Summer 2023
June-August

project SOAR

SEE OUR ABILITIES REALIZED

Learn · Experience · Socialize · Thrive

Inside this issue: Icey Tie Dye SOAR Shirts • Mini Skillet Apple Crisp • Patriotic Party Prep • Basic Camping Skills • & More!

Minnetonka Community Education | Hopkins Community Education | St. Louis Park Community Education | CommunityEd Wayzata Public Schools

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

To register visit **projectsoarmn.org** or scan here:

project
SOAR

SEE OUR ABILITIES REALIZED

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.

Welcome

Maximize your summer experiences, by adding Project SOAR. With a full calendar of programs that cover celebrating holidays, to immersing yourself into the outdoors, there is something to excite and benefit everyone!

Think: I can do, I can be, I can SOAR, and get our new shirt design with this positive affirmation on it in our Icey Tie Dye class. Discover different holidays or festivals celebrated around the world in our Cultural Connections classes. Relax on our Serene Boat Cruise with Supper on Lake Minnetonka and have a hootenanny with us at our Howdy Hoedown and Fried Chicken Feast Dance! New this season, a partnership with Three Rivers to expand and make programming with them more accessible and at a lower cost. Bringing two classes, a tried favorite of Geocaching and a new Camping Skills class to SOAR. They want to connect with you and find out how to make outdoor spaces, classes and events better suited for you.

Project SOAR isn't letting summer sunshine sizzle by, so you shouldn't either. Join in and plan on participating to continue to learn, socialize, experience and thrive with friends.

Sincerely, **Lindsay Richins, Program Manager**

Ways to Register

Online
projectsoarmn.org

By Phone
(952) 401-6898

In Person or Mail
4584 Vine Hill Road,
Excelsior, MN 55331

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Community Service Club

Be a part of enhancing our community by joining a new club. The Community Service Club is a joint program with St. Louis Park Community Ed. Adult Programs and Project SOAR to work together to serve and give back to our community. Each month we will be focusing on a different project. This course doesn't have a required registration fee but we have a suggested donation amount and other options to donate what you can to help us purchase materials for the projects. ***Suggested donation options available.***

23CNT25	Wednesday, June 21	☐ Love It
7-8 PM		☐ Maybe
Lenox Community Center		☐ No, Thanks!
23CNT26	Wednesday, July 12	☐ Love It
7-8 PM		☐ Maybe
Dakota Park- Picnic Shelter		☐ No, Thanks!
23CNT27	Wednesday, August 9	☐ Love It
7-8 PM		☐ Maybe
Lenox Community Center		☐ No, Thanks!

Geocaching-Modern Treasure Hunting

Navigate through a real-world, outdoor treasure hunting game using GPS-enabled devices. Geocaching will be hosted through our partners at Three Rivers Park District! All equipment will be provided for you come ready for some outdoor fun in nature.

23CNT28	Thursday, July 13	☐ Love It
6:30-8 PM	$5/Participant	☐ Maybe
French Regional Park		☐ No, Thanks!

Basic Camping Skills

Get an intro into the world of camping with Three Rivers. Find out what you need to know if you want to camp or refresh your skills. We will not actually be camping but will have many activities to give you the experience of practicing camping skills.

23CNT29	Monday, July 31	☐ Love It
6:30-8 PM	$5/Participant	☐ Maybe
Lenox Community Center		☐ No, Thanks!

Personalized Picnic Blankets

Prepare yourself to take on the outdoors this summer and picnic! Using a canvas cloth we will be decorating a hearty picnic blanket you can cover a table with or put down to sit on the grass. Cloth Measures 6 foot x 9 foot.

23ART09
6:30-8 PM
Lenox Community Center

Wednesday, June 7
$17/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!

Patriotic Party Prep

Get ready for Fourth of July celebrations. Make Confetti Poppers to pop your own fireworks, Ribbon wands to wave, and glow in the dark bracelets and necklaces to wear during fireworks at night!

23ART10
6:30-8 PM
Lenox Community Center

Thursday June 29
$17/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!

Customize a Cowboy Hat

A few days before our Howdy Hoedown, lets get together and take a straw cowboy hat and make it unique to you. Add ribbon, color or a star. How western will you go?

23ART11
7-8 PM
MCEC

Tuesday, July 18
$15/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!

