

Career Development

Program: Eagan
Month/Year: February 2012

Week 1

Mon .	Tues .	Wed 1st	Thurs 2nd	Fri 3rd
		<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Music Appreciation/ Muse Room</p> <p>*Music Therapy Groups</p> <p><u>10:00-11:00am</u> Cotterweb Day!</p> <p>Eagan Library</p> <p>Walker Art Center</p> <p><u>12:30-1:30pm</u></p> <p>Book Club-Stuart Little/ Muse Room</p> <p>Walker Art Center</p> <p>A Healthier You/Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Gossip Group/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> All About Me/ Muse Room</p> <p><u>10:00-11:00am</u> Animal Exploration-Spiders/ Career Development Room</p> <p>Vocational Path/ Muse Room</p> <p>Outing- Target</p> <p><u>12:30-1:30pm</u> Paychecks/Career Development Room</p> <p>Guided Imagery/Multi Sensory Room</p> <p>Art-Portrait Drawings/Front Hallway</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Music Videos/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Read & Discuss/ Muse Room</p> <p><u>9:30-10:30am</u> Music Group/Evergreen Program Room</p> <p><u>10:00-11:00am</u> Feed My Starving Children/Community Development Room</p> <p><u>12:30-1:30pm</u> Gym-Linwood Recreational Center/ Community</p> <p>Bingo and Board Games/ Career Development Room</p> <p>Sewing-Valentine Rope/ Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Wii Hand Eye Coordination/Muse Room</p>

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Week 2

Mon 6th	Tues 7th	Wed 8 th	Thurs 9th	Fri 10th
<p><u>8:00-9:30am</u> Current Events & Activity Bins/ Career Development Room</p> <p><u>8:30-9:30</u> Sports Talk/ Muse Room</p> <p><u>10:00-11:00am</u> Music Group/Career Development Room</p> <p>*Mobile Meals Volunteer Opportunity</p> <p>Women's Group/ Muse Room</p> <p><u>12:30-1:30pm</u> West St. Paul Library Outing</p> <p>A Healthier You/ Muse Room</p> <p>Spa Time/ Career Development Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Open Craft Time/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Gossip Group/ Muse Room</p> <p><u>10:00-11:00am</u> Creative Writing- Poems & Valentine Cards/ Career Development Room</p> <p>Outing- Menards Move It- Country Just Dance</p> <p><u>12:30-1:30pm</u> Art-Watercolors/ Career Development Room</p> <p>Vocational Path/ Muse Room</p> <p>Half Priced Books/ Outing</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Self-Guided Imagery/ Multi-Sensory Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Music Appreciation/ Muse Room</p> <p>*Music Therapy Groups</p> <p><u>10:00-11:00am</u> Walker Art Center</p> <p>Eagan Library Outing</p> <p>Woodworking with Glen/ Muse Room</p> <p><u>12:30-1:30pm</u> Book Club- Stuart Little/ Career Development Room</p> <p>Walker Art Center</p> <p>Walking Club/ Inside DVD</p> <p>A Healthier You/Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Gossip Group/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> All About Me/ Muse Room</p> <p><u>10:00-11:00am</u> Animal Exploration-Lions/ Career Development Room</p> <p>Vocational Path/ Muse Room</p> <p>Bowling-Mattie's Lanes</p> <p><u>12:30-1:30pm</u> Outing to Caribou Coffee/ Community</p> <p>Guided Imagery/Multi Sensory Room</p> <p>Art-Open Art/Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Music Videos/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Read & Discuss/ Muse Room</p> <p><u>9:30-10:30am</u> Music Group/Evergreen Program Room</p> <p><u>10:00-11:00am</u> Feed My Starving Children/Community</p> <p>Dance Class/ Outing</p> <p><u>12:30-1:30pm</u> Gym-Linwood Recreational Center/ Community</p> <p>Bingo and Board Games/ Career Development Room</p> <p>Sewing-Valentine Rope/ Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Wii Hand Eye</p> <p>Coordination/Muse Room</p>

