand, seashells and other beach items. Painting will be involved too. Instructions and examples will inspire and guide you for this collage.

Monday, May 19
Valley Middle School

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



SCIENCE

Pencils & Erasers

Join our Science Wizard, Sue, and explore the secret science of pencils and erasers. Learn about the first pencils made and their evolution. Do pencil and eraser activities. You will make mini erasers that you can take home.

Thursday, March 6
Valley Middle School

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



Sponge Sprout House

Make it yourself sponge sprout house. Cut kitchen sponges into shapes and build a small house. Press micro green seeds into the holes of the sponges and water the sponges. At home remember to keep your sponge house wet. In a few days watch the seeds sprout! Enjoy the sprouts in salads. Great example of hydroponics.

Monday, April 14
Valley Middle School

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

SCIENCE

Tissue Paper Sun Catchers

These colorful sun catchers will bring light indoors. Watch how light travels through different colors of colored tissue creating a "rainbow" of color and shadow. Make spring sun catchers to hang on your windows. These will be sure to brighten any room at your home!

Monday, May 12
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.



St. Patrick's Dance

Wear green and come on out to celebrate the annual Irish holiday called Saint Patrick's Day! It's sure to be a wonderful evening with friends, fun and a lot of green!! There may even be a leprechaun or two at the dance!

Friday, March 7
Valley Middle School

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



Spring Dance

The flowers are blooming and the weather is warming up. Say good-bye to winter as you celebrate the season of spring.

Friday, April 4
Valley Middle School

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

Prom/Spring Formal

You are invited to our annual spring formal dance. Put on your dancing shoes and dress up to impress. Bring your housemates, friends or maybe that special someone and make this a night you won't forget.

Friday, May 9
Valley Middle School

6:30-9:00 pm
\$10 per person

ENTERTAINMENT

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, March 5
Valley Middle School

Tuesday, May 20
Valley Middle School



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

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

Puzzle Party!

Join friends to complete puzzles on your own or you can work together. This will be a relaxing way to spend an evening! There will be a large variety of puzzles available, so there is something for every skill level. You can put together more than one puzzle if you'd like! Refreshments will be served.

Friday, April 18
Valley Middle School

Thursday, May 22
Southview Elementary



6:30-8:00 pm
\$7 per person

6:30-8:00 pm
\$7 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, March 13
Southview Elementary

Thursday, April 24
Southview Elementary



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

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



Movie Night

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

Thursday, March 20
Valley Middle School

Thursday, April 17
Valley Middle School



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

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



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 when you win!

Saturday, March 22
Valley Middle School

Saturday, May 3
Valley Middle School

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

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



Game Night

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

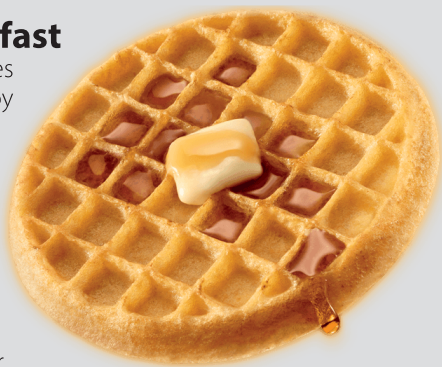
Thursday, April 10
Valley Middle School

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



Waffle Breakfast

Dad's Belgian Waffles are back again! Enjoy an all-you-can-eat waffle meal served with sausage, fruit, and beverage. The mouth-watering aroma of the waffles will greet you as you walk in the door! Bring your family and invite a friend or two to join you for a delicious breakfast or lunch and help raise money to keep Project Explore program costs down. Children ages 6-12 pay \$5, children 5 and younger eat free!



Saturday, April 26 **8:30-11:00 am**
Messiah Lutheran Church **\$10 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, May 14 **6:30-8:00 pm**
Valley Middle School **\$8 per person**



Bowling Banquet

Enjoy a delicious meal as you spend an evening off the bowling lanes having some fun and socializing with your teammates and other bowlers. Please indicate on your registration your t-shirt size. **Registration for the banquet closes on May 8th.**

Friday, May 23 **5:30-7:30 pm**
Messiah Lutheran Church **\$12 per person**

Game Night & Root Beer Floats

Join your friends for some fun playing games and enjoying delicious root beer floats. What a great way to end the month of May after the Memorial Day holiday weekend! We'll have some of your favorite games like Sorry, Trouble, Battleship, cards, and puzzles; but feel free to bring your favorite to share with friends.

