

# ACCESS PROJECT PROGRAM

SERVING ADULTS WITH DISABILITIES

**SUMMER 2026**



**ACCESS PROJECT OFFICE**

1200 Stassen Lane

West St. Paul, MN 55118

651-403-8331

[tridistrictce.arux.app](http://tridistrictce.arux.app)

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# 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 and within 15 minutes of class start. 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 & Fee Assistance Information:

Ph: 651-403-8331

Online: [tridistrictce.arux.app](https://tridistrictce.arux.app) 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

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# CLASSES

## CREATIVE ARTS



### Cyanotype Prints

Come join us as we create these beautiful master pieces! Learn to create this art using special paint, found objects and sunlight! We will take a short walk to pick up items in nature to use in these prints.

**Thu, May 21 | 6-7 pm | \$6 | Branch Out Building**



### Melted Bead Suncatcher

Unleash your creativity! Come create these fun and colorful suncatchers while socializing with peers. We can't wait to see your beautiful creations come to life. Your friends and family will love them.

**Thu, June 4 | 6-7:15 pm | \$6 | Branch Out Building**



### 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.

**Fri, June 12 | 6:30-8 pm | \$6 | Branch Out Building**



### Crafts with a Master Gardener

Our local Dakota County Master Gardeners will be coming for fun, nature based crafts and activities. Come see them in May to plant microgreens at the Branch Out Building and in July for a Scavenger Hunt at Thompson Park. They will also join us in August at our annual picnic party!

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

**Tue, July 7 | 6-7 pm | \$5 | Thompson Park Picnic Pavilion**



# CLASSES



## FOOD



### Chocolate & Peanut Butter Crispy Bars

Do you like chocolate? Do you like peanut butter? Join us for a cooking class where these two classics come together. We will create a crispy brownie peanut butter treat. This is an easy to make recipe that will really impress your family and friends.

**Wed, May 13 | 6-7:30 pm | \$9 | Branch Out Building**



### Parmesan Ranch Snack Mix

Join us for this fun, hands-on activity where we will create a salty, crunchy snack. We will enjoy socializing with peers and working together with one another. This snack mix will contain Chex cereal, goldfish crackers, pretzels and ranch seasoning. Everyone will get to bring a snack bag home to enjoy. See you there!

**Mon, July 6 | 6-7:15 pm | \$9 | Branch Out Building**

## SOCIAL CORNER



### Pizza and Bingo

Everyone loves pizza and BINGO! Come on over to meet new friends, play bingo, enjoy some slices of joy (wait, we mean pizza!) and have a good time. All participants win a prize! Pre-registration is not required but helpful for ordering pizza.

**5:30 - 7:30 pm | Branch Out Building**

**Mon, June 22 \$10**

**Tue, July 21 \$10**

**Tue, Aug 13 \$10**

### Caribou Coffee Chat Group

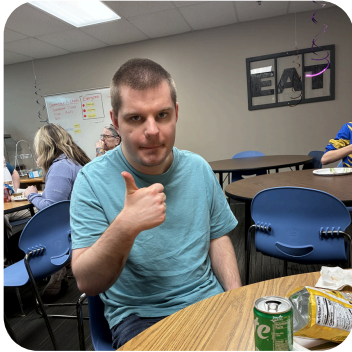
Meets every 3<sup>rd</sup> Tuesday at Caribou Coffee in West St. Paul from 3-4 pm.

Access staff is there to socialize, not supervise. Bring money and a caregiver if needed



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# CLASSES



## 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.

**Fri, May 8 | 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.

**Mon, May 18 | 6-7:30 pm | \$6 | Banch Out Building**



## Culver's Custard & Chat Night

Summer is a great time for ice cream! Join us as we socialize with friends and enjoy a sweet treat. This will include a small dish of custard and one topping of your choice for all registered participants.

