

Fall 2023
September-December

SEE OUR ABILITIES REALIZED

project SOAR

Learn · Experience · Socialize · Thrive

Inside this issue: Holiday Apple Cornbread Stuffing • Caponi Art Park Golf Cart Tour • Santa’s Sensational SOAR Shindig • Puzzle Party • & More!



St. Louis Park
Community Education



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!


Magnify your weekly activities through Project SOAR programs. This fall, SOAR is offering a cornucopia of different and unique opportunities for you to participate in.

Find the right experience for you. If being creative is your thing, we have four months stacked with arts and crafts classes. From our classic Pumpkin Painting Party, to new offerings with Caponi Art Park, classes stretch to encompass all types of offerings that suit your creative needs. Optimize the warmer outdoor days with SOAR activities that provide opportunities to visit various parks and trails. Connect with individuals that share your common interests by taking part in our Disney Club, Community Service Club or Cards, Games and Cookie Nights.


With celebrations bringing cheer throughout the season, SOAR has prepared programs to get you in the spirit. The big events you won't want to miss are the Fall Fest, Halloween Spooktacular, Winter Wonderland Dance and Santa's Sensational SOAR Shindig.

As you see, there are many options for you to choose from. All SOAR classes and events emphasize building friendships and engaging socially with others. Join in and participate as you continue learning, socializing, experiencing, and thriving.


Sincerely, **Lindsay Richins, Program Manager**



Online
projectsoarmn.org



Phone
(952) 401-6898



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

Table of Contents

Let's Connect Page 4-5

Let's Thrive in Our Lives..... Page 7

Let's CreatePage 8-10

Let's Cook Page 11

Let's Explore Page 12-13

Let's Have Fun Page 14-17

Class Locations..... Page 18

Project SOAR Policies Page 19



Naturalists Night

6-7 PM | \$9/Participant/Per Class | Westwood Hills Nature Center

Let's Talk Apple Cidering

Thursday, September 14 | 23CNT33

Learn and experience apple cidering straight from our naturalist expert! This is a yummy natural fall drink.

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

Let's Talk Seeds

Thursday, October 5 | 23CNT34

Seeds are the plants of making and developing another plant. See how they move & help keep MN growing.

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

Let's Talk Owls

Thursday, November 30 | 23CNT35

Who knows that a group of owls is called? A parliament. Learn facts like this and more about owls from our expert Naturalist.

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

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. Connect with friends that have the same interest as you, talk about Disney, play games, make crafts, and do new activities each month.

23CNT40

Thursday, September 21

6-7 PM

\$9/Participant

Lenox Comm. Ctr. \$30/All 4 classes

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

23CNT41

Thursday, October 12

6-7 PM

\$9/Participant

Lenox Comm. Ctr.

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

23CNT42

Thursday, November 2

6-7 PM

\$9/Participant

Lenox Comm. Ctr.

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

23CNT43

Thursday, December 7

6-7 PM

\$9/Participant

Lenox Comm. Ctr.

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

Register online at: projectsoarmn.org
or minnetonkacommunityed.org



Cultural Connections: Egyptian Abu Simbel Festival

Enhance your knowledge of Egyptian history and culture by joining us to see why this twice yearly celebration occurs to honor Pharaoh Ramses II, and Queen Nefertiti.

23CNT31 Tuesday, October 17
6:30 PM-7:30 PM \$9/Participant
MCEC

☐ Love It
☐ Maybe
☐ No, Thanks!



Cultural Connections: The Art of Origami



Explore the ancient Japanese art of Origami as we approach World Origami Day in November. Learn the history, significance and learn how to create shapes by folding paper.

23CNT32 Thursday, November 9
6:30-7:30 PM \$9/Participant
MCEC

☐ Love It
☐ Maybe
☐ No, Thanks!



SOAR Skills Building Friendships

Become a better friend and build better relationships by coming to work on exercises in talking, listening and understanding social rules.

23CNT44 Monday, November 13
6:30-7:30 PM \$7/Participant
Lennox Comm. Ctr.

☐ Love It
☐ Maybe
☐ No, Thanks!



SANTA's Sensational SOAR Shindig

Santa Claus is visiting from the north pole just to see us! Get the full Christmas experience by taking your picture with Santa, sing carols, make a Christmas craft and decorate cookies to take home. We will have a photographer taking the pictures and will be sending 4 printed 4x6 photos to you at home!

