A Community Education Program
supported by the Hopkins, Minnetonka,
St. Louis Park & Wayzata School Districts.

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Welcome

Fall is once again upon us, the season of change. You might have already noticed some changes we’ve made at Project SOAR, starting with our redesigned catalog and new logo. The new “look” is fresh and user-friendly with a few enhancements that will make class selection and scheduling a little easier. We’ve added a “Love it!” checkbox next to each course description so you can mark the classes you want to register for and share with staff/family. The Locations page has been revised to include a listing of all the classes, by date, that are taking place at each site; a great tool to use to keep track of where you’re supposed to be going for all the fun!

Speaking of fun, this fall catalog is all about getting out and enjoying the season: a fall riverboat cruise and a train expedition, our SpOOktacular Halloween party, a Winter Wonderland Dinner Dance, and much more! Fall is also football season, and Vikings fans can join us for a trip to the Vikings Museum and Vikings on the Big Screen.

We are pleased to introduce a new segment this fall for our younger adults: “Talk with Linda.” Read all about this exciting new group activity on page 6. For all the artists out there, you won’t want to miss our Coloring Contest. Check out the inside back cover for information on this fun new activity.

Project SOAR has something for everyone this fall season - come experience the beauty of change with us!

Mercedes Scott, Program Manager
mercedes.scott@minnetonkaschools.org
www.projectsoarmn.org

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What is Project SOAR?

Project SOAR is a Community Education program that provides social, enrichment and recreational programming for adults with developmental, sensory, cognitive and physical disabilities. The program is designed to enhance community involvement and promote lifelong learning for adults with disabilities. Project SOAR’s classes and activities provide lifelong learning and are specially designed and adapted to individual abilities.

Our Mission

Project SOAR is committed to empowering adults with disabilities in their efforts to participate in community education programs and services.

Get Involved with Project SOAR

DONATE YOUR TIME AND EXPERIENCE
Volunteer with Project SOAR and assist with classes, activities, and events.

DONATE SUPPLIES/MATERIALS
Donate supplies and/or materials for Project SOAR classes.

DONATE FINANCIALLY
We welcome financial donations of any amount. Your financial gift will provide individuals with financial needs access to Project SOAR classes/activities.

TEACH & SHARE
Do you have a special talent or hobby, a passion for arts/crafts, cooking or sewing? Project SOAR is seeking caring individuals to instruct classes. Hours and days are flexible (work as little as a few hours per month); training provided. Contact the Program Manager for more information about becoming a Project SOAR volunteer or instructor.

TUITION ASSISTANCE
Project SOAR has tuition assistance available for qualified participants. For more information, or to apply, please visit our website at www.projectsoarmn.org, or call us at (952) 401-6898.
Sunflower Pebble Art

We just love sunflowers! They brighten our gardens in the late summer, and we are always sad to see them go. This year, you can bring these happy, sunny flowers into your home with our pebble art project! Let us show you how fun and easy it is to make a sunflower using pebbles in various sizes and shapes. You will paint and arrange them onto a rustic wood palette to create this beautiful piece of art for your home.

20 ART04  $17/Participant
Tuesday, September 17, 2019  6:30-8 p.m.
Lenox Community Center  Instructor: Diane
Craft Room 115

DIY Artsy Backpack

Use your artistic flair to decorate your very own backpack! We will provide the sturdy backpack, fabric paints, markers, stamps and other embellishments you need to make it truly unique. You will be the talk of your friends when you sport your colorful, fun and artsy backpack! Due to limited supplies, class size is limited to 12 people; register early to save your spot.

20 ART09  $20/Participant
Thursday, September 19, 2019  6:30-8 p.m.
Hopkins Eisenhower Community Center • Art Room 206  Instructor: Virginia

Fall Leaf Mason Jars

Fall leaves are so pretty, don't you agree? We just wish they would stay on the trees a little longer for us to enjoy. Well, we have the perfect project that captures their beautiful colors for you to enjoy in your home all season long! You will use stencils and paints in shades of autumn to decorate three mason jars, then add a filler and tealight. Display them on your mantle, on your table, or anywhere you want to add a touch of fall.

20 ART03  $17/Participant
Tuesday, September 24, 2019  6:30-8 p.m.
Lenox Community Center  Instructor: Diane
Craft Room 115

DIY Tie Dye Hoodie

It’s fall, which means it’s hooded sweatshirt time! Join us for this fun class, where we’ll show you how to tie dye your very own sweatshirt, using your favorite colors. You’ll look stylish this fall with your unique and colorful hoodie. This is a great class to bring a friend to and make matching hoodies! Light refreshments will be served. Please select sweatshirt size when registering (sizes M-XXL).

20 ART01  $24/Participant
Tuesday, October 1, 2019  6:30-8 p.m.
Lenox Community Center • Cafeteria  Instructor: Linda
Funky Halloween Wreath
You know how much we love wreaths, and this year’s Halloween wreath is one of our faves! We will make these funky wreaths using gold tinsel, black/purple/green balls and a few Halloween embellishments. They are colorful, festive and fun - and just perfect for displaying in your home all October.