Friday, May 30 **6:30-8:00 pm**
Valley Middle School **\$6 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. **Please note April and May Yoga sessions start at 7:00pm!**

Tuesday, March 4 **6:30-7:30 pm**
Valley Middle School **\$5 per person**
Note this class meets the same time as Leprechaun Hat.

Tuesday, March 18 **6:30-7:30 pm**
Valley Middle School **\$5 per person**
Note this class meets the same time as Greased Lightning Line Dance.

Tuesday, April 8 **7:00-8:00 pm**
Valley Middle School **\$5 per person**
Note this class meets the same time as Happy Line Dance.

Tuesday, April 22 **7:00-8:00 pm**
Valley Middle School **\$5 per person**
Note this class meets the same time as Gluten Free Mexican Dinner.

Tuesday, May 20 **7:00-8:00 pm**
Valley Middle School **\$5 per person**
Note this class meets the same time as Karaoke Night.

Tuesday, May 27 **7:00-8:00 pm**
Valley Middle School **\$5 per person**
Note this class meets the same time as Cork Flag and Theater Club.



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, March 12 **6:30-7:30 pm**
Nicollet Middle School **\$5 per person**
Note this class meets the same time as Theater Club.

Wednesday, March 19 **6:30-7:30 pm**
Nicollet Middle School **\$5 per person**

Wednesday, April 9 **6:30-7:30 pm**
Nicollet Middle School **\$5 per person**

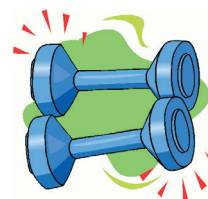
Wednesday, April 16 **6:30-7:30 pm**
Nicollet Middle School **\$5 per person**

Wednesday, May 7 **6:30-7:30 pm**
Nicollet Middle School **\$5 per person**

Note this class meets the same time as Theater Club.

Wednesday, May 21 **6:30-7:30 pm**
Nicollet Middle School **\$5 per person**

Note this class meets the same time as BBQ Cooking.



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 caregiver is able to get into the pool with you. Caregivers are welcome to get in the pool!

Saturday, March 15
McGuire Middle School

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

Saturday, April 19
McGuire Middle School

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

Saturday, May 10
McGuire Middle School

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



For Hikes and Strolls:

In case of inclement weather, the instructor will contact you to reschedule.

Caregivers who accompany participants must stay with them the entire time. Wear sturdy walking shoes and dress for the weather. Please arrive 10 minutes ahead of time so we can begin our walk together. At the end of the hike or stroll we will have a snack and bottled water while we have time to visit with friends.



Stroll and Roll Valley Lake Park

Take a nice walk around the paved path and look for geese, ducks and other wildlife. The path is suitable for wheelchairs, mostly flat, but there may be some small hills. Meet on the grass by the parking lot and shelter to check in.

Thursday, May 1
Valley Lake Park

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

Thursday, May 29
Valley Lake Park

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

Hike Sue Fischer Memorial Park

Meet by the parking lot at Sue Fischer Memorial Park and then we'll hike Rudy Kraemer Nature Preserve (about 2-1/2 miles).

Saturday, May 17
Sue Fischer Memorial Park

10:00-11:30 am
\$5 per person

Stroll & Roll Sunset Pond

We'll walk around Sunset Pond (1.75 miles). If the parking lot is full, please park next door in the office parking lot. It's okay to park there in the evening.

Note this class meets the same time as Decoupage Flower Pot.

Tuesday, May 13
Sunset Pond Park

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

MUSIC & DRAMA

Theater Club: Music through the Decades

Join us for a fun spring session filled with music. We will meet for seven (7) Wednesdays this spring. At the end of this session our club will put on a performance entitled "Music through the Decades". There will be opportunities for you to shine with speaking parts, music parts and even dance! Attendance for each class is important to make our production a success. Hope to see you there and all are welcome to "shine"! Meeting dates are March 12 & 19, April 2 & 30, May 7, 27 & 28. The performance is on May 28.

Note this class meets the same time as other activities on three nights.