23RL81
6-7:30 PM
MCEC

Thursday, December 14
\$15/Participant

☐ Love It

☐ Maybe

☐ No, Thanks!



project
SOAR

SEE OUR ABILITIES REALIZED

Looking for Volunteer Opportunities?

Help us provide top notch programs for adults with special needs in your community.

Arts and Crafts, Cooking, Social Fun, Events, and more. We have a little bit of everything for everyone.

Programs are typically weekday evenings and some weekends.



Fill out the google form at this QR code to let us know your interest.

Contact Program Manager Lindsay Richins for more details:
lindsay.richins@minnetonkaschools.org



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.

23CNT36 7-8 PM Lenox Comm. Ctr.	Wednesday, September 20	<input type="checkbox"/> Love It <input type="checkbox"/> Maybe <input type="checkbox"/> No, Thanks!
23CNT37 7-8 PM Lenox Comm. Ctr.	Wednesday, October 11	<input type="checkbox"/> Love It <input type="checkbox"/> Maybe <input type="checkbox"/> No, Thanks!
23CNT38 7-8 PM Lenox Comm. Ctr.	Wednesday, November 8	<input type="checkbox"/> Love It <input type="checkbox"/> Maybe <input type="checkbox"/> No, Thanks!
23CNT39 7-8 PM Lenox Comm. Ctr.	Wednesday, December 6	<input type="checkbox"/> Love It <input type="checkbox"/> Maybe <input type="checkbox"/> No, Thanks!



Outdoor Gentle Yoga

Take the meditative gentle and chair yoga practices outside and calm your body and mind while breathing in the fall air. You can bring a blanket or utilize a picnic bench to participate in the stretches.

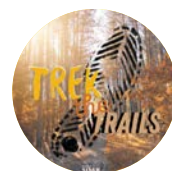
23HF07 5:30-6:30 PM Burnes Park	Thursday, September 28 \$7/Participant	<input type="checkbox"/> Love It <input type="checkbox"/> Maybe <input type="checkbox"/> No, Thanks!
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Trek the Trails

Tie on those walking shoes and immerse yourself in the fall colors. An instructor will lead the walk through paved trails to keep our bodies moving and our minds captivated. The trail is paved and accessible.

23HF05 5:30-6:30 PM Ford Park	Tuesday, September 19 \$5/Participant	<input type="checkbox"/> Love It <input type="checkbox"/> Maybe <input type="checkbox"/> No, Thanks!
23HF06 5:30-6:30 PM Lone Lake Park	Monday, October 9 \$5/Participant	<input type="checkbox"/> Love It <input type="checkbox"/> Maybe <input type="checkbox"/> No, Thanks!



Football Team Banners & Streamers

Which team do you cheer for? Choose Vikings, Gophers or Packers and create a banner to hang at your house and streamers to cheer with as you watch the game!

23ART19
6:30 PM-8 PM
Lenox Comm. Ctr.

Tuesday, September 18
\$15/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!

Paint Along Halloween Scene

Let's get together and create a beautiful image for your fall collection. Who doesn't love pumpkins and cats? Join us in this inspiring painting class.

23ART25
6:30-8 PM
Lennox Comm. Ctr.

Tuesday, September 26
\$19/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!

Fabric Mosaic Pumpkins

Using unique materials, make a mosaic representation of a pumpkin to use as decoration at home throughout the fall months.

23ART24
6:30-7:30 PM
Lenox Comm. Ctr.

Monday, October 2
\$13/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!

Craft & Chat

A new class designed to help everyone engage and socialize while also being able to craft. There will be guided and open conversations throughout the class to help form connections and friendships. Choose to create your own masterpiece with materials given, or choose one of the 3 step-by-step craft options to create.

23ART15
6:30-8 PM
MCEC

Wednesday, October 4
\$10/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!

23ART16
6:30-8 PM
MCEC

Wednesday, November 1
\$10/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!

23ART17
6:30-8 PM
MCEC

Wednesday, December 13
\$10/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!

Caponi-Recycled Art Printing Class

Caponi Art Park is coming to SOAR to create with us. Using examples from sculptures at the art park, learn about how everyday materials can be recycled into artwork. Use recycled CDs to explore a simple, fun printmaking method.