20 ART11
Thursday, October 3, 2019
Hopkins Eisenhower Community Center • Art Room 206
$17/Participant
6:30-8 p.m.
Instructor: Staff

Spiders & Sweets
Let’s have some fun with spiders! In this class, we will show you how to create a 3-D spider board to display in your home this Halloween. You will make a spider’s web using string, paint your own wooden spider, and add additional bugs and creepy crawlies to finish your piece. You will also take home some cookies that you’ve decorated with Halloween frosting and sprinkles. Enjoy a tasty spider punch while in class. Come prepared to have fun! Eek!

20 ART10
Tuesday, October 15, 2019
Lenox Community Center • Cafeteria
$19/Participant
6:30-8 p.m.
Instructor: Virginia

Reversible Holiday Blocks
We have another fabulous reversible block project for you! You will use decorative papers and stickers to create a set of blocks that read “Give Thanks” on one side and “Jingle Bells” on the other. These blocks will make a great addition to your holiday decorating from November through end of December.

20 ART12
Monday, November 4, 2019
Lenox Community Center
Art Room 108
$17/Participant
6:30-8 p.m.
Instructor: Virginia

Touches of Fall Home Decor
It’s time to put away the Halloween stuff and decorate your home for fall! In this class, you will complete two projects: a “count your blessings” door hanger and a second fall home decor item. Your family, friends and neighbors will be amazed by these touches of fall in your home! These are re-usable, so you can bring them out and enjoy year after year!

20 ART16
Tuesday, November 12, 2019
MCEC • Room 205
$19/Participant
6:30-8 p.m.
Instructor: Virginia

Gobble Gobble! Turkey on Canvas
It’s officially turkey time! We’ve been waiting all year to celebrate these very cool and colorful birds. Join us as we teach you how to use acrylics to paint your colorful turkey on large canvas. Everyone will go home with an amazing piece of art to display all season long. Gobble, gobble!

20 ART05
Wednesday, November 13, 2019
Lenox Community Center
Art Room 108
$17/Participant
6:30-8 p.m.
Instructor: Diane
Holiday Crafts Make & Take
Join us for our 7th Annual (and very popular) Holiday Make & Take. Because there are so many fun and beautiful ornaments and decorations for the holiday season, we couldn’t decide on just one, so we’ve picked some of our favorites and will share those with you. You will rotate stations to create a unique holiday project at each. Give them as a gift or take them home for yourself. If you’ve attended our previous Holiday Make & Takes, you know you don’t want to miss this one! Make sure to register early to save your spot!

20 ART08
Tuesday, November 19, 2019
Lenox Community Center • Cafeteria
$22/Participant
6-8 p.m.
Instructor: Staff

Bedazzling Jewelry and Beads
Do you love making jewelry and crafting with beads? Then this is the class for you! We are bringing our stash of beads for you to make bracelets, keychains, necklaces and other fun items. You will have time to make several projects during class, and we will provide fancy bags for your jewelry. These will also make great stocking stuffers or gifts for the holidays! Staff, please note: this activity requires fine motor skills (the ability to string beads). If the participant needs help with the project, staff should stay to assist.

20 ART14
Thursday, November 21, 2019
Hopkins Eisenhower Community Center • Art Room 206
$17/Participant
6:30-8 p.m.
Instructor: Virginia

Deer Crossing Advent Calendar
This project is for all those who can't wait until December 25th rolls around - a countdown advent calendar! We will decorate little muslin bags with tiny reindeer and numbers. Each bag will be filled with a little surprise or treat, then attached to a backdrop board decorated with a “deer crossing” sign. You will take home a festive holiday wall hanging that has 25 little bags for you to open each day, starting December 1st. Super cute and a super fun way to prepare for the holidays!

20 ART15
Monday, November 25, 2019
Lenox Community Center • Art Room 108
$19/Participant
6:30-8 p.m.
Instructor: Diane

Candy Cane Candleholders
We have a candy cane project that is sugar-free! You will start by painting your wooden candleholders, then apply “candy cane” ribbon to the sides. You’ll take home a set of three candleholders in different sizes, along with battery-operated tea lights. This trio of lights is sure to brighten your home all season long!

20 ART13
Tuesday, December 3, 2019
Lenox Community Center • Art Room 108
$17/Participant
6:30-8 p.m.
Instructor: Virginia

Jingle Bell Tree
We have a festive jingle bell project for you! This cute Jingle bell tree is perfect for decorating your home this holiday season. We will stack jingle bells in assorted sizes to create your tree, then add some glittery snowflakes for effect - it’s that easy!

20 ART07
Thursday, December 5, 2019
Lenox Community Center • Art Room 108
$19/Participant
6:30-8 p.m.
Instructor: Makayla
Artsy Holiday Frame
It’s time to deck your door (or your hall) with this artsy holiday frame. You select your frame color (anything goes, doesn’t have to be red!), then add ribbons, hang a few holiday ornaments and maybe a jingle bell or two, to make your frame unique. This is a project where you can go very traditional with your color choices, or a little crazy and funky! Display all season long to bring a punch of color into your home.

20 ART06
Thursday, December 12, 2019
Lenox Community Center
Art Room 108
$19/Participant
6:30-8 p.m.
Instructor: Diane

Dip Mix in an Ornament Gifts
We have the perfect gift for those hard-to-shop-for people on your holiday list! Join us as we show you how to mix and make an assortment of dips (dill, bacon, fiesta, herb and Italian), then pour them into ornament-shaped containers. You will take home a set of 5 dip-filled ornaments and instructions on how to prepare each dip, packaged and ready for gift giving. These also make great stocking stuffers or hostess gifts.

