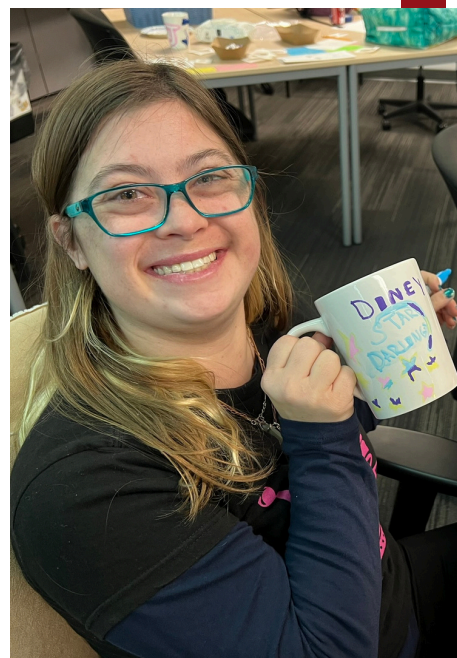


# ACCESS PROJECT PROGRAM

SERVING ADULTS WITH DISABILITIES

**FALL 2025**



**ACCESS PROJECT OFFICE**

1200 Stassen Lane

West St. Paul, MN 55118

651-403-8331

[tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com)

# WELCOME

## PROGRAM CONTACTS



**Karyn Solseng**

Access Project Coordinator  
651-403-8331  
karyn.solseng@isd197.org



**Jill Monsour**

Access Project Facilitator  
612-234-7485  
jillian.monsour@isd197.org

## PROGRAM STAFF & VOLUNTEERS

Crista Flodquist, Nichole White, Terri O’Gara, Patty Krause  
Emma Monsour & Lily Monsour

### Welcome to Access Project Program for Adults with Disabilities

The Access Project program is designed to provide a wide array of activities and classes for adults with disabilities to expand their horizons, cultivate new skills, engage in stimulating activities and foster friendships in a welcoming and supportive environment. You are invited to participate in any of our classes regardless of your district of residence. Access Project will assist with appropriate inclusion and access to all classes.

- Participants who require one-on-one attention for physical, behavioral issues, or medication administration must be supervised by a caregiver
- There is no cost for caregivers to assist unless otherwise noted
- Transportation is not included unless noted
- Participants must be accompanied to the classroom, arriving no earlier than 5 minutes before listed start time. Prompt pick up is expected at the end of time listed. Please review the pick up and drop off policy when registering for class.
- Requests for cancellations and refunds must be received seven days prior to the class
- All Access Project activities are alcohol and tobacco-free.

Contact, Registration, Scholarships & Fee Assistance Information:

Ph: 651-403-8331

Online: [tridistrict.ce.eleyo.com](http://tridistrict.ce.eleyo.com) Click on Access Project.

Mail: Access Project % Karyn Solseng  
1200 Stassen Lane  
West St. Paul, MN 55118

Branch Out Building Address  
150 Marie Ave E, West St Paul, MN 55118

# TRIDISTRICT.CE.ELEYO.COM

# CLASSES

## CREATIVE ARTS



### Open Art Lab

Whether you're a seasoned creator or just starting out, get inspired as we dive into various mediums, techniques, and styles as you unleash your imaginations.

**Tue, Sep 16 | 6-7:30 pm | \$6 | Branch Out Building**

**Tue, Nov 4 | 6-7:30 pm | \$6 | Branch Out Building**



### Masquerade Mask Creations

Join us for a fun night creating masquerade masks. Learn how to plan the design, pick colors and materials, paint, and assemble.

**Thu, Oct 2 | 6-7:30 pm | \$6 | Branch Out Building**



### Guided Drawing with Access Staff

Join us for a night of drawing fun. One of our skilled instructors will guide you through an easy and fun drawing step-by-step. Make it your own by adding color to it.

**Tue Oct 14 | 6-7 pm | \$6 | Branch Out Building**



### Popsicle Stick Snowflake Ornaments

This class provides a fun and easy craft activity for making snowflake ornaments using popsicle sticks. Learn how to create a snowflake design and decorate with color and other embellishments.