23ART21 Monday, October 16
6:30-7:30 PM \$15/Participant
Lenox Comm. Ctr.

☐ Love It
☐ Maybe
☐ No, Thanks!



Pumpkin Painting Party

Dress up a pumpkin with paint, glitter and more to transform it into a Jack-O-Lantern fit for Halloween. Pumpkins and materials will be provided. No carving but lots of other ideas and options for you to try! Display your Jack-O-Lantern at home to show your spooky spirit. We will enjoy a scary good snack and a batty beverage as well.

23ART23 Monday, October 23
7-8 PM \$15/Participant
Lenox Comm. Ctr.

☐ Love It
☐ Maybe
☐ No, Thanks!



Button Art Creation

Let's get creative by using buttons to create art! Use buttons and glue to make beautiful images of flower pots, and birds! Come prepared to amaze yourself!

23ART26 Tuesday, October 24
6:30-7:30 PM \$19/Participant
MCEC

☐ Love It
☐ Maybe
☐ No, Thanks!



MAKERSPACE

SEE THE NEW
SPACE WHERE
CREATIVITY WILL
TAKE PLACE!



Be a part of community art!

OPEN HOUSE

Tuesday, Sept. 12th

5-7 pm

Minnetonka Community
Education Center
4584 Vine Hill Rd.
Excelsior, MN 55331

Painted Print Tote Bag

Let's get together and create a beautiful tote bag using paint. We'll begin with creating art using our hands and fingers on paper. After a few practice runs, we will pick a design and make beautiful tote bags!

23ART27
6:30-8 PM
MCEC

Tuesday, November 7
\$19/Participant

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

Handmade Holiday Greeting Cards

Let's make beautiful cards to celebrate the joys of the season. We will be creating cards using paint and stamps. Let's spread holiday cheer and create together!

23ART28
6:30-7:30 PM
MCEC

Tuesday, November 14
\$19/Participant

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

Caponi-Color Mixing & Scrape Painting Class

Caponi Art Park is coming to SOAR to create with us. Learn about the magic of color mixing! You will start with 3 primary colors and learn how to mix them into a whole rainbow. Using nontraditional painting materials, you will use these color mixing skills to create your own eye catching artwork.

23ART22
6:30-7:30 PM
Lenox Comm. Ctr.

Monday, November 20
\$15/Participant

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

Personalized Holiday Hats and T-shirts

Let your holiday spirit sparkle throughout December! Accessorize your own festive hat and decorate a t-shirt.

23ART20
6:30-7:30 PM
MCEC

Wednesday, November 29
\$19/Participant

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!



Carols, Ornaments and Cocoa

Get together for a tinsel of a good time! Listen and sing along to carols as we create 3 original ornaments and sip cocoa from our cocoa bar.

23ART18
6:30-8 PM
Lennox Comm. Ctr.

Tuesday, December 12
\$19/Participant

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!

Mini Skillet Apple Crisp

Back by popular demand! Make a one serving size miniature all American dessert! You will make and eat it in class.

23COOK11

Wednesday, September 27

6:30-8 PM

\$13/Participant

SAIL Building

☐ Love It

☐ Maybe

☐ No, Thanks!



Yummy Mummy Meal

Halloween is all about the sweets, but in this class, we are making a Halloween themed meal to enjoy together - mummy hot dogs! You will make and eat the food during class.

23COOK10

Wednesday, October 25

6:30-8 PM

\$15/Participant

SAIL Building

☐ Love It

☐ Maybe

☐ No, Thanks!



Holiday Apple Cornbread Stuffing

Take a traditional holiday staple and add a new flavor! Make this side dish you can replicate at home for your family and friends on any celebratory occasion. You'll also make a Thanksgiving themed table decoration while your stuffing bakes.

23COOK12

Wednesday, November 15

6:30-8 PM

\$17/Participant

SAIL Building

☐ Love It

☐ Maybe

☐ No, Thanks!



Craft Fair!



Saturday, November 4th

10 am - 3 pm

Lenox Community Center
6715 Minnetonka Blvd
St. Louis Park, MN 55426

Project SOAR will be selling concessions. Proceeds will go towards new BINGO cards! Come find something for yourself or to gift another and stop by for a treat or drink at the Project SOAR booth.