20 ART02
Monday, December 16, 2019
Lenox Community Center
Art Room 108
$19/Participant
6:30-8 p.m.
Instructor: Diane

LET'S CONNECT

Let’s Talk with Linda
Calling all young adults (age 30 and under) who are new to navigating adulthood! Do you have questions that you wish you could discuss in a safe and caring environment, with other young adults that are experiencing the same things? Then “Let’s Chat with Linda” might be right for you! We are offering a series of sessions where we will have lively conversation about a different topic each time. We will explore healthy practices in communications, behaviors and interpersonal interactions. A healthy snack and beverage will be provided at each session.

ALL CLASSES:
20 CNT01: Wed, September 4, 2019
Ice breakers and getting to know each other
20 CNT02: Mon, September 23, 2019
How do I want others to see me and how do I see myself?
20 CNT03: Tues, October 8, 2019
Building meaningful relationships with friends, caregivers and family
20 CNT04: Wed, November 13, 2019
Manners and etiquette—it’s more than using the right fork!
20 CNT05: Wed, December 4, 2019
Reflections, goals and making plans

$8/Participant
6:30-8 p.m.
Instructor: Linda
MCEC

Don’t Worry, Be Happy... a Workshop
This workshop is designed for the young adult trying to navigate the waters of adulthood. Join us, and other young adults, for a relaxing afternoon of discussion and exploration. We will introduce you to ways you can increase happiness and achieve peace. Topics will include meditation, reflection, spirituality, mindfulness, the power of journaling, and letting go of worries and stress. Each attendee will receive a journal to get them started.

20 CNT06
Saturday, November 2, 2019
MCEC • Deephaven Room 217
$12/Participant
10 a.m.-1 p.m.
Instructor: Linda
**Applelicious**

Apple season is here again and we are back with this popular class! Join us for an evening of apple baking and crafting! We will be rotating around the kitchen as we make two apple desserts, one to enjoy in class and another to take home. Our creative instructors also have a very fun apple-themed craft for you to make. Don’t miss out on all the appleliciousness!

20 COOK01  
Monday, September 16, 2019  
Minnetonka High School  
Room 1008 (FACS LAB)  
$20/Participant  
6-8 p.m.  
Instructor: Makayla

**Baking with Pumpkin**

It’s pumpkin season and we have some great recipes to share with you! Join us as we rotate around the kitchen and prepare several treats, including: pumpkin bread, pumpkin cookies and bars and mini pumpkin pies. We will sample some in class with warm apple cider, but you will also take home delicious pumpkin treats to share.

20 COOK03  
Monday, October 21, 2019  
Minnetonka High School  
Room 1008 (FACS LAB)  
$20/Participant  
6-8 p.m.  
Instructor: Staff

**Spooky Treats & Haunted Eats**

Our super popular Halloween treats class is back, and better than ever! Join us as we prepare a haunted dinner menu, including a main entree, side dish, treats and a haunted punch. You will also take home some spooky treats to share with friends and family. This class fills quickly, so register early!

20 COOK04  
Monday, October 28, 2019  
Minnetonka High School  
Room 1008 (FACS LAB)  
$22/Participant  
6-8 p.m.  
Instructor: Staff

**Holiday Treats Bake & Take**

It’s time to bake some delicious holiday treats! Join us for our popular Holiday Bake & Take; rotate around the kitchen and prepare several different kinds of holiday cookies and treats, enjoy a glass of punch, and listen to holiday music. This is the perfect event to get in the holiday mood! We will provide bags for you to transport your treats home. Sessions fill quickly, so please register early.

20 COOK02  
Tuesday, December 10, 2019  
Minnetonka High School  
Room 1008 (FACS LAB)  
$25/Participant  
6-8 p.m.  
Instructor: Staff

**DID YOU KNOW?**

Jack-‘o’-Lanterns used to be carved out of turnips, potatoes, and beets. Jack-‘o’-Lanterns originated in Ireland, after all. Once Halloween became popular in America, people used pumpkins instead.
**Vikings Museum Tour**

Calling all Vikings fans - we are entering SKOL country! Join us for a guided tour of the new Minnesota Vikings museum. Following the tour, you will have time to walk the museum at your leisure, learn about the players, try out the virtual-reality SKOL experience, and take selfies at many of the great spots in the museum. We will also have time to visit the Vikings gift shop, where you will enjoy a 10% discount off your purchase. You won’t want to miss this one; don’t forget to dress in your Vikings colors! Pricing includes: museum admission, tour and a snack.

20 OAB07
Saturday, September 28, 2019
Minnesota Vikings Museum
$15/Participant, $12/Staff
10 a.m.-1 p.m.
Instructor: Virginia

**St. Croix Train Excursion and Lunch**

Enjoy an experience like no other in the St. Croix River Valley! Hop on the bus and join the Project SOAR group as we travel to Osceola, Wisconsin to catch our train! Once there, you will travel on a historic passenger car pulled by vintage locomotives, while enjoying the fall colors and lunch. Each passenger is served a personal pizza, soda, and a chocolate brownie. After grabbing a bite to eat, roam the cars to learn about their history. This wonderful fall excursion gives passengers a feel for the past and creates an unforgettable experience. Space is limited, so please register early. Note: train is wheelchair accessible for ride/lunch, but not for moving between cars. Pricing includes bus transportation, train excursion and lunch. No cancellations/refunds after September 25.

