

ACCESS PROJECT PROGRAM

SERVING ADULTS WITH DISABILITIES

FALL 2026



ACCESS PROJECT OFFICE

1200 Stassen Lane

West St. Paul, MN 55118

651-403-8331

tridistrictce.arux.app

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WELCOME

PROGRAM CONTACTS



Karyn Solseng

Access Project Coordinator
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Jill Monsour

Access Project Facilitator
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PROGRAM STAFF & VOLUNTEERS

Crista Flodquist, Terri O’Gara, Ann Bakeman, Monika Thornberg,
Rosemary Brady-Cook, Emma Monsour & Lily Monsour



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

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 Click on Access Project.

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

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CLASSES

CREATIVE ARTS



Sharpie Coffee Mugs

Have you ever searched for the perfect coffee mug for you or that special friend? Well search no more! Join us as we make personalized coffee mugs with a variety of sharpie marker colors and stencils.

Mon, Sep 14 | 6-7 pm | \$6 | Branch Out Building



Tissue Paper Halloween Jars

Join us as we let creativity flow by creating these fun and useful Halloween themed tissue jars. Come learn a new art technique and create with us. These are just the perfect size to store your fall treats inside.

Thu, Oct 22 | 6-7:30 pm | \$6 | Branch Out Building



Celery Print Owls

Come learn how to create these cute celery print owls. Just two simple supplies: celery and paint. Come create and socialize with friends. Can't wait to see what you make!

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

Access Favorites

Open Art Lab

Dive into various mediums, techniques, and styles as you unleash your imagination!

Tue, Sep 22 | 6-7:30 pm | \$6 | Branch Out Building

Thu, Nov 19 | 6-7:30 pm | \$6 | Branch Out Building

Guided Drawing with Access Staff

Join us for a night of drawing fun as we guide you through an easy and fun drawing step-by-step.

Thu, Dec 3 | 6-7:15 pm | \$6 | Branch Out Building



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FOOD



Buffalo Chicken Dip

Do you like chicken? Do you like spicy food? Come join us for a class where these two favorites come together. Join us for a night making buffalo chicken dip, and socializing with peers. We hope to see you there. This dip contains Dairy.

Thu, Sep 24 | 6-7:15 pm | \$9 | Branch Out Building



Cool Whip Cookies

Come learn how to make these four ingredient cookies. They are both easy to make and delicious. We will be making two different flavors: strawberry and lemon

Wed, Oct 28 | 6-7 pm | \$9 | Branch Out Building



Pizza Bagels

Come create your own bagel pizza. We will offer a variety of toppings and easy to follow directions. We will enjoy eating our pizzas and socializing with peers.

Mon, Nov 30 | 6-7 pm | \$9 | Branch Out Building



Candy Popcorn

Do you like candy? Do you like popcorn? Join us for a fun class where we will learn the ins and outs of creating candy popcorn. This will be a wonderful fall treat. See you there!

Thu, Dec 17 | 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! *We will do a special Friday Fun Night in costume in October!!*

2nd Fridays each month: Sep 11, Oct 9 (in costume!), Nov 13, Dec 11
6-8:30 pm | Branch Out Building
Each session cost \$10



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 28, Oct 19, Nov 23, Dec 14
6-7:15 pm | Branch Out Building
Each session cost \$5



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.

Wed, Sep 16 | 6-7:30 pm | \$5 | Branch Out Building
Mon, Nov 2 | 6-7:30 pm | \$5 | Branch Out Building

Registration Open Houses

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 & Dec 2 | 5:30-7 pm | Free
Branch Out Building

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CLASSES

WELLNESS



Disney Just Dance

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

Tue, Oct 13 | 6-7 pm | \$5 | Branch Out Building

Mon, Dec 7 | 6-7 pm | \$5 | Branch Out Building



Self Defense at Boltz's Gym

Build self confidence, safety awareness, and practical self-defense skills in a supportive and encouraging environment. We will focus on simple techniques, communication skills, and real-life safety strategies while promoting empowerment and personal independence.