Wednesdays, March 12-May 28
Eagle Ridge Middle School

6:30-8:00 pm
\$45 per person

Mark your Calendar!

"Music through the Decades" performance is free and open to all. Refreshments will be available for purchase after the performance while we have some social time.

Wednesday, May 28 7:00-8:00 pm
Eagle Ridge Middle School



Greased Lightning Line Dance

Learn those classic moves to this iconic dance that just makes you want to slick back your hair and relive the 50's! No partner needed for a night of fun.

Note this class meets the same time as Yoga.

Tuesday, March 18
Valley Middle School

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



MUSIC & DRAMA

“Happy” Line Dance

This song just invites you to move your feet, sing along and be “happy”! So come along and learn this joyous line dance to the popular song by Pharrell Williams. Be prepared for an evening of pure fun! No partner required.

Note this class meets the same time as Yoga.

Tuesday, April 8
Valley Middle School

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

Classic Line Dances

Enjoy a night filled with all the dances you love! The Wobble, Electric Slide, Cupid Shuffle, Cha Cha Slide and the Macarena. With a review of each we'll be dancing the night away!

Monday, May 5
Valley Middle School

6:30-7:30 pm
\$9 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.

Target Field Tour

Come and join us for a public tour of Target Field. This tour is just a few days before the home opener game, so Target Field should be in full swing to kick off the 2025 season! The tour will begin at the Majestic Clubhouse Store located at Gate #29 near the 7th Street side of the ballpark. The tour is wheelchair accessible, and complementary wheelchairs are available if needed upon request. The tour begins at 10:00am. If you are not riding the bus with Project Explore, plan to arrive at 9:45am. Make sure to wear comfortable shoes as the tour will cover a distance of approximately one mile and will last up to 90 minutes. The Twins store will be open and we will spend about 15 in the store at the end of the tour. Bring a credit or debit card if you plan to make any purchases at Target Field. The tour will be given rain or shine.

Caregivers need only pay the bus fee; if not riding the bus please register so Target Field knows how many people will be on the tour.

We must receive your registration and payments for this event by March 21 or until tickets have sold out.

Saturday, March 29
Valley Middle School

9:00 am-12:30 pm
\$17 per person



Farm Day!

Join Project Explore friends for a day of fun at ‘A Great Day Farm’ in Northfield. There is a great variety of activities both indoors and outside. There are adaptive bikes for your use, gardens to explore, an indoor recreation center with games, swings and more. We will have lunch for you too! **There is no fee for caregivers, but they must register as we have limited space. Transportation is not provided for this activity.**

Friday, May 2
A Great Day Farm

10:00 am-2:00 pm
\$7 per person

OUT ON THE TOWN

Taco Tuesday!

Celebrate Cinco de Mayo with us at Casper’s Cherokee in Eagan with friends, all you can eat tacos and fun! This price also includes soda pop and water. **Caregivers need to register and pay for dinner.**

Tuesday, May 6
Casper’s Cherokee Eagan

5:00-7:00 pm
\$14 per person



OUT & ABOUT

Lunch Bunch Dairy Queen

Make a plan to meet up with Project Explore friends for lunch and some socializing! It’s a great time to see old friends and make some new friends too. If you are available, we hope you can join us! **Remember to bring money to pay for your meal.**

Friday, March 14
Dairy Queen Eagan

11:00 am-12:15 pm
No Fee

Friday, April 25
Chick-fil-A Apple Valley

11:00 am-12:15 pm
No Fee

Friday, May 16
Chipotle Burnsville

11:00 am-12:15 pm
No Fee





Spring Bowling Leagues

Our bowling leagues meet at Bogart's Entertainment Center. 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. Spring bowling sessions fill up quickly! You must pre-register to have a lane assigned. Spring bowling is a ten week session.

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



Monday Morning Bowling

Mondays, March 17-May 19
Bogart's Entertainment Center

10:00-11:15 am
\$49 per person

Monday Afternoon Bowling

Mondays, March 17-May 19
Bogart's Entertainment Center

4:00-5:15 pm
\$49 per person

Wednesday Bowling

Wednesdays, March 19-May 21
Bogart's Entertainment Center

4:00-5:15 pm
\$49 per person

Thursday Bowling

Thursdays, March 20-May 22
Bogart's Entertainment Center

4:00-5:15 pm
\$49 per person



Waffle Breakfast Set-up

Come and help set up for our annual Waffle Breakfast. We'll set up tables and chairs first. Then add tablecloths and centerpieces. Your help will be greatly appreciated!