Hosted by:
St. Louis Park Community Education
SENIOR PROGRAM



Gale Woods Farm Tour and Class



By popular demand we are going back to the farm. Come and tour Gale Woods Farm, meet the animals that call it home, and take part in a class that utilizes natural products from the farm. We will be bussing from MCEC to Gale Wood Farms and back.

23CNT45
1:30-4:30 PM
MCEC

Saturday, September 23
\$15/Participant
\$7/Staff

☐ Love It
☐ Maybe
☐ No, Thanks!



Caponi Art Park Golf Cart Tour

Immerse yourself in the art of sculpture at Caponi Art Park. As we take a guided tour on a golf cart around the park learn about the sculptures, artists and the nature that is present in this 60 acre park.

23RL84
12:15-2:30 PM
Caponi Art Park

Sunday, October 1
\$13/Participant

☐ Love It
☐ Maybe
☐ No, Thanks!



Cabaret at Minnetonka Theatre

Join Cliff, Ernst and Sally in 1920s Berlin as they navigate life. Don't tell Mama about all the jazz you will be hearing from the Kit Kat Klub, and enjoy this musical with friends. *Registration closes October 26. No refunds after registration has closed.*

23RL82
1:30-4 PM
Arts Center on 7 Main Stage- Minnetonka High School

Sunday, November 12
\$22/Participant or Staff

☐ Love It
☐ Maybe
☐ No, Thanks!



Old Log Theatre presents: Snow White and the Seven Vikings

Meet us at Old Log Theater to experience an update to the Classic Fairy Tale Snow White called Snow White and the Seven Vikings. This adaptation of Snow White is the same story we have all grown up knowing, with a few fun twists. The Dwarfs are a bunch of funny gentle Vikings. The play is set in the snow-covered land of Norway. Jealousy and vanity will be exposed while friendship and love will ensure all will live happily ever after. You won't want to miss Old Log Theatre's "Snow White" with a hilarious Norse twist. *Registration closes November 2. No cancellations or refund after this date.*

23RL40 Saturday, November 18
10:45 AM-12 PM \$12/Participant or Staff
Old Log Theatre

☐ Love It
☐ Maybe
☐ No, Thanks!



Sound of Music at Minnetonka Theatre

The hills are alive with a tuneful, heartwarming story, based on the real life story of the Von Trapp Family singers. Watch as Maria becomes a governess in the home of a widowed naval captain with seven children, and brings a new love of life and music into the home. *Registration closes November 13. No refunds after registrations closes.*

23RL83 Sunday, December 3
1:30-4 PM \$22/Participant or Staff
Arts Center on 7 Main Stage- Minnetonka High School

☐ Love It
☐ Maybe
☐ No, Thanks!



project **SOAR** SEE OUR ABILITIES REALIZED **THE SOAR SCOOP**
UPCOMING FUN, NEWS AND UPDATES SOARING STRAIGHT TO YOU!

Receive up to date info, reminders and more on all things Project SOAR!
To get on the email list send your email to lindsay.richins@minnetonkaschools.org

Pizza, Pop & a Picture Show

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

	23RL52	Friday, September 15	<input type="checkbox"/> Love It
	6-8 PM	\$17/Participant/Staff/Gluten Free	<input type="checkbox"/> Maybe
	MCEC	\$5/Movie Only	<input type="checkbox"/> No, Thanks!
	23RL53	Friday, October 13	<input type="checkbox"/> Love It
	6-8 PM	\$17/Participant/Staff/Gluten Free	<input type="checkbox"/> Maybe
	MCEC	\$5/Movie Only	<input type="checkbox"/> No, Thanks!
	23RL54	Friday, November 17	<input type="checkbox"/> Love It
	6-8 PM	\$17/Participant/Staff/Gluten Free	<input type="checkbox"/> Maybe
	MCEC	\$5/Movie Only	<input type="checkbox"/> 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 to attend and assist the participant if needed. *Registration required!*