20 OAB01
Saturday, October 5, 2019
MCEC • Parking Lot
$50/Participant/Staff
8:15 a.m.-1:15 p.m.
Instructor: Staff

**Fall Riverboat Cruise**

Join your friends from around the state of Minnesota for this two-hour narrated cruise of the Mississippi River. The Anson Northrup paddleboat will depart from Harriet Island, located across the river from downtown St. Paul. Travel up the river though the wooded Great River National Park to Fort Snelling. Fall color viewing should be spectacular! Come and enjoy a fun afternoon aboard the "Ol’ Miss!" Pricing includes a box lunch with turkey sandwich, chips, apple, cookie and beverage. Gluten-free and vegetarian options available (let us know when registering). Meet at Padelford Landing, boarding at 10:30 a.m. sharp; returns to port at 1 p.m. No refunds/cancellations after September 24.

20 OAB02
Sunday, October 6, 2019
Padelford Landing
$30/Participant/Staff
10:30 a.m.-1 p.m.
Instructor: Linda

**Sea Life Aquarium at MOA**

Join us for this amazing sea life adventure! We will board the bus which will take us to Mall of America. Upon arrival, our group will experience a behind-the-scenes guided tour. You will see first-hand how they care for thousands of sea creatures, the foods they eat and their daily routines. Our group will then have time for a self-guided walk through the aquarium, where you will see all the sea creatures up close! Lots of photo opportunities, so don’t forget your camera. Pricing includes bus transportation, aquarium admission and a private behind-the-scenes tour. Space on the bus is limited; make sure to reserve your spot early! No refunds/cancellations after October 23.

20 OAB03
Saturday, November 9, 2019
MCEC • Parking Lot
$25/Participant
$18/Staff
9:40 a.m.-1:15 p.m.
Instructor: Staff
Elf the Musical, Jr.
Join us this holiday season as we follow Buddy the Elf in his quest to find his true identity. After being raised as a would-be elf at the North Pole, Buddy’s enormous size and poor toy-making abilities causes him to embark on a new beginning to discover who he really is. Through his heart-felt determination to win over his new family, Buddy helps us all remember the true meaning of Christmas. Based on the beloved holiday film from New Line Cinema, this hilarious musical is filled with memorable music and lots of laughs for everyone to enjoy. No refunds/cancellations after November 6.

Hark! The Basement Ladies Sing
Join us for a holiday evening full of music and laughter! It is December 1960, and members of this rural community have gathered around their reel-to-reel tape player to record a special Christmas greeting for one of their boys serving overseas. As the ladies serve up coffee and cookies, Pastor suffers from a case of stage fright, Mavis smuggles a piglet into the kitchen, a surprise visitor leaves Karin speechless, and the Widow Vivian Snustad gets caught in an embarrassing situation. Throughout it all, you are encouraged to sing along as Beverly Barsness bangs out Christmas carols on the old upright. So come “Fa La La” with the Church Basement Ladies as they deck their fellowship hall. No refunds/cancellations after November 12.

BINGO
BINGO, BINGO! Gather your friends and neighbors and join us for our popular Friday night BINGO! Prizes galore! A snack and a pop are included in the fee. Snack and pop available for staff at an additional charge.

The Karaoke-Dansu Experience
This popular new class is back for fall! In Karaoke-Dansu (Japanese word for “dance”), Participants can choose to sing either karaoke-style or sing along to their favorite music videos with lyrics on the screen. We will have microphones and a sound system all set up for you. There will be plenty of opportunities to move, dance, sing, or just watch and cheer for your friends. So grab a friend or two and join the fun! Light refreshments will be served. Register for all three sessions and save $5!
Pizza, Pins & Pop @ Park Tavern

Are you ready for some Sunday bowling with friends? Bowling is fun and a great place to meet new friends. You’ll enjoy unlimited bowling for 2 hours, shoe rental, pop and pizza. Discover your inner athlete! Adapted to all abilities. REGISTER EARLY - LIMITED TO 25 BOWLERS. Because of its popularity and limited bowling lanes, the bowling portion of this activity will only be available to participants in the program and not staff/family. However, Staff is welcome to attend and assist the participant. REGISTRATION REQUIRED!

ALL CLASSES:
20 RL26: Sunday, September 15, 2019
20 RL27: Sunday, October 13, 2019
20 RL28: Sunday, November 17, 2019
20 RL29: Sunday, December 8, 2019
Park Tavern

ALL CLASSES:
$15/Bowl, Pizza, Pop/Participant
$12/Pizza, Pop/Participant
$12/Pizza, Pop/Staff
$7/Bowl Only/Participant
5-7 p.m.
Instructor: Linda

Game Night Out

Join us on Wednesday nights for some fun and games! We will meet at a restaurant each month to play board games and cards. Spend your fall evening with other Project SOAR people who love games; bring a friend, make some new ones! Enjoy an evening of fun and fellowship, while enjoying refreshments. Remember that you can always bring a favorite game to share and play with friends. Project SOAR will cover cost of beverages; bring funds if you wish to purchase food. Please note location for each month.