Friday, April 25
Messiah Lutheran Church



5:30-6:30 pm
No Fee

Bowling Banquet Set-up

Come and help set up for our annual Bowling Banquet. We'll set up tables and chairs first. Then add tablecloths, settings, decorations and gifts. Your help will be greatly appreciated!

Thursday, May 22
Messiah Lutheran Church



5:30-6:30 pm
No Fee

Adopt A Park

Help keep our community clean and beautiful. Project Explore has adopted Valley Middle Park on the northern border of Valley Middle School. We'll meet to pick up litter. Tools are provided, bring work gloves if you'd like and dress for the weather.

Saturday, May 31
Valley Middle Park

10:00-11:00 am
No Fee

ZOOM CLASSES – ONLINE

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

Book Club - "UP"

The fantastic adventures are only just beginning when Carl, a retired helium-balloon salesman, attaches balloons to his house and takes off for the South American jungle. He soon discovers that an enthusiastic, young Junior Wilderness Explorer has stowed away for the ride. And to make matters worse, Carl has to deal with all manner of trouble, including dangerous dogs, a mad villain, and even a giant, flightless jungle bird.

Tuesdays, March 4-25
Online



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

Book Club - "Charlotte's Web"

Find your favorite chair and sit back to hear this classic story. "Charlotte's Web" is a story of friendship, courage, and self-sacrifice. Some Pig. Humble. Radiant. These are the words in Charlotte's Web, high up in Zuckerman's barn. Charlotte's spiderweb tells of her feelings for a little pig named Wilbur, who simply wants a friend. They also express the love of a girl named Fern, who saved Wilbur's life when he was born the runt of his litter.

Tuesdays, May 6-27
Online

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

Is your diet gluten free?

Call the office if you are gluten free at least one week prior to the **Bowling Banquet** 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.

PROJECT EXPLORE GUIDELINES FOR PARTICIPATION

Project Explore promotes inclusion of adults with developmental, sensory, cognitive and physical disabilities in a variety of Community Education programs and makes reasonable accommodations to provide an enriching experience for all participants. Your cooperation in following the guidelines listed below helps to make the classes and trips run smoothly and safely.

1. Pre-registration is required for all classes, activities and trips. Walk-ins will be accepted for dances and Bingo, but pre-payment and reservations are appreciated.
2. Participants must be accompanied to the classroom. The instructor or staff is in the classroom no earlier than 30 minutes prior to class. Check in with the Project Explore staff and confirm the best time to return and pick up the participant; this needs to be at least 15 minutes prior to the end of class.
3. Participants who require personal assistance for physical and/or behavioral issues must be accompanied and supervised for all activities and events by their caregiver.
4. All participants must be accompanied for field trips, unless they are their own guardian. Call the office with any questions.
5. Any participant with an active seizure disorder must be accompanied and supervised at all Project Explore activities by their caregiver.
6. All Project Explore programs are school district sponsored, so there is no smoking on school grounds. All programs are alcohol free.
7. Transportation to and from all activities is the responsibility of the participant. Exceptions are for "Out On The Town" activities where a bus is provided.
8. Instructors are not expected to, nor are trained to provide the level of assistance often required by people with disabilities. Instructors are not familiar with all the personal, physical or behavioral needs of the participants.
9. Any individuals attending any of our activities on their own are asked to carry emergency contact information with them.
10. If you do not wish for the image and likeness of you to be used for Project Explore or ISD 196's promotional materials and publications, contact Communication Department at communityed@district196.org or call 651-423-7701.
11. Please do not bring any outside food or drink to non-meal events. It may cause inappropriate behavior from some participants. We appreciate your help.
12. Arriving Late: Participants that arrive at an activity 30 minutes or more after the start time may not be permitted to complete all projects, activities or the event.
13. Inclement Weather: In case of inclement weather check the ISD 196 website and also our outgoing voice message. We will make every effort to contact you.

If unable to meet these guidelines, please call the program office.