**Tue, Dec 2 | 6-7:15 pm | \$6 | Branch Out Building**



## FOOD



### Apple French Toast Bake

Do you like French toast? Do you like Apples? Join us for a fun class where these two classics come together in a delicious breakfast bake. Come socialize and learn how to make this delicious meal. See you there!

**Wed, Sep 10 | 6-7:30 pm | \$9 | Branch Out Building**



### Pumpkin Spiced Protein Balls

Pumpkin spice equals fall time fun. Join us as we learn to make these delicious treats and socialize with our peers. Pumpkin Spice Protein Balls are a delicious and healthy no-bake dessert or snack to enjoy in fall.

**Thu, Oct 23 | 6-7:15 pm | \$9 | Branch Out Building**



### Rainbow Pasta Salad

Come to a hands-on culinary experience where you will learn to create delicious and versatile pasta salads. This class focuses on incorporating a variety of fresh ingredients to create a healthy and tasty dinner side dish.

**Wed, Nov 19 | 6-7 pm | \$9 | Branch Out Building**



### Puppy Chow

Join us for a fun, engaging and hands-on activity. You can learn to make this easy 5 ingredient tasty treat while socializing with peers. Bring home a bag to save for later or gift it to a friend.

**Tue, Dec 9 | 6-7 pm | \$9 | Branch Out Building**

# CLASSES

## SOCIAL CORNER



### Friday Fun Night



Join us for a night of fun with friends, games, crafts, movies, and pizza. This is a relaxed, casual activity where you get to choose what you want to do! Pre-registration is not required but helpful in ordering pizza. We will do a special Karaoke Friday Fun Night in December!

**Fridays**

**Sep 5, Nov 14, Dec 12**

**6-8:30 pm | \$8 each session | Branch Out Building**

### Friday Fun Night - Monster Mash Party



We're "Monster" mashing our costume party with Friday Fun Night! We'll have pizza, Halloween inspired crafts and games, a halloween movie along with a dance floor to Monster Mash to some favorite tunes. Come in costume for a wicked night of fun! Pre-registration is appreciated for ordering pizza.

**Fri, Oct 10 | 6-8:30 pm | \$8 | Branch Out Building**

### Bingo Jamboree



Everyone loves BINGO! Come on over to meet new friends, play bingo, and have a good time. All participants win a prize! Pre-registration is not required.

**Mondays**

**Sep 22, Oct 20, Nov 17, Dec 15**

**6-7:30 pm | \$6 each session | Branch Out Building**

### Karaoke



Let's sing the night away! Gather with friends for a fun night of singing, laughing, and music while taking turns performing some of your favorite tunes. Pre-registration is not required but appreciated.

**Tue, Oct 28 | 6-7:15 pm | \$5**

**Branch Out Building**

# CLASSES

## WELLNESS



### Just Dance

Get ready to groove to classic tunes while learning fun choreography. Perfect for dancing fans of all ages, this high-energy class teaches dance moves that will make you a hit at all the dance parties!

**Fri, Sep 26 | 6-7 pm | \$5 | Branch Out Building**

**Tue, Nov 25 | 6-7 pm | \$5 | Branch Out Building**



### Yoga

Yoga is a fun, social way to relax the mind and body while building strength, flexibility, and balance. It's a fun way to calm our bodies and minds while promoting relaxation and reducing anxiety. Poses can be adapted for all abilities. Join us and explore Down Dog, Cat, Cow, Warrior, Cobra and Tree. Bring your own mat and wear comfortable clothing and sneakers.

Instructor: Debra Lee

**Thursdays**

**Oct 30 - Dec 11 | 6:15-7:15 pm | \$30 (For all 6 sessions together)**

**Moreland Elementary Dance Studio**

## OTHER



### Winter Registration Open House

Curious about what Access Project offers or want help signing up? Come join us for a night of fun while we socialize, enjoy a snack and register for new classes we have available for the next session. A staff member will help you register and tell you a bit about the classes we are offering.

**Wed Dec 17 | 5:30-7 pm | Free**

**Branch Out Building**



# REGISTRATION RECORD



Check each box for the activity you registered for!