Icey Tie Dye SOAR Shirts

Enhance your tie dying skills by using ice to make unique prints! A different SOAR shirt design this year and your choice of two nights to come! Both dates will be the same, sign up for the day the works best for you.

23ART12
6:30-7:30 PM
Lenox Community Center

Tuesday, August 1
$15/1 Shirt
$25/2 Shirts

☐ Love It
☐ Maybe
☐ No, Thanks!

23ART13
6:30-7:30 PM
Lenox Community Center

Tuesday, August 22
$15/1 Shirt
$25/2 Shirts

☐ Love It
☐ Maybe
☐ No, Thanks!

View the catalog & register online at: **projectsoarmn.org**
or **minnetonkacommunityed.org**

SOAR Disney Club

Are you a fan of the leader of the band that's made for you and me M-I-C-K-E-Y-M-O-U-S-E! We are calling all of the SOAR musketeers to get together and talk about our love of all things Disney/pixar/marvel and more. Along with connecting with friends that have the same interest as us, along with talking about Disney we will play games, make crafts, or do activities differing from month to month.

23CNT15 6-7 PM Lenox Community Ctr.	Thursday, May 18 $9/Participant $30/Participant-All 4 Classes	☐ Love It ☐ Maybe ☐ No, Thanks!
23CNT16 6-7 PM Lenox Community Ctr.	Thursday, June 1 $9/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!
23CNT18 6-7 PM Lenox Community Ctr.	Thursday, August 17 $9/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!
23CNT17 6-7 PM Lenox Community Ctr.	Thursday, July 20 $9/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!

Naturalist Nights | 6-7 pm
$9/Participant/Per Class | Westwood Hills Nature Ctr.

Let's Talk Identifying Trees | Thursday, June 22 | 23CNT19
How can we benefit by knowing what type of trees surround us? Come and find out!

Let's Talk Reptiles | Thursday, July 27 | 23CNT20
Did you know that a Reptiles' skin is watertight, meaning they do not get soggy and water does not penetrate their scales? Learn fun facts like this and more about native Minnesota Reptile species.

Let's Talk Butterflies | Thursday, August 3 | 23CNT21
From caterpillar to chrysalis to butterfly come with us as we learn all about butterflies.

Cultural Connections: Celebrating Vesak (Buddha Day)

Learn how Buddhists celebrate Vesak, the day that signifies the birth of Buddha. Learn how individuals from different countries view the path to enlightenment and nirvana by living core values.

23CNT22 6:30-7:30 PM MCEC	Wednesday, May 24 $9/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!

Cultural Connections: Mongolia's Nadaam Festival

Immerse yourself into the day of events that Mongolia celebrates to symbolize and remember national integrity.

23CNT23	Monday, July 10	☐ Love It
6:30-7:30 PM	$9/Participant	☐ Maybe
MCEC		☐ No, Thanks!

Cultural Connections: International Day of the World's Indigenous Peoples

Develop a greater awareness of indigenous populations from around the world. Indigenous Peoples are the first inhabitants of a land and this day serves to shine a light on protection of their rights and recognizes the achievements and contributions that indigenous people have made to improve world issues such as environmental protection.

23CNT24	Tuesday, August 8	☐ Love It
6:30-7:30 PM	$9/Participant	☐ Maybe
MCEC		☐ No, Thanks!

LET'S COOK

Mini Skillet Apple Crisp

Make a one serving size miniature all American dessert! We will make and eat all in one night.

23COOK05	Wednesday, May 31	☐ Love It
6:30-8 PM	$13/Participant	☐ Maybe
SAIL Building		☐ No, Thanks!

Fruit Kabobs

Not only will we be making healthy and delicious fruit kabobs to enjoy but we will also have a lesson on how to pick up fruit to get the best food and how to cut or peel specific fruits safely.

23COOK06	Tuesday, August 29	☐ Love It
6:30-8 PM	$13/Participant	☐ Maybe
SAIL Building		☐ No, Thanks!