ALL CLASSES:
20 RL14: Wed, September 18, 2019 @ Park Tavern
20 RL15: Wed, October 16, 2019 @ Davanni’s Minnetonka
20 RL16: Wed, November 20, 2019 @ Davanni’s Minnetonka
20 RL17: Wed, December 11, 2019 @ Park Tavern

ALL CLASSES:
$6/Participant
6-7:30 p.m.
Instructor: Makayla

Zumba Gold/Chair Dance

Grab a friend and come join the party with Zumba Gold/Chair dance. Have fun dancing to pop, R&B, and Latin sounds. This choreographed dancing class is for all abilities, including wheelchair users. You can follow the instructors or dance to your own moves; that’s what Zumba is all about! Wear comfortable clothes you can move in and sneakers (no open-toed shoes, please). Check in at the front desk upon arrival at the YMCA. Staff/guardians will need a picture ID (license).

ALL CLASSES:
20 RL21: Thu, September 19, 2019
20 RL22: Thu, October 3, 2019
20 RL23: Thu, October 17, 2019
YMCA Ridgedale

ALL CLASSES:
$8/Participant
7-8 p.m.
Instructor: Molly

Pizza, Pop & a Picture Show

Start your weekend early! Grab some friends and join us for this very popular event. Come and watch a recently released movie and dine on pizza, pop and a treat. We would love to have you! New! Dress up in the theme of the month (see below).

ALL CLASSES:
20 RL04: Fri, September 20, 2019
Theme: World Peace
20 RL05: Fri, October 25, 2019
Theme: Favorite Football Team
20 RL06: Fri, November 22, 2019
Theme: Thankful (bring a canned food item to donate to ICA Food Shelf)
20 RL07: Fri, December 20, 2019
Theme: Holiday fun

ALL CLASSES:
$12/Participant/Staff, $15/GF
6-8 p.m.
Instructor: Linda
MCEC • Deephaven Room

Love it!
Maybe
No, thanks!
Vikings on the Big Screen
This popular event is back! Join us at Park Tavern as we watch the Vikings take on the Philadelphia Eagles. We have a private room reserved for our group, where you will enjoy classic football stadium food and play games. Wear your Vikings gear and come cheer for our home team. Go Vikings!

20 RL18
Sunday, October 13, 2019
Park Tavern
11:30 a.m.-3 p.m.
Instructor: Jessica

Halloween SpOOktacular
Looking for something fun to do this Halloween night? Join us for our SpOOktacular event, where you will enjoy Halloween games, face painting, crafts, mini pumpkin decorating and more! Wear your costume and have your photo taken at our Spooky Spot. We promise there will be no tricks, just some yummy treats and refreshments!

20 RL19
Thursday, October 31, 2019
MCEC • 101 Gym
6:30-8:30 p.m.
Instructor: Staff

Spa Night: Fall Pampering
After a busy summer, it’s time to relax and enjoy a little pampering! This spa night will include a facial mask, hand care and manicure. Try some new nail colors this fall, maybe something pretty to match a new outfit. Enjoy an evening of relaxation and conversation, while enjoying light refreshments. Gentlemen are always welcome at Spa Night! We ask that Staff stay to assist with this activity.

20 RL12
Thursday, November 7, 2019
Lenox Community Center
Lounge Room 113
6:30-8 p.m.
Instructor: Makayla

Winter Wonderland Dinner Dance
It’s time to celebrate the beauty of winter! Grab a date, or a friend, and join us for a fabulous night of festivities! You will start you evening with a delicious catered dinner (6-7pm), then move on to our decorated dance floor where you will dance the night away to the sounds of our DJ, Ray of Sunshine (7-8:30pm). Pre-registration is required for this event.

20 RL20
Friday, December 13, 2019
Lenox Community Center
Gymnasium & Cafeteria
6-8:30 p.m.
Instructor: Staff

Ice Cream Social: Winter Catalog Kick-Off
It may be a winter wonderland outside, but it’s never too cold (inside) for ice cream! Join us for an old-fashioned ice cream social! We will play some games, experience a mini-class project and connect with friends. The fabulous Kevin (Ray of Sunshine) will once again entertain us with his music. Lots of great door prizes throughout the evening - don’t miss out on all the fun and be one of the first to see our exciting new Winter 2020 catalog.

20 RL13
Monday, January 13, 2020
Lenox Community Center
Cafeteria
6:30-8 p.m.
Instructor: Staff
MEET THE PROJECT SOAR STAFF

Diane
Diane teaches arts, crafts, cooking and field trips/outings. She also enjoys helping out with other Project SOAR classes and activities. Diane has some great holiday arts/crafts classes planned for you this fall!

Jessica
Jessica has been a familiar face around Project SOAR for many years! She runs our popular BINGO and Pizza, Pins and Pop events. You can also join her this fall for Vikings on the Big Screen.

Kari
Kari is a familiar face at our monthly BINGO event. She has been a long time Project SOAR instructor/assistant.

Virginia
Virginia likes to teach all types of Project SOAR classes, but you’ll see her most often for arts/crafts, cooking and outings. Virginia is a huge fan of Halloween, so make sure to see what she’s got planned for you this fall!

Linda
Linda runs our popular Pizza, Pop and a Picture show monthly event. Starting this fall, you can join her for “Let’s Talk with Linda.”

Sonia
Sonia is a newer addition to Project SOAR, and brings us fun and music with Karaoke-Dansu. She also assists with many classes, including arts, crafts and cooking. You can join Sonia and her husband Kevin (Ray of Sunshine) at our Winter Wonderland Dinner Dance.
How to Register

1. Look through the catalog and check the classes you would like to take.
2. Find your classes in the class calendar table below. Add up class totals for each month.
3. Add up all class totals and record your total fees due at the bottom of the page.
4. Fill out the Registration Form at the bottom of page 14 and choose one of four easy ways to register: online, mail, phone, or email.