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Week 3

Mon 13th	Tues 14th	Wed 15th	Thurs 16th	Fri 17th
<p><u>8:00-9:30am</u> Current Events & Activity Bins/ Career Development Room</p> <p><u>8:30-9:30</u> Sports Talk/ Muse Room</p> <p><u>10:00-11:00am</u> Music Group/Career Development Room</p> <p>*Mobile Meals Volunteer Opportunity</p> <p>Childcare Class/ Muse Room</p> <p><u>12:30-1:30pm</u> West St. Paul Library Outing</p> <p>A Healthier You/ Muse Room</p> <p>First Aid Class/ Career Development Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Open Craft Time/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Gossip Group/ Muse Room</p> <p><u>10:00-11:00am</u> Creative Writing- Pen Pals/ Career Development Room</p> <p>Outing to Pet Store Move It-Indoor Games</p> <p><u>12:30-1:30pm</u> *Bowling and Lunch at Drkula's Art-Stamping with Objects/ Career Development Room</p> <p>Vocational Path/ Muse Room</p> <p>Ballet at Landmark Center/ 12:00</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Self-Guided Imagery/ Multi-Sensory Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Music Appreciation/ Muse Room</p> <p>*Music Therapy Groups</p> <p><u>10:00-11:00am</u> Geography- Mexico/Career Development Room</p> <p>Eagan Library Outing</p> <p>Outing to Wal-Mart</p> <p><u>12:30-1:30pm</u> Book Club- Stuart Little/ Career Development Room</p> <p>Walking Club/ Kohl's</p> <p>A Healthier You/Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Gossip Group/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> All About Me/ Muse Room</p> <p><u>10:00-11:00am</u> Animal Exploration- Most Dangerous Snakes in the World /Career Development Room</p> <p>Vocational Path/ Muse Room</p> <p>Walker Art Center</p> <p><u>12:30-1:30pm</u> Paychecks/Career Development Room</p> <p>Guided Imagery/Multi Sensory Room</p> <p>Walker Art Center</p> <p>Art-Absorbing Artwork/ Front Hallway</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Music Videos/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Read & Discuss/ Muse Room</p> <p><u>9:30-10:30am</u> Music Group/Evergreen Program Room</p> <p><u>10:00-11:00am</u> Feed My Starving Children/Community Development Room</p> <p>Me Moves/Career Development Room</p> <p><u>12:30-1:30pm</u> Gym-Linwood Recreational Center/ Community</p> <p>Bingo and Board Games/ Career Development Room</p> <p>Sewing-Crazy Quilt Greeting Cards/ Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Wii Hand Eye Coordination/Muse Room</p>

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Week 4

Mon 20th	Tues 21st	Wed 22nd	Thurs 23rd	Fri 24th
<p><u>8:00-9:30am</u> Current Events & Activity Bins/ Career Development Room</p> <p><u>8:30-9:30</u> Sports Talk/ Muse Room</p> <p><u>10:00-11:00am</u> Music Group/Career Development Room *Mobile Meals Volunteer Opportunity</p> <p>Money Management- Counting Money/Muse Room</p> <p><u>12:30-1:30pm</u> West St. Paul Library Outing</p> <p>A Healthier You/ Muse Room Sign Language/ Career Development Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room Open Craft Time/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Gossip Group/ Muse Room</p> <p><u>10:00-11:00am</u> Creative Writing-Inward/Outward Perception/ Career Development Room</p> <p>Outing/ Como Zoo Conservatory Move It-Mall Walking</p> <p><u>12:30-1:30pm</u> Art-Self Portraits Collage/ Career Development Room Vocational Path/ Muse Room Outing to Home Depot</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room Self-Guided Imagery/ Multi-Sensory Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Music Appreciation/ Muse Room *Music Therapy Groups</p> <p><u>10:00-11:00am</u> Geography-Japan/Career Development Room</p> <p>Eagan Library Outing</p> <p>Outing to Burnsville Mall</p> <p><u>12:30-1:30pm</u> Book Club- Stuart Little/ Career Development Room</p> <p>Walking Club/ Menards A Healthier You/Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room Gossip Group/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> All About Me/ Muse Room</p> <p><u>10:00-11:00am</u> Vocational Path/ Muse Room</p> <p>Healthy Eating/ Muse Room</p> <p>Bowling-Mattie's Lanes</p> <p><u>12:30-1:30pm</u> Outing to Barnes & Noble/ Community</p> <p>Guided Imagery/Multi Sensory Room Art-Large Scale Painting/Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room Music Videos/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Read & Discuss/ Muse Room</p> <p><u>9:30-10:30am</u> Music Group/Evergreen Program Room</p> <p><u>10:00-11:00am</u> Feed My Starving Children/Community Development Room Dance Class/Career Development Room</p> <p><u>12:30-1:30pm</u> Gym-Linwood Recreational Center/ Community Bingo and Board Games/ Career Development Room Sewing- Crazy Quilt Greeting Cards/ Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room Wii Hand Eye Coordination/Muse Room</p>