Pizza, Pins & Pop @ Park Tavern

Spend a Sunday evening bowling with friends. Working with Park Tavern, we have created an all inclusive package that includes a personal pizza, chips, unlimited refills of your choice of pop, 2 hours of bowling and shoe rental. Discover your inner athlete! Adapted to all abilities. REGISTER EARLY- 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 are encouraged to attend and assist the participant if needed. **Registration required.**

23RL35 5-7 PM Park Tavern	Sunday, May 21 $19/Bowl, Pizza, Pop/Participant $14/Pizza, Pop $9/Participant/BOWL only	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL36 5-7 PM Park Tavern	Sunday, June 25 $19/Bowl, Pizza, Pop/Participant $14/Pizza, Pop $9/Participant/BOWL only	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL37 5-7 PM Park Tavern	Sunday, July 16 $19/Bowl, Pizza, Pop/Participant $14/Pizza, Pop $9/Participant/BOWL only	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL38 5-7 PM Park Tavern	Sunday, August 13 $19/Bowl, Pizza, Pop/Participant $14/Pizza, Pop $9/Participant/BOWL only	☐ Love It ☐ Maybe ☐ No, Thanks!

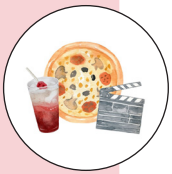
Cards, Games and Cookies

If you play your cards right, you unwind with a night or games with friends. Gather with others that are new to and those that have mastered card and board games. This class provides socialization, games, cookies and a drink.

23RL41 7-8 PM Lenox Community Center	Monday, May 22 $7/Participant, $25/All 4 Classes	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL42 7-8 PM Lenox Community Center	Monday, June 26 $7/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL43 7-8 PM Lenox Community Center	Monday, July 24 $7/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL44 7-8 PM Lenox Community Center	Monday, August 28 $7/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!

Pizza, Pop & a Picture Show

Join us every month for a Friday movie night, while you enjoy your 2 slices of pizza, a cookie and a drink. Choose your pizza option in registration and gluten free options are available. **Registration closes the Wednesday before the class.**



23RL27 6-8 PM MCEC	Friday, May 19 $17/Participant/Staff/Gluten Free $5/Participant/Movie Only	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL28 6-8 PM MCEC	Friday, June 23 $17/Participant/Staff/Gluten Free $5/Participant/Movie Only	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL29 6-8 PM MCEC	Friday, July 28 $17/Participant/Staff/Gluten Free $5/Participant/Movie Only	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL30 6-8 PM MCEC	Friday, August 18 $17/Participant/Staff/Gluten Free $5/Participant/Movie Only	☐ Love It ☐ Maybe ☐ No, Thanks!

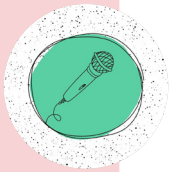
BINGO

There is a game that's oh so fun and BINGO is its name-o! Come and spend a fun night with us once a month. Your registration also includes a snack and drink that you can take home at the end of the event. **All registrations need to be preregistered.**

23RL32 6:30-8 PM Lenox Community Center	Friday, June 2 $7/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL33 6:30-8 PM Lenox Community Center	Friday, July 14 $7/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!
23RL34 6:30-8 PM Lenox Community Center	Friday, August 4 $7/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!

Singin' and Steppin'

You can sing, you can dance or just come to enjoy the ambience. A night of Karaoke with DJ Ray of Sunshine and along with learning line and group dances for the fun.



23RL17 6:30-8 PM MCEC	Thursday, June 15 $15/Participant	☐ Love It ☐ Maybe ☐ No, Thanks!

Twins Game Afternoon

Root, Root, Root for the Twins as we take in a game at Target Field. Watch the Twins play the Pittsburgh Pirates. Your registration gets you admission into the game, a hot dog or popcorn, a drink and transportation to and from the game! We have accessible transportation and seats at the game to accommodate everyone's needs. Transportation is from MCEC to Target Field. **REGISTRATION CLOSES July 26th!**

23RL47	Sunday, August 20	☐ Love It!
12:15-4:30 PM	$45/Participant or Staff	☐ Maybe
MCEC		☐ No, Thanks!

Play Games and Picnic

Toss a bean bag, a ring or connect 4 outdoors! Connect with friends for an enjoyable summer evening outside as we socialize and play lawn games on a warm summer evening. Bring your own food or have us take care of it. Our picnic meal is the classic sandwich, chips, cookie and drink.