If you are mailing your registration, remember to make a copy to keep.

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<td>12-Sep</td>
<td>The Karaoke-Dansu Experience</td>
<td>20 RL01</td>
<td>$15</td>
<td>$40/all</td>
</tr>
<tr>
<td>15-Sep</td>
<td>Pizza, Pins &amp; Pop @ Park Tavern</td>
<td>20 RL26</td>
<td>$15</td>
<td>$12/Food $8/Bowl</td>
</tr>
<tr>
<td>16-Sep</td>
<td>Appellicious</td>
<td>20 COOK01</td>
<td>$20</td>
<td>---</td>
</tr>
<tr>
<td>17-Sep</td>
<td>Sunflower Pebble Art</td>
<td>20 ART04</td>
<td>$17</td>
<td>---</td>
</tr>
<tr>
<td>18-Sep</td>
<td>Game Night Out</td>
<td>20 RL14</td>
<td>$6</td>
<td>---</td>
</tr>
<tr>
<td>19-Sep</td>
<td>Zumba Gold/Chair Dance</td>
<td>20 RL21</td>
<td>$8</td>
<td>---</td>
</tr>
<tr>
<td>19-Sep</td>
<td>DIY Artsy Backpack</td>
<td>20 ART09</td>
<td>$20</td>
<td>---</td>
</tr>
<tr>
<td>20-Sep</td>
<td>Pizza, Pop &amp; a Picture Show</td>
<td>20 RL04</td>
<td>$12</td>
<td>GF $15</td>
</tr>
<tr>
<td>23-Sep</td>
<td>Let’s Talk with Linda</td>
<td>20 CNT02</td>
<td>$8</td>
<td>---</td>
</tr>
<tr>
<td>24-Sep</td>
<td>Fall Leaf Mason Jars</td>
<td>20 ART03</td>
<td>$17</td>
<td>---</td>
</tr>
<tr>
<td>28-Sep</td>
<td>Vikings Museum tour</td>
<td>20 OA07</td>
<td>$15</td>
<td>$12</td>
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</table>

**AMOUNT DUE SEPTEMBER CLASSES:**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS/ACTIVITY</th>
<th>#</th>
<th>PARTICIPANT</th>
<th>STAFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-Oct</td>
<td>DIY Tie Dye Hoodie Size: M L XL XXL</td>
<td>20 ART01</td>
<td>$24</td>
<td>(M-XXL)</td>
</tr>
<tr>
<td>3-Oct</td>
<td>Funky Halloween Wreath</td>
<td>20 ART11</td>
<td>$17</td>
<td>---</td>
</tr>
<tr>
<td>3-Oct</td>
<td>Zumba Gold/Chair Dance</td>
<td>20 RL22</td>
<td>$8</td>
<td>---</td>
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<tr>
<td>5-Oct</td>
<td>St. Croix Train Excursion and Lunch</td>
<td>20 OA081</td>
<td>$50</td>
<td>WC $50</td>
</tr>
<tr>
<td>6-Oct</td>
<td>Fall Riverboat Cruise</td>
<td>20 OA082</td>
<td>$30</td>
<td>GF $30 V $30</td>
</tr>
<tr>
<td>8-Oct</td>
<td>Let’s Talk with Linda</td>
<td>20 CNT03</td>
<td>$8</td>
<td>---</td>
</tr>
<tr>
<td>10-Oct</td>
<td>The Karaoke-Dansu Experience</td>
<td>20 RL02</td>
<td>$15</td>
<td>---</td>
</tr>
<tr>
<td>11-Oct</td>
<td>BINGO</td>
<td>20 RL09</td>
<td>$6</td>
<td>---</td>
</tr>
<tr>
<td>13-Oct</td>
<td>Pizza, Pins &amp; Pop @ Park Tavern</td>
<td>20 RL26</td>
<td>$15</td>
<td>$12/Food $8/Bowl</td>
</tr>
<tr>
<td>13-Oct</td>
<td>Vikings on the Big Screen</td>
<td>20 RL18</td>
<td>$22</td>
<td>$17</td>
</tr>
<tr>
<td>15-Oct</td>
<td>Spiders &amp; Sweets</td>
<td>20 ART10</td>
<td>$19</td>
<td>---</td>
</tr>
<tr>
<td>16-Oct</td>
<td>Game Night Out</td>
<td>20 RL15</td>
<td>$6</td>
<td>---</td>
</tr>
<tr>
<td>17-Oct</td>
<td>Zumba Gold/Chair Dance</td>
<td>20 RL23</td>
<td>$8</td>
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</tr>
<tr>
<td>21-Oct</td>
<td>Baking with Pumpkin</td>
<td>20 COOK03</td>
<td>$20</td>
<td>---</td>
</tr>
<tr>
<td>25-Oct</td>
<td>Pizza, Pop &amp; a Picture Show</td>
<td>20 RL05</td>
<td>$12</td>
<td>GF $15</td>
</tr>
<tr>
<td>28-Oct</td>
<td>Spooky Treats &amp; Haunted Eats</td>
<td>20 COOK04</td>
<td>$22</td>
<td>---</td>
</tr>
<tr>
<td>31-Oct</td>
<td>Halloween Spooktacular</td>
<td>20 RL19</td>
<td>$15</td>
<td>$5</td>
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**AMOUNT DUE OCTOBER CLASSES:**