## September

☐ Fri. Fun Night  
Sep 5, 6-8:30 pm  
Branch Out

☐ Apple French  
Toast  
Sep 10, 6-7:30 p  
Branch Out

☐ Open Art Lab  
Sep 15, 6-7:30 pm  
location

☐ Ready to Ride  
Sep 18, 6-7 pm  
Branch Out

☐ Bingo  
Sep 22, 6-7:15 pm  
Branch Out

☐ Just Dance  
Sep 26, 6-7 pm  
Branch Out

## October

☐ Masquerade  
Masks  
Oct 2, 6-7:30 pm  
Branch Out

☐ Monster Mash  
Oct 10, 6-8:30 p  
Branch Out

☐ Guided Drawing  
Oct 14, 6-7 pm  
Branch Out

☐ Bingo  
Oct 20, 6-7:15 pm  
Branch Out

☐ Pumpkin Protein  
Balls  
Oct 23, 6-7:15 pm  
Branch Out

☐ Karaoke  
Oct 28, 6-7:15 pm  
Branch Out

## November

☐ Yoga  
Thursdays,  
Oct 30 - Dec 11  
6:15-7:15 pm  
Moreland Elem.

☐ Open Art Lab  
Nov 4, 6-7:30 pm  
Branch Out

☐ Fri. Fun Night  
Nov 14, 6-8:30 p  
Branch Out

☐ Bingo  
Nov 17, 6-7:15 pm  
Branch Out

☐ Rainbow Pasta  
Salad  
Nov 19, 6-7 pm  
Branch Out

☐ Just Dance  
Nov 25, 6-7 pm  
Branch Out

## December

☐ Popsicle-stick  
Snowflake  
Dec 2, 6-7:15 pm  
Branch Out

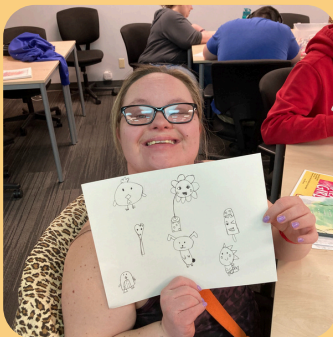
☐ Puppy Chow  
Dec 9, 6-7 pm  
Branch Out

☐ Karaoke Fr. Fun  
Night  
Dec 12, 6-8:30 p  
Branch Out

☐ Bingo  
Dec 15, 6-7:15 pm  
Branch Out

☐ Winter  
Registration  
Night  
Dec 17  
5:30-7 pm  
Branch Out

## HALL OF FAME

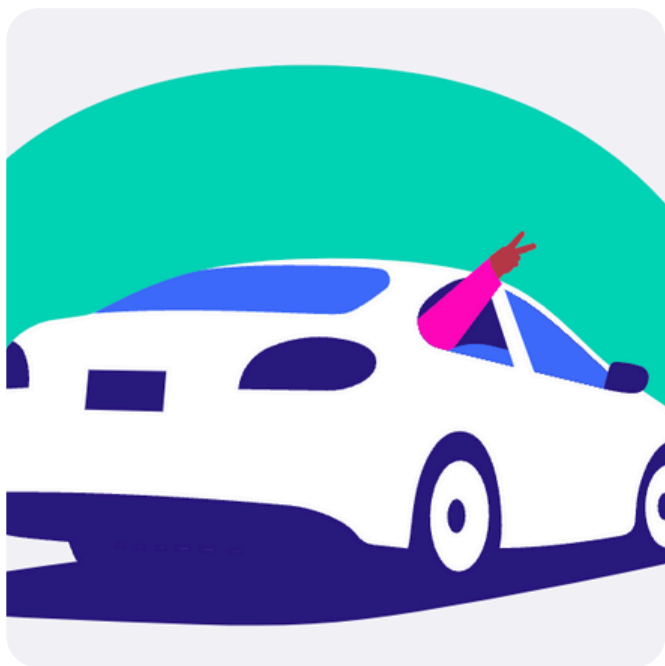




Independent School District 197  
Community Education  
1897 Delaware Ave  
Mendota Heights, MN 55118

---

## HIGHLIGHT



### **Ready to Ride: Safe and Easy Transportation Skills with GoDakota**

GoDakota connects people to communities by training on how to use public and private transportation services. Enjoy drinks and snacks as we learn what is available for transportation independence, how to use public transportation and ride-sharing, and how to pay.

**Thu, Sep 18 | 6-7 pm | Free  
Branch Out Building**