23RL45	Wednesday, June 28	☐ Love It
6-7:30 PM	$15/Participant-Dinner & Games	☐ Maybe
Eisenhower Comm. Ctr	$5/Participant-Games Only	☐ No, Thanks!
	$15/Staff-Optional Dinner	
23RL46	Wednesday, August 23	☐ Love It
6-7:30 PM	$15/Participant-Dinner & Games	☐ Maybe
Eisenhower Comm. Ctr	$5/Participant-Games Only	☐ No, Thanks!
	$15/Staff-Optional Dinner	

Ice Cream Social: Fall Catalog Kick-Off

Join us for an old-fashioned ice cream social to celebrate the new offerings in our Fall 2023 catalog! Create a tasty ice cream sundae and listen to the fabulous DJ Ray of Sunshine 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 Fall 2023 offerings.

23RL49	Thursday, September 7	☐ Love It
6:30-8 PM	$6/Participant or Staff	☐ Maybe
MCEC	$7/Participant or Staff Gluten Free	☐ No, Thanks!

Howdy Hoedown & Fried Chicken Feast

Grab your partner and swing them round and round at our annual summer dance. Lets see your plaid, hats and boots at this hootenanny with DJ Ray of Sunshine. Choose to eat at our Fried Chicken Feast too which includes 2 pieces of fried chicken, 2 sides, a dessert and a drink! Alternatives are grilled chicken or salad which you can indicate as you register.

23RL39	Friday, July 21	☐ Love It
6:30-8 PM	$15/Participant-Dance Only	☐ Maybe
MCEC	$25/Participant-Dance & Food	☐ No, Thanks!
	$10/Staff- Food Option	

Serene Lake Cruise with Supper

Sail off for an exclusive evening cruise on Lake Minnetonka. As you take in the breathtaking natural surroundings of Minnesota and socialize with your friends dine on a scrumptious supper. Your registration includes the boat ticket, your meal and drink. Supper menu: Chicken salad on a croissant, pasta salad, pickles, fresh fruit and a jumbo cookie. There are vegetarian, dairy free and gluten free options available. The boat does have 4 stairs to navigate getting on and off the boat but is otherwise accessible. **Registration closes May 25th.**

23RL31	Monday, June 5	☐ Love It
5:30-8 PM	$34/Participant/Staff Dinner & Cruise	☐ Maybe
Lady of the Lake -Lake Minnetonka	$15/Participant/Staff Boat Ride Only	☐ No, Thanks!

LET'S EXPLORE

Old Log Theatre presents: The Reluctant Dragon

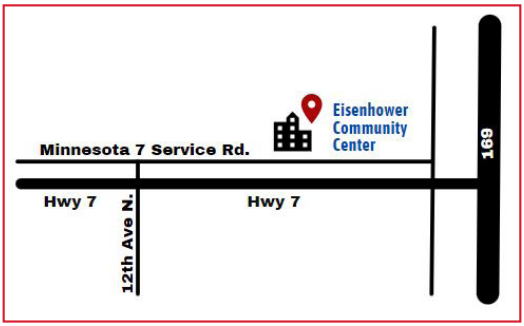
Meet us at Old Log Theater to experience a beloved story of an unlikely friendship between a young boy and a poetry-loving dragon living in the hills above his home. When the townsfolk send for St. George to slay the dragon, the boy needs to come up with a clever plan to save his friend and convince the town to accept him. This lovely tale shows how misunderstanding and prejudice can turn into fear and how friendship, love, understanding and a bit of faith can change the world. **Registration closes July 13th. No cancellations or refund after this date.**

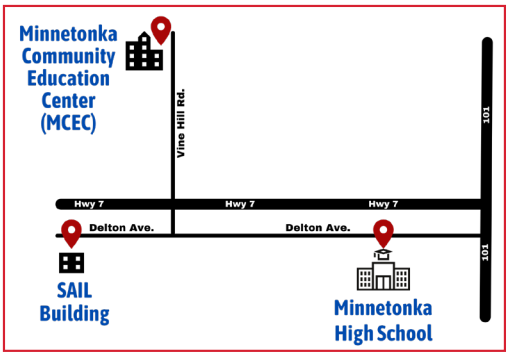
23RL40	Saturday, July 29	☐ Love It
10:45 AM-12 PM	$12/Participant or Staff	☐ Maybe
Old Log Theatre		☐ No, Thanks!