<table>
<thead>
<tr>
<th>DATE</th>
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<th>#</th>
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</thead>
<tbody>
<tr>
<td>1-Nov</td>
<td>BINGO</td>
<td>20 RL10</td>
<td>$6</td>
<td>---</td>
</tr>
<tr>
<td>2-Nov</td>
<td>Don’t Worry, Be Happy... a Workshop</td>
<td>20 CNT06</td>
<td>$12</td>
<td>---</td>
</tr>
<tr>
<td>4-Nov</td>
<td>Reversible Holiday Blocks</td>
<td>20 ART12</td>
<td>$17</td>
<td>---</td>
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<tr>
<td>7-Nov</td>
<td>Spa Night: Fall Pampering</td>
<td>20 RL12</td>
<td>$17</td>
<td>---</td>
</tr>
<tr>
<td>9-Nov</td>
<td>Sea Life Aquarium at MOA</td>
<td>20 OA083</td>
<td>$25</td>
<td>WC $25</td>
</tr>
<tr>
<td>12-Nov</td>
<td>Touches of Fall Home Decor</td>
<td>20 ART16</td>
<td>$19</td>
<td>---</td>
</tr>
<tr>
<td>13-Nov</td>
<td>Let’s Talk with Linda</td>
<td>20 CNT04</td>
<td>$8</td>
<td>---</td>
</tr>
<tr>
<td>13-Nov</td>
<td>Gobble Gobble! Turkey on Canvas</td>
<td>20 ART05</td>
<td>$17</td>
<td>---</td>
</tr>
<tr>
<td>14-Nov</td>
<td>The Karaoke-Dansu Experience</td>
<td>20 RL03</td>
<td>$15</td>
<td>---</td>
</tr>
<tr>
<td>17-Nov</td>
<td>Pizza, Pins &amp; Pop @ Park Tavern</td>
<td>20 RL28</td>
<td>$15</td>
<td>$12/Food $8/Bowl</td>
</tr>
<tr>
<td>19-Nov</td>
<td>Holiday Crafts Make &amp; Take</td>
<td>20 ART08</td>
<td>$22</td>
<td>---</td>
</tr>
<tr>
<td>20-Nov</td>
<td>Game Night Out</td>
<td>20 RL16</td>
<td>$6</td>
<td>---</td>
</tr>
<tr>
<td>21-Nov</td>
<td>Bedazzling Jewelry and Beads</td>
<td>20 ART14</td>
<td>$17</td>
<td>---</td>
</tr>
<tr>
<td>22-Nov</td>
<td>Pizza, Pop &amp; a Picture Show</td>
<td>20 RL06</td>
<td>$12</td>
<td>GF $15</td>
</tr>
<tr>
<td>23-Nov</td>
<td>Elf the Musical, Jr.</td>
<td>20 OA085</td>
<td>$12</td>
<td>WC $12</td>
</tr>
<tr>
<td>25-Nov</td>
<td>Deer Crossing Advent Calendar</td>
<td>20 ART15</td>
<td>$19</td>
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**AMOUNT DUE NOVEMBER CLASSES:**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS/ACTIVITY</th>
<th>#</th>
<th>PARTICIPANT</th>
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</thead>
<tbody>
<tr>
<td>3-Dec</td>
<td>Candy Cane Candleholders</td>
<td>20 ART13</td>
<td>$17</td>
<td>---</td>
</tr>
<tr>
<td>4-Dec</td>
<td>Let’s Talk with Linda</td>
<td>20 CNT05</td>
<td>$8</td>
<td>---</td>
</tr>
<tr>
<td>5-Dec</td>
<td>Jingle Bell Tree</td>
<td>20 ART07</td>
<td>$19</td>
<td>---</td>
</tr>
<tr>
<td>6-Dec</td>
<td>BINGO</td>
<td>20 RL11</td>
<td>$6</td>
<td>---</td>
</tr>
<tr>
<td>7-Dec</td>
<td>Hark! The Basement Ladies Sing</td>
<td>20 OA084</td>
<td>$40</td>
<td>WC $40</td>
</tr>
<tr>
<td>8-Dec</td>
<td>Pizza, Pins &amp; Pop @ Park Tavern</td>
<td>20 RL29</td>
<td>$15</td>
<td>$12/Food $8/Bowl</td>
</tr>
<tr>
<td>10-Dec</td>
<td>Holiday Treats Bake &amp; Take</td>
<td>20 COOK02</td>
<td>$25</td>
<td>---</td>
</tr>
<tr>
<td>11-Dec</td>
<td>Game Night Out</td>
<td>20 RL17</td>
<td>$6</td>
<td>---</td>
</tr>
<tr>
<td>12-Dec</td>
<td>Artsy Holiday Frame</td>
<td>20 ART06</td>
<td>$19</td>
<td>---</td>
</tr>
<tr>
<td>13-Dec</td>
<td>Winter Wonderland Dinner Dance</td>
<td>20 RL20</td>
<td>D $29</td>
<td>ND $10</td>
</tr>
<tr>
<td>16-Dec</td>
<td>Dip Mix in an Ornament Gifts</td>
<td>20 ART02</td>
<td>$19</td>
<td>---</td>
</tr>
<tr>
<td>20-Dec</td>
<td>Pizza, Pop &amp; a Picture Show</td>
<td>20 RL07</td>
<td>$12</td>
<td>GF $15</td>
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**AMOUNT DUE DECEMBER CLASSES:**

