

ACCESS PROJECT PROGRAM

SERVING ADULTS WITH DISABILITIES

WINTER 2026



ACCESS PROJECT OFFICE

1200 Stassen Lane

West St. Paul, MN 55118

651-403-8331

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,
Rosemary Brady-Cook, 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 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, Jan 13 | 6:30-8 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 Mar 10 | 6:30-7:30 pm | \$6 | Branch Out Building



Tie-Dye Butterflies

Happy Spring! Join us for an evening making these cute tie-dye magnet butterflies. We will teach you step by step how to make these creations, so you can make them on your own. We can't wait to see your creations!

Tue, Apr 14 | 6-7:15 pm | \$6 | Branch Out Building

Crafts with a Master Gardener



Our local Dakota County Master Gardeners will be coming every month for a series of fun, nature based crafts! You will learn about winter sowing by planting seeds as well as create pollinator art, flower jars, and terrariums!

1st Tuesdays Every Month | 6-7:30 pm | Branch Out Building

Jan 6 - Terrariums | \$5

Feb 3 - Flower Jars | \$5

Mar 3 - Sowing Craft | \$5

Apr 7 - Pollinator Craft | \$5



FOOD



Easy Cheese Crackers and Dip

Do you like easy snacks? Do you like cheese? Join us for a night of fun where these two come together. We will make our own cheese crackers (cheddar and Monterey Jack) and some homemade dip. You can take this recipe home and amaze your friends at your next home event.

Thu, Jan 29 | 6-7 pm | \$9 | Branch Out Building



Dipped Oreos on a Stick

Join us in making these fun sweet treats. You will learn how to melt chocolate, dip treats and then decorate with sprinkles. We will enjoy eating these treats while socializing with friends. See you there!

Wed, Feb 25 | 6-7:30 pm | \$9 | Branch Out Building



Personal Pizza Night

Come create your own personal size pizza. We will offer a variety of toppings and easy to follow recipes, should you want a specialty pizza. Enjoy eating dinner and socializing with peers.

Thu, Mar 5 | 6-7:30 pm | \$9 | Branch Out Building

GROUPS



Puzzle Group

Join us for a night of puzzle making and socializing with peers. We will have a large puzzle the group can work on and a few small puzzles people can work on individually or with a partner. You can choose what works best for you. Can't wait to see the masterpieces we complete.

Thursdays

Mar 19, Apr 2, Apr 16 | 6-7 pm | \$10 | 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.

Fridays

Feb 13, Mar 13, Apr 10

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



Open Mic Night

It is your time to be a star! Tell a joke, sing a song, read a story or perform a short skit. You decide what you'd like to perform. Come on over and share your talent and root your friends on too. Come shine with us!

Tue, Mar 31 | 6-7:15 pm | \$5 | 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

Jan 26, Feb 23, Mar 16, Apr 20

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.

Thu, Apr 30 | 6-7:15 pm | \$5

Branch Out Building

CLASSES

WELLNESS



Disney 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!

Wed, Jan 21 | 6-7 pm | \$5
Branch Out Building



Chair Yoga

Refresh and recharge with this gentle style of yoga. You will learn how to do gentle stretches, body weight exercises, and breathing techniques all while being supported by a chair. These exercises can be done anywhere!

Tue, Apr 28 | 6-7 pm | \$5
Branch Out Building

OTHER



Summer 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.

Tue, May 5 | 6-7 pm | Free
Branch Out Building

REGISTRATION RECORD



Check each box for the activity you registered for!

January

- ☐ Terrariums
Jan 6, 6-7 pm
Branch Out
- ☐ Open Art Lab
Jan 13, 6:70-8 pm
Branch Out
- ☐ Winter Party
Jan 16, 6-8:30 pm
Branch Out
- ☐ Just Dance
Jan 21, 6-7 pm
Branch Out
- ☐ Bingo
Jan 26, 6-7:15 pm
Branch Out
- ☐ Cheese Crackers
Jan 29, 6-7:30 pm
Branch Out

February

- ☐ Flower jars
Feb 3, 6-7 pm
Branch Out
- ☐ Friday Fun Night
Feb 13, 6-8:30 pm
Branch Out
- ☐ Lawshe Museum
Feb 19, 5:30-7 pm
Lawshe Museum, SSP
- ☐ Bingo
Feb 23, 6-7:15 pm
Branch Out
- ☐ Dipped Oreos
Feb 25, 6-7:30 pm
Branch Out

March

- ☐ Sowing Seeds
Mar 3, 6-7 pm
Branch Out
- ☐ Personal Pizza
Mar 5, 6-7:30 pm
Branch Out
- ☐ Guided Drawing
Mar 10, 6:30 - 8:30 pm
Branch Out
- ☐ Friday Fun Night
Mar 13, 6-8:30 pm
Branch Out
- ☐ Bingo
Mar 16, 6-7:15 pm
Branch Out
- ☐ Open Mic Night
Mar 31, 6-7:15 pm
Branch Out

April

- ☐ Pollinator Art
Apr 7, 6-7 pm
Branch Out
- ☐ Friday Fun Night
Apr 10, 6-8:30 pm
Branch Out
- ☐ Tie-Dye Butterflies
Apr 14, 6-7:15 pm
Branch Out
- ☐ Bingo
Apr 20, 6-7:15 pm
Branch Out
- ☐ Chair Yoga
Apr 28, 6-7 pm
Branch Out
- ☐ Karaoke
Apr 30, 6-7:15 pm
Branch Out

HALL OF FAME





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

HIGHLIGHTS



Lawshe Museum Tour

Visit the Lawshe Memorial Museum to explore Dakota County's history! The museum houses various exhibits to explore a variety of historical topics that range from Lawshe organization's founding to pre-historic history of the region and through the ages. This will be a relaxed, explore on your own time tour

Thu, Feb 19 | 5:30-7 pm | Free
Lawshe Memorial Museum, SSP



Friday Fun Night Winter Party

Come for the festivities and leave with warm memories during these cold winter nights! We'll have pizza, winter inspired crafts and games, a winter movie, and a dance floor to kick up your heels to some favorite tunes. Pre-registration is appreciated for ordering pizza.

Fri, Jan 16 | 6-8:30 pm | \$10
Branch Out Building