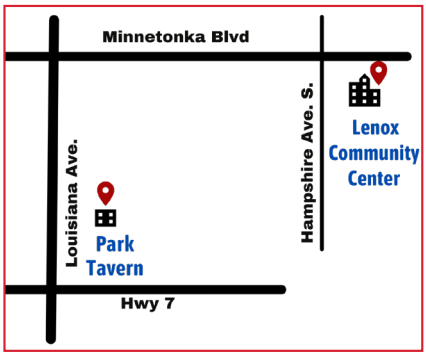
American Swedish Institute Trip

Take a special guided tour through the American Swedish Institute and Turnblad Mansion. We will immerse ourselves in the history, culture and art. We will also be touring the special exhibition "Leaving your mar-Stories in the wood." Your registration covers admissions, tour and bussing to and from the Institute.

23RL50	Saturday, June 24	☐ Love It
12:15-3 PM	$25/Participant	☐ Maybe
MCEC	$7/Staff	☐ No, Thanks!







Class & Event Locations

Dakota Park-Picnic Shelter
2643 Dakota Ave S, St. Louis Park

French Regional Park
12605 Rockford Rd, Plymouth

Hopkins Eisenhower Community Center
1001 MN-7, Hopkins, MN

Lady of the Lake - Lake Minnetonka
8 Water St, Excelsior, MN

Lenox Community Center
6715 Minnetonka Blvd, St. Louis Park

Minnetonka Community Education Center (MCEC)
4584 Vine Hill Rd, Deephaven

Old Log Theatre
5185 Meadville St, Excelsior

Park Tavern
3401 Louisiana Ave S, St. Louis Park

SAIL Buidling - MHS
19685 Highway 7, Shorewood

Westwood Hills Nature Center
8300 W Franklin Ave, St. Louis Park

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 and 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 are expected to provide personal, behavioral and bathroom support during program. It is expected that staff/family should sit adjacent to the/Participant with cell phones away, ready to assist when needed.

Participant Assistance Requirements:/Participants requiring assistance with their personal, physical and behavioral needs must provide their own staff or assistant. Examples of individuals needing support include:/Participants that are unable to complete tasks, follow directions, easily get lost/wander off, unable to use the bathroom independently and/Participants whose behavior is disruptive, rude 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.

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, staff/assistants, family and drivers.

No Shows & Arriving on Time: Please arrive promptly at the start of class or activity. / Participants that arrive late might not be permitted to complete all projects or/Participant in every event in the time given for class. If you arrive late please wait patiently for the instructor to get you signed in. In the event that no/Participants show up in the first 30 minutes after the scheduled start time of the class the instructor will leave. When an independent non-supervised individual arrives at class check in with instructor to verify pick up time, ensure correct emergency contact information and if the/Participant can wait for their ride unaccompanied by a Project SOAR staff.

Register Early: You must register for all classes before attending. 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 Cancellations: If Project SOAR cancels a class you will be notified by phone or email provided on this registration form and a refund/credit will be issued. School district closures due to inclement weather classes will be cancelled or rescheduled.

Withdrawal from Classes: If after you register for a class you need to withdrawal your registration contact Project SOAR by email or phone. To qualify for a refund/credit you must contact Project SOAR 3 business day prior to the class. EXCEPTION: Withdrawal of a registration for an activity or outing which requires the purchase of a ticket/space will only be permitted 2 weeks prior to the event date.

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.

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.

project SOAR
SEE OUR ABILITIES REALIZED

Minnetonka Community Education
4584 Vine Hill Road
Excelsior, MN 55331
Ph: (952) 401-6898
Fax: (952) 401-6805

Summer Highlights

Customize a Cowboy Hat

Tuesday, July 18 | 7-8 PM | MCEC

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June 21 | 7-8 PM | Lenox Community Center
July 12 | 7-8 PM | Dakota Park- Picnic Shelter
August 9 | 7-8 PM | Lenox Community Center

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See page 4

Cultural Connections: Mongolia's Nadaam Festival

July 10 | 6:30-7:30 PM | MCEC

Immerse yourself into the day of events that Mongolia celebrates to symbolize and remember national integrity.

See page 7

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Projectsoarmn.org
Project SOAR

To register visit **projectsoarmn.org**