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS/ACTIVITY</th>
<th>#</th>
<th>PARTICIPANT</th>
<th>STAFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>26-Aug</td>
<td>Ice Cream Social: Fall Catalog Kick-Off</td>
<td>19 RL19</td>
<td>$6</td>
<td>DF $7</td>
</tr>
<tr>
<td>13-Jan</td>
<td>Ice Cream Social: Winter Catalog Kick-Off</td>
<td>20 RL13</td>
<td>$6</td>
<td>DF $7</td>
</tr>
</tbody>
</table>

**ICE CREAM SOCIALS:**

**TOTAL FEES DUE:** $
Participant Expectations & Staff/Family Expectations
Project SOAR wants to ensure everyone’s safety and enjoyment of an activity or class. We are asking that everyone show respect and be supportive of each other. Be respectful of the facilities we use for classes and activities. If participants fail to follow these expectations, Project SOAR staff will discuss the situation with the involved parties and include family/home staff or other individuals if needed. If similar issues continue, participants will not be permitted to attend any Project SOAR activity or class for a period of time. In order for the participant to gain re-entry into the program, they have to demonstrate they can act properly in this setting again, as determined by the Project SOAR Program Manager. Staff or Family members are expected to actively provide the needed support and assistance to the participant throughout the class or activity. They should assist with any behavioral issues and with bathroom breaks, when necessary. Staff/Family members should refrain from talking or texting on their cellphone during class, unless it is an emergency. Staff/Family members should be seated adjacent to the participant so that assistance can be granted when needed.

Participant Assistance Requirements
Participants requiring assistance with their personal, physical and behavioral needs must provide their own staff or assistant. Examples of people needing support include: People unable to do tasks to complete a project or follow directions; people who don’t stay with the group and wander away; people who are unable to find and use the bathroom on their own; people unable to prepare food; people who cannot find their way in a building and through crowds at an event; and people whose behavior is disruptive, rude to others or violent in any way.

Instructor’s Responsibilities
Project SOAR instructors are there to instruct and provide a fun and positive experience for all participants. They do not provide one-on-one individual personal, physical or behavioral assistance to participants. If there is a medical emergency and no staff or family are present, Instructors will call 911. All fees associated with the emergency will be the responsibility of the participant.

Participation Waiver
Participants registered for a Project SOAR class, activity or event release Minnetonka Community Education and any other organizations, cities or individuals associated with this program from any responsibility for injuries or damages that the Participant may sustain as a result of their participation.

No Shows & Arriving on Time & Drop Off
Please do not register for classes or activities unless you know you can attend. Registration substitutions are permitted, but you must notify Project SOAR at least 24 hours before the class/activity. Please be prompt in arriving at a class or activity. Participants that arrive at a class/activity 30 minutes after the start time, may not be permitted to complete all projects or participate in the activities or the event. Sit quietly while the Instructor continues to prepare the room for the class/activity. In the event that no participants show up for a class/activity, the Instructor will leave 30 minutes after the scheduled start time. When a non-supervised individual is dropped off for an activity (as defined in this policy) check in with the Project SOAR Instructor to verify pick-up time. Ensure the participant has emergency contact information with them. At the end of the class/activity, they must inform the Instructor when they have safely picked up a participant. If a participant can wait for their ride unaccompanied by Project SOAR staff, that should be indicated when participant is dropped off.

School Rules
All Project SOAR classes and activities are school sponsored; therefore, there is absolutely no smoking, alcohol or drug use permitted during any Project SOAR classes or activities. This applies to participants, staffassistants, family and drivers.

Register Early
You must register for all classes except BINGO. Most classes have limited enrollment and registrations are accepted on a first-come, first-served basis. Participants will not be put on the class roster until the class fee is received.

Class Cancellation & Withdrawal
If there is a change in the date/location of the class, or if the class is canceled, Project SOAR will notify participants via email and/or phone as provided on the registration form. In order to qualify for a refund when a class is canceled, participants must call or email Project SOAR at least 3 business days prior to the scheduled class. EXCEPTION: Withdrawal/Cancellation of a registration for an activity/outing which requires the purchase of a ticket/space, will only be permitted 2 weeks prior to the event date.

Inclement Weather
If the Project SOAR class is held in a School District which is closing, it will be canceled and rescheduled. Participants will be notified by email and/or phone of the cancellation and rescheduled date, if available. If the Participant is unable to attend the rescheduled class, they will be granted a refund credit.

Refund Policy
If Participant is eligible for a refund, and registered with a credit card, a credit will be put back on that card. If cash/check was used, a credit will be placed on their Project SOAR account to be used for future registrations. Credits must be used within one year of issue date.
New! PROJECT SOAR COLORING CONTEST

Send us your coloring page for a chance to be featured on our Facebook page and enter your name for a Project SOAR gift certificate drawing. Entries must be received by October 15th, 2019.

Mail to: Project SOAR Coloring Contest/MCEC
4584 Vine Hill Road, Deephaven, MN 55331

Name:
Address:
View catalog & register online at:
www.projectsoarmn.org or
www.minnetonkacommunityed.org