WEB RESOURCES

River Valley Project Explore: 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.org or www.theravesp.org

Farmington: farmingtonce.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 545 Pilot Knob Road, Eagan
Drive-Thru – Monday-Thursday, 5:30-6:30 pm

FACILITY ADDRESSES

A Great Day Farm

5575 115th St. E
Northfield, MN 55057

Bogart's Entertainment Center

14917 Garrett Avenue
Apple Valley, MN 55124

Casper's Cherokee Room

4625 Nicols Road
Eagan, MN 55122

Chick-fil-A

7480 153rd Street W
Apple Valley, MN 55124

Chipotle

728 County Road 42
Burnsville, MN 55337

Dairy Queen

4630 Rahn Cliff Road
Eagan, MN 55122

Eagle Ridge Middle School

13955 Glendale Road
Savage, MN 55378

McGuire Middle School

21220 Holyoke Avenue
Lakeville, MN 55044

Messiah Lutheran Church

16725 Highview Avenue
Lakeville, MN 55044

Nicollet Middle School

400 E. 134th Street
Burnsville, MN 55337

Southview Elementary School

1025 Whitney Drive
Apple Valley, MN 55124

Sue Fischer Memorial Park

12700 Vincent Avenue S.
Burnsville, MN 55337

Sunset Pond Park

3398 W. Burnsville Parkway
Burnsville, MN 55337

Target Field

1 Twins Way
Minneapolis, MN 55403

Valley Lake Park

160th Street, East of Cedar Avenue
Lakeville, MN 55044

Valley Middle Park

1040 Baldwin Drive
Apple Valley, MN 55124

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 – Spring 2025

Cooking Classes

Breakfast Favorites _____ \$15
 Breakfast for Dinner _____ \$15
 Gluten Free Mexican Dinner _____ \$15
 Air Fryer Cooking _____ \$15
 BBQ Cooking _____ \$15

Craft Classes

Leprechaun Hat _____ \$12
 Ribbon Wreath _____ \$12
 Spring Cardmaking _____ \$12
 Painted Bird Houses _____ \$12
 Fairy Swing _____ \$12
 Decoupage Flower Pot _____ \$12
 T-Shirt Painting _____ \$15
 T-Shirt Size (S-4XL) _____
 Cork Flag _____ \$12

Arts & Painting

Light Up Mosaic _____ \$12
 Fur, Feather or Fin _____ \$12
 Spring Wall Hanging _____ \$12
 Hatched and Hungry _____ \$12
 Fairy Garden _____ \$12
 Sunny Seaside Collage _____ \$12

Science Classes

Pencils & Erasers _____ \$12
 Sponge Sprout House _____ \$12
 Tissue Paper Sun Catchers _____ \$12

Dances

St. Patrick's Dance _____ \$8
 Spring Dance _____ \$8
 Prom/Spring Formal _____ \$10

Entertainment

Karaoke
 March 5 _____ \$5
 Song Request _____
 May 20 _____ \$5
 Song Request _____
 Puzzle Party
 April 18 _____ \$7
 May 22 _____ \$7
 Let's Play Cards
 March 13 _____ \$5
 April 24 _____ \$5
 Movie Night
 March 20 _____ \$5
 April 17 _____ \$5
 Bingo & Pizza
 March 22 _____ \$9
 May 3 _____ \$9
 Game Night _____ \$5
 Waffle Breakfast _____ \$10
 Word Search Challenge _____ \$8
 Bowling Banquet _____ \$12
 T-shirt size (S-4XL) _____
 Game Night & Root Beer Floats _____ \$6

Health and Wellness

Yoga
 March 4 _____ \$5
 March 18 _____ \$5
 April 8 _____ \$5
 April 22 _____ \$5
 May 20 _____ \$5
 May 27 _____ \$5

Move & Groove

March 12 _____ \$5
 March 19 _____ \$5
 April 9 _____ \$5
 April 16 _____ \$5
 May 7 _____ \$5
 May 21 _____ \$5
 Open Swim
 March 15 _____ \$5
 April 19 _____ \$5
 May 10 _____ \$5

Stroll & Roll Valley Lake Park

May 1 _____ \$5
 May 29 _____ \$5
 Hike Sue Fischer Memorial Park _____ \$5
 Stroll & Roll Sunset Pond _____ \$5