**6-7 pm | Culver's in WSP**

**Thu, July 16 | \$9**

**Tue, Aug 11 | \$9**



## 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.

**Mon, Aug 3 | 6-7:30 pm | \$5**

**Branch Out Building**

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# CLASSES

## WELLNESS



### Access Open Gym Night

Join us for a night of games, movement and fun with friends. Basketball, pickleball and other games will be available to choose from. We look forward to getting together and getting some energy out in this fun new class.

**Mon, July 27 | 6-7 pm | \$5**  
**Heritage Middle School, WSP**



### Walk at the Dome

Do you enjoy walking for your health? Do you enjoy chatting with friends? Come to our new walking group where these two favorites come together. We will meet at the West St. Paul Dome and walk for an hour. You can take breaks as needed. We are excited for this new adventure!

**10-11 am | WSP Dome**  
**Wed, May 27 | \$5**  
**Thu, June 25 | \$5**

## OTHER



### Fall 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.

**Thu, Sep 3 | 6-7 pm | Free**  
**Branch Out Building**

# REGISTRATION RECORD



Check each box for the activity you registered for!

## May

- Microgreens  
May 5, 6-7 pm  
Branch Out
- Friday Fun Night  
May 8, 6-8:30 pm  
Branch Out
- Crispy Bars  
May 13, 6-7:30 pm  
Branch Out
- Bingo  
May 18, 6-7:15 pm  
Branch Out
- Cyanotype Print  
May 21, 6-7 pm  
Branch Out
- Walk at the Dome  
May 27, 10-11 am  
WSP Dome

## June

- Suncatchers  
Jun 4, 6-7:15 pm  
Branch Out
- Open Art Lab  
Jun 12, 6:30-8 pm  
Branch Out
- Dodge Farm Tour  
Jun 17, 5-6 pm  
Dodge Nature Center
- Pizza & Bingo  
Jun 22,  
5:30-7:30 pm  
Branch Out
- Walk at the Dome  
Jun 25, 10-11 am  
WSP Dome

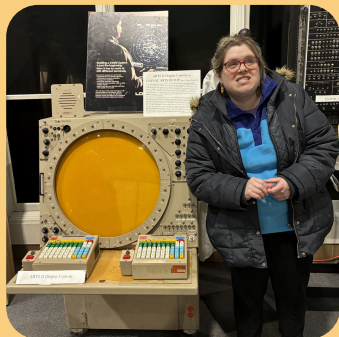
## July

- Snack Mix  
Jul 6, 6-7:15 pm  
Branch Out
- Scavenger Hunt  
Jul 7, 6-7 pm  
Thompson Park
- Culver's Custard & Chat  
Jul 16, 6-7 pm  
WSP Culver's
- Pizza & Bingo  
Jul 21,  
5:30-7:30 pm  
Branch Out
- Open Gym Night  
Jul 27, 6-7 pm  
Heritage Middle School

## August

- Karaoke  
Aug 3, 6-7:30 pm  
Branch Out
- Annual Picnic  
Aug 7,  
5:30-7:30 pm  
Thompson Park
- Culver's Custard & Chat  
Aug 11 6-7 pm  
WSP Culver's
- Pizza & Bingo  
Aug 13,  
5:30-7:30 pm  
Branch Out

## HALL OF FAME



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



## Dodge Nature Farm Tour

Get up and close to farm life as we tour Dodge Nature Center's barn, chicken coop and pastures. You'll enjoy the sights and sounds (and smells) of a small, sustainable farm as you see and learn about farm life, farm animals, and the roles they play in peoples' lives.

**Wed, June 17 | 5-6 pm | \$10**  
**Dadoge Nature Center, WSP - Farm Entrance**



## End of Summer Picnic

Let's celebrate the end of summer with great food, games, crafts and, most importantly, friends! Don't miss out on our local Master Gardeners coming to the picnic for some nature-based fun. There will be a covered space so come rain or shine! There us no cost for caregivers to assist.

**Fri, Aug 7 | 5:30-7:30 pm | \$10**  
**Thompson Park, WSP**

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