	23RL61	Sunday, September 17	<input type="checkbox"/> Love It
	5-7 PM	\$19/Bowl, Pizza, Pop	<input type="checkbox"/> Maybe
	Park Tavern	\$14/Pizza, Pop \$9/Bowl only	<input type="checkbox"/> No, Thanks!
	23RL62	Sunday, October 8	<input type="checkbox"/> Love It
	5-7 PM	\$19/Bowl, Pizza, Pop	<input type="checkbox"/> Maybe
	Park Tavern	\$14/Pizza, Pop \$9/Bowl only	<input type="checkbox"/> No, Thanks!
	23RL63	Sunday, November 19	<input type="checkbox"/> Love It
	5-7 PM	\$19/Bowl, Pizza, Pop	<input type="checkbox"/> Maybe
	Park Tavern	\$14/Pizza, Pop \$9/Bowl only	<input type="checkbox"/> No, Thanks!
	23RL64	Sunday, December 17	<input type="checkbox"/> Love It
	5-7 PM	\$19/Bowl, Pizza, Pop	<input type="checkbox"/> Maybe
	Park Tavern	\$14/Pizza, Pop \$9/Bowl only	<input type="checkbox"/> No, Thanks!

Cards, Games and Cookies

If you play your cards right, you can unwind with a night of games with friends. With many games to choose from, play a game new to you or one you have mastered. This class provides socialization, games, cookies and a drink.

23RL65 Monday, September 25
7-8 PM \$7/Participant
Lenox Comm. Ctr. \$25/All 4 Classes

☐ Love It
☐ Maybe
☐ No, Thanks!

23RL66 Monday, October 30
7-8 PM \$7/Participant
Lenox Comm. Ctr.

☐ Love It
☐ Maybe
☐ No, Thanks!

23RL67 Monday, November 27
7-8 PM \$7/Participant
Lenox Comm. Ctr.

☐ Love It
☐ Maybe
☐ No, Thanks!

23RL68 Monday, December 18
7-8 PM \$7/Participant
Lenox Comm. Ctr.

☐ 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 includes a snack and drink that you can take home at the end of the event. *Must be pre-registered to participate.*

23RL57 Friday, September 8
6:30-8 PM \$7/Participant
Lenox Comm. Ctr.

☐ Love It
☐ Maybe
☐ No, Thanks!

23RL58 Friday, October 6
6:30-8 PM \$7/Participant
Lenox Comm. Ctr.

☐ Love It
☐ Maybe
☐ No, Thanks!

23RL59 Friday, November 3
6:30-8 PM \$7/Participant
Lenox Comm. Ctr.

☐ Love It
☐ Maybe
☐ No, Thanks!

23RL60 Friday, December 1
6:30-8 PM \$7/Participant
Lenox Comm. Ctr.

☐ Love It
☐ Maybe
☐ No, Thanks!



Register online at: projectsoarmn.org
or minnetonkacommunityed.org



SOAR Fall Fest

Celebrate the change in the season and the beginning of fall by enjoying an outdoor night of festivities. Play lawn games, do a craft, eat a treat, listen and sing along to DJ Ray of Sunshine as he plays his guitar around the campfire and more. Bring your lawn chair to make yourself comfortable, and dress for the weather.

23RL78

6-8 PM

Wednesday, September 13

\$15/ Participant

\$5/Staff-Food Option

Sumac Knoll Campground- Hyland Lake Park Reserve

☐ 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 along with learning line and group dances for fun.

23RL56

6:30-8 PM

MCEC

Friday, September 22

\$15/Participant

☐ Love It☐ Maybe☐ No, Thanks!

Halloween Spooktacular

Costumes on with a mask to match its time to celebrate Halloween! Enter our costume contest, take a gruesome photo and dance the night away with our DJ Ray of Sunshine! Choose to dance or sink your fangs into a slice of pizza!

23RL79

6:30-8 PM

MCEC

Friday, October 27

\$24/Dance + Food & Drink

\$15/ Dance Only

\$9/Staff Food & Drink Option

☐ Love It☐ Maybe☐ No, Thanks!

Puzzle Party

Are you a puzzler? Get together with other puzzle pals and do jigsaw puzzles, crosswords, sudoku and more. Connect with others that enjoy solving and putting the pieces in place. There will be a variety of puzzle difficulty levels to accommodate all puzzle abilities.

23RL69

6:30-8 PM

Lenox Comm. Ctr.