Music & Drama

Theater Club _____ \$45
 Greased Lightning Line Dance _____ \$9
 "Happy" Line Dance _____ \$9
 Classic Line Dances _____ \$9

Out on the Town

Target Field Tour _____ \$17
 No Bus _____ \$12
 Farm Day! _____ \$7
 Taco Tuesday! _____ \$14

Out & About

Lunch Bunch
 March 14-Dairy Queen, Eagan _____ No Fee
 April 25-Chick-fil-A, AV _____ No Fee
 May 16-Chipotle, Burnsville _____ No Fee

Sports

Spring Bowling Leagues (10 weeks)
 Monday Morning _____ \$49
 Monday Afternoon _____ \$49
 Wednesdays _____ \$49
 Thursdays _____ \$49
 I need lane bumpers _____
 I need a bowling ramp _____

Online Activities

Book Club
 "UP" _____ \$12
 "Charlotte's Web" _____ \$12

Volunteer Corner

Waffle Breakfast Dinner Set-up _____ No Fee
 Bowling Banquet Dinner Set-up _____ No Fee
 Adopt A Park _____ No Fee
 Participant Total _____
 Credit Voucher _____
 Enclosed _____
 Check # _____

Caregiver Events – Spring 2025

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
 March 22 _____ \$5
 May 3 _____ \$5
 Waffle Breakfast _____ \$10
 Bowling Banquet _____ \$12

Dances

St. Patrick's Dance _____ \$8
 Spring Dance _____ \$8
 Prom/Spring Formal _____ \$10

Out on the Town

Target Field Tour _____ \$5
 No Bus _____ No Fee
 Farm Day! _____ No Fee
 Taco Tuesday! _____ \$14

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 651-423-7931.

4. In Person

Walk in registrations can be made at the office between the hours of 8:00 am and 4:30 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.

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 and an opening occurs, we will contact you.

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

UCare Member Benefits

- Some UCare Members are eligible for benefits to help pay for Community Education and Project Explore activities. Contact your UCare representative for more information and to see if you qualify.

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.



Mark your calendar now:

Monday, April 14 - summer catalog opens for registration online

Friday, June 20th – Annual Rock 'n' Roll Summer Dance!

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 early for 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, March 3

- Breakfast Favorites
5:30-7:00 pm
Valley Middle School

Tuesday, March 4

- Book Club – “UP”
4:00-5:00 pm
Online
- Leprechaun Hat
6:30-8:00 pm
Valley Middle School
- Yoga
6:30-7:30 pm
Valley Middle School

Wednesday, March 5

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

Thursday, March 6

- Pencils & Erasers
6:30-7:30 pm
Valley Middle School

Friday, March 7

- St. Patrick's Dance
6:30-9:00 pm
Valley Middle School

Tuesday, March 11

- Ribbon Wreath
6:30-8:00 pm
Southview Elementary School

Wednesday, March 12

- Theater Club
6:30-8:00 pm
Eagle Ridge Middle School
- Move & Groove
6:30-7:30 pm
Nicollet Middle School

Thursday, March 13

- Let's Play Cards
6:30-8:00 pm
Southview Elementary School

Friday, March 14

- Lunch Bunch
11:00 am-12:15 pm
Dairy Queen Eagan

Saturday, March 15

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

Monday, March 17

- Morning Bowling Begins
10:00-11:15 am
Bogart's
- Afternoon Bowling Begins
4:00-5:15 pm
Bogart's
- Light Up Mosaic
6:30-7:30 pm
Valley Middle School

Tuesday, March 18

- Greased Lightning Line Dance
6:30-7:30 pm
Valley Middle School
- Yoga
6:30-7:30 pm
Valley Middle School

Wednesday, March 19

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

Thursday, March 20

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

Thursday, March 20

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

Saturday, March 22

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

Saturday, March 29

- Target Field Tour
9:00 am-12:30 pm
Valley Middle School

Monday, March 31

- Fur, Feather or Fin
6:30-8:00 pm
Valley Middle School

Tuesday, April 1

- Breakfast for Dinner
5:30-7:00 pm
Valley Middle School

Thursday, April 3

- Spring Cardmaking
6:30-8:00 pm
Valley Middle School

Friday, April 4

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

Monday, April 7

- Spring Wall Hanging
6:30-8:00 pm
Valley Middle School

Tuesday, April 8

- “Happy” Line Dance
6:30-7:30 pm
Valley Middle School
- Yoga
7:00-8:00 pm
Valley Middle School