Thu, Oct 1 | 6-7 pm | \$10 | Boltz's Gym, MH

Crafts with a Master Gardener



Our local Dakota County Master Gardeners will be coming every month for a series of fun, nature based crafts and activities!

1st Wednesday each month | 6-7 pm | Branch Out Building

Each session is \$5

Sep 2: Healthy Harvest - Make fresh salsa or dip

Oct 7: All About Apples - Make cider and create art

Nov 4: Flower Power - Tie-dye a pair of socks using flowers!

Dec 2: Winter Craft - Free class!



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REGISTRATION RECORD



Check each box for the activity you registered for!

September

- ☐ Healthy Harvest
Sep 2, 6-7 pm
Branch Out
- ☐ Friday Fun Night
Sep 11, 6-8:30 pm
Branch Out
- ☐ Sharpie Mugs
Sep 14, 6-7 pm
Branch Out
- ☐ Karaoke
Sep 16, 6-7:30 pm
Branch Out
- ☐ Open Art Lab
Sep 22, 6-7:30 pm
Branch Out
- ☐ Buffalo Chicken Dip
Sep 24, 6-7:15 pm
Branch Out
- ☐ Bingo
Sep 28, 6-7:15 pm
Branch Out

October

- ☐ Self Defense
Oct 1, 6-7 pm
Boltz's Gym, MH
- ☐ All About Apples
Oct 7, 6-7 pm
Branch Out
- ☐ Friday Fun Night
Oct 9, 6-8:30 pm
Branch Out
- ☐ Disney Just Dance
Oct 13, 6-7 pm
Branch Out
- ☐ Bingo
Oct 19, 6-7:15 pm
Branch Out
- ☐ Halloween Jars
Oct 22, 6-7:30 pm
Branch Out
- ☐ Cool Whip Cookies
Oct 28, 6-7 pm
Branch Out

November

- ☐ Karaoke
Nov 2, 6-7:30 pm
Branch Out
- ☐ Flower Power
Nov 4, 6-7 pm
Branch Out
- ☐ Celery Print Owls
Nov 9, 6-7:15 pm
Branch Out
- ☐ Friday Fun Night
Nov 11, 6-8:30 pm
Branch Out
- ☐ Open Art Lab
Nov 19, 6-7:30 pm
Branch Out
- ☐ Bingo
Nov 23, 6-7:15 pm
Branch Out
- ☐ Pizza Bagels
Nov 30, 6-7 pm
Branch Out

December

- ☐ Winter Crafts
Dec 2, 6-7 pm
Branch Out
- ☐ Guided Drawing
Dec 3, 6-7:15 pm
Branch Out
- ☐ Disney Just Dance
Dec 7, 6-7 pm
Branch Out
- ☐ Holiday Bus Tour!
Dec 8, 6:30-8:30 pm
Branch Out
- ☐ Friday Fun Night
Dec 11, 6-8:30 pm
Branch Out
- ☐ Bingo
Dec 14, 6-7:15 pm
Branch Out
- ☐ Candy Popcorn
Dec 17, 6-7 pm
Branch Out

HALL OF FAME



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ACCESS PROJECT PROGRAM



School District 197 Community Education
Thompson Park Activity Center
1200 Stassen Lane
West St. Paul, MN 55118

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PERMIT #2015

SPECIAL EVENT

Holiday Lights Bus Tour

Sit back, relax, and enjoy the magic of the season on our Holiday Lights Bus Tour! Gather with friends as we travel through beautifully decorated neighborhoods filled with sparkling displays, festive cheer, and holiday spirit. A cozy and joyful evening for all! Limited seating.

- *Priority seating will be given to Access participants. One caregiver per participant or group.*
- *Caregivers are required to register and pay.*

Tue, Dec 8 | 6:30-8:30 pm | \$25
Bus* picks up at Branch Out Building

**Unfortunately we were unable to get a bus with a lift.*



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