Monday, November 6

\$10/Participant

☐ Love It☐ Maybe☐ No, Thanks!

Register online at: projectsoarmn.org
or minnetonkacommunityed.org

Musical Game Show-Holiday Edition

Join us as DJ Ray of Sunshine leads us through holiday carol inspired music themed games with prizes. Will the answer be a Disney song or Santa Claus? Brush up on your knowledge of music or just have fun!

23RL70
6:30-8 PM
MCEC

Monday, December 4
\$12/Participant

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!



Winter Wonderland 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! Dance the night away to the sounds of DJ Ray of Sunshine. Don't forget to stop by the photo booth to have your keepsake photo taken! We will be warming up with a supper of soup and sides as our meal.

23RL51
6:30-8 PM
MCEC

Friday, December 8
\$25/Participant-Dinner & Dance
\$15/Participant/Dance Only
\$10/Staff Food & Drink Option

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!



Ice Cream Social: Winter Catalog Kick-Off

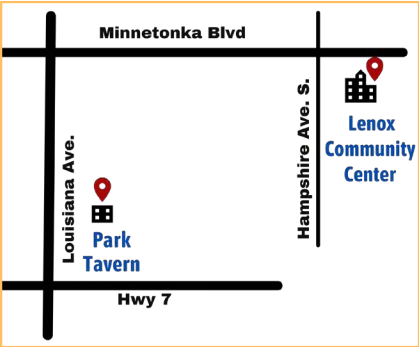
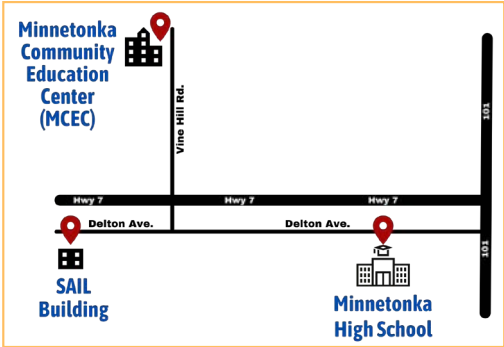
Join us for an old-fashioned ice cream social to celebrate the new offerings in our Winter/Spring 2024 catalog! Create a tasty ice cream sundae and listen to the fabulous DJ Ray of Sunshine entertain us with his music. Lots of great door prizes throughout the evening - don't miss out on all the fun and be one of the first to see our exciting new Winter/Spring 2024 offerings.

23RL80
6:30-8 PM
MCEC

Thursday, January 11
\$6/Participant or Staff
\$7/Dairy-Free Participant or Staff

- ☐ Love It
- ☐ Maybe
- ☐ No, Thanks!





Class & Event Locations

-  **Arts Center on 7 Main Stage- Minnetonka High School**
18285 MN-7, Minnetonka
-  **Burnes Park**
301 2nd Street N, Hopkins
-  **Caponi Art Park**
1220 Diffley Rd, Eagan
-  **Ford Park**
2115 Ford Rd, St. Louis Park
-  **Lenox Comm. Ctr.**
6715 Minnetonka Blvd, St. Louis Park
-  **Lone Lake Park**
5624 Shady Oak Rd., Minnetonka
-  **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
-  **Sumac Knoll Campground- Hyland Lake Park Reserve**
10145 Bush Lake Rd, Bloomington
-  **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 participate 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 withdraw 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 a 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.

Fall Highlights

Craft and Chat

Wednesday, Oct. 4, Nov. 1 or Dec. 13 | 6:30-8 PM | MCEC

Designed to help everyone engage and socialize while also being able to craft. Choose to create your own masterpiece with materials given or choose one of the 3 step-by-step craft options to create. *See page 8.*

Pumpkin Painting Party

Monday, October 23 | 7-8 PM | Lenox Comm. Ctr.

Dress up a pumpkin with paint, glitter and more to transform it into a Jack-O-Lantern fit for Halloween. Pumpkins and all materials will be provided. We will enjoy a scary good snack and a batty beverage as well. *See page 9.*

Outdoor Gentle Yoga

Thursday, September 28 | 5:30-6:30 PM | Burnes Park

Take the meditative gentle and chair yoga practices outside and calm your body and mind while breathing in the fall air. You can bring a blanket or utilize a picnic bench to participate in the stretches with us. *See page 7.*



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