Wednesday, April 9

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

Thursday, April 10

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

Monday, April 14

- Sponge Sprout House
6:30-7:30 pm
Valley Middle School

Tuesday, April 15

- Painted Bird Houses
6:30-8:00 pm
Valley Middle School

Wednesday, April 16

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

Thursday, April 17

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

Friday, April 18

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

Saturday, April 19

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

Monday, April 21

- Hatched and Hungry
6:30-7:30 pm
Valley Middle School

Tuesday, April 22

- Gluten Free Mexican Dinner
5:30-7:00 pm
Valley Middle School
- Yoga
7:00-8:00 pm
Valley Middle School

Thursday, April 24

- Let's Play Cards
6:30-8:00 pm
Southview Elementary School

Friday, April 25

- Lunch Bunch
11:00 am-12:15 pm
Chick-fil-A, Apple Valley
- Waffle Breakfast Set-up
5:30-6:30 pm
Messiah Lutheran Church

Saturday, April 26

- Waffle Breakfast
8:30-11:00 am
Messiah Lutheran Church

Monday, April 28

- Air Fryer Cooking
5:30-7:00 pm
Valley Middle School

Tuesday, April 29

- Fairy Swing
6:30-8:00 pm
Valley Middle School

Thursday, May 1

- Stroll & Roll Valley Lake
6:30-7:30 pm
Valley Lake Park

Friday, May 2

- Farm Day!
10:00 am-2:00 pm
A Great Day Farm

Saturday, May 3

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

Monday, May 5

- Classic Line Dances
6:30-7:30 pm
Valley Middle School

Tuesday, May 6

- Book Club – “Charlotte’s Web”
4:00-5:00 pm
Online
- Taco Tuesday!
5:00-7:00 pm
Casper’s Cherokee Eagan

Wednesday, May 7

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

Thursday, May 8

- Fairy Garden
6:30-7:30 pm
Valley Middle School

Friday, May 9

- Prom/Spring Formal
6:30-9:00 pm
Valley Middle School

Saturday, May 10

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

Monday, May 12

- Tissue Paper Sun Catchers
6:30-7:30 pm
Valley Middle School

Tuesday, May 13

- Decoupage Flower Pot
6:30-8:00 pm
Southview Elementary School
- Stroll & Roll Sunset Pond
6:30-8:00 pm
Sunset Pond Park

Wednesday, May 14

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

Thursday, May 15

- T-Shirt Painting
6:30-8:00 pm
Valley Middle School

Friday, May 16

- Lunch Bunch
11:00 am-12:15 pm
Chipotle Burnsville

Saturday, May 17

- Hike Sue Fischer Park
10:00-11:30 am
Sue Fischer Memorial Park

Monday, May 19

- Sunny Seaside Collage
6:30-8:00 pm
Valley Middle School

Tuesday, May 20

- Karaoke Night!
6:30-8:00 pm
Valley Middle School
- Yoga
7:00-8:00 pm
Valley Middle School

Wednesday, May 21

- BBQ Cooking
5:30-7:00 pm
Valley Middle School
- Move & Groove
6:30-7:30 pm
Nicollet Middle School

Thursday, May 22

- Bowling Banquet Set-up
5:30-6:30 pm
Messiah Lutheran Church
- Puzzle Party!
6:30-8:00 pm
Southview Elementary School

Friday, May 23

- Bowling Banquet
5:30-7:30 pm
Messiah Lutheran Church

Tuesday, May 27

- Cork Flag
6:30-8:00 pm
Valley Middle School
- Yoga
7:00-8:00 pm
Valley Middle School

Thursday, May 29

- Stroll & Roll Valley Lake
6:30-7:30 pm
Valley Lake Park

Friday, May 30

- Game Night & Root Beer Floats
6:30-8:00 pm
Valley Middle School

Saturday, May 31

- Adopt A Park
10:00-11:00 am
Valley Middle Park

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



Non-Profit Org.
U. S. Postage
PAID
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!

HOLIDAYS!