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Week 5

Mon 27th	Tues 28th	Wed 29th	Thurs Click here to enter text.	Fri Click here to enter text.
<p><u>8:00-9:30am</u> Current Events & Activity Bins/ Career Development Room</p> <p><u>8:30-9:30</u> Sports Talk/ Muse Room</p> <p><u>10:00-11:00am</u> Music Group/Career Development Room</p> <p>*Mobile Meals Volunteer Opportunity</p> <p>Gossip Group & Tea/ Muse Room</p> <p><u>12:30-1:30pm</u> West St. Paul Library Outing A Healthier You/ Muse Room</p> <p>Money Management-Making Change/ Career Development Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Open Craft Time/Career Development Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Gossip Group/ Muse Room</p> <p><u>10:00-11:00am</u> Creative Writing-Writing Prompts/ Career Development Room</p> <p>Outing to MOA</p> <p>Move It-Indoor Games</p> <p><u>12:30-1:30pm</u> *Bowling and Lunch at Drkula's</p> <p>Art-Painting with Acrylics/ Career Development Room</p> <p>Vocational Path/ Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Self-Guided Imagery/ Multi-Sensory Room</p>	<p><u>8:00-9:30am</u> Current Events & Activity Bins / Career Development Room</p> <p><u>8:30-9:30</u> Music Appreciation/ Muse Room</p> <p>*Music Therapy Groups</p> <p><u>10:00-11:00am</u> Geography-Vacation Destinations/Career Development Room</p> <p>Walker Art Center</p> <p>Eagan Library Outing Outing to Caribou Coffee</p> <p><u>12:30-1:30pm</u> Book Club- Stuart Little/ Career Development Room</p> <p>Walker Art Center Walking Club/ Inside DVD</p> <p>A Healthier You/Muse Room</p> <p><u>1:30-2:30pm</u> Wrap Up Games/Career Development Room</p> <p>Gossip Group/Career Development Room</p>	<p>Click here to enter text.</p>	<p>Click here to enter text.</p>

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Class Descriptions

Program: [Click here to enter text.](#)
Month/Year: [Click here to enter text.](#)

<u>Art</u>	Participants have the opportunity to express themselves through Art. Projects such as water color, drawing, painting, mosaic, sculpture and crafts are done both collaboratively and individually.
<u>Bingo and Board Games</u>	Participants play games with peers, staff and volunteers. Games such as Sorry, Yatzee, Hang Man, and Bingo with real prizes help to reinforce good social skills.
<u>Book Club</u>	Participants in the group choose a book to read and discuss different aspects of the story.
<u>Bowling</u>	Participants cheer on their friends and get some exercise at Mattie's or Drkula's Bowling Alley.
<u>Chair Yoga</u>	Participants are lead through an adapted chair Yoga experience by staff. Participants can move their bodies while they relax their mind.
<u>Child Care and Safety</u>	Many participants have friends and family members with young children. This class teaches appropriate boundaries, activities, and safety for young children.
<u>Creative Writing</u>	Participants work with different aspects of writing such as pen-pals, short stories, poetry and journaling.
<u>Current Events and Activity Bins</u>	Participants discuss with staff and peers the current news and events happening around the world. Activity Bins contain activities that participants can work on individually or with a group. There are Bins for word puzzles and searches, games, crafts, scrapbooking, spa, ect.
<u>Dance Group</u>	Staff and volunteers use their own talents, videos and the Wii to encourage participants to enjoy this great way to exercise and express themselves.
<u>Exercise Class</u>	Participants are encouraged to actively engage in exercise such as Yoga, walking, cardio and dance.
<u>Feed My Starving Children</u>	Participants have the opportunity to participate in an upbeat atmosphere while they contribute to the greater community by labeling bags of food for third world countries.

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<u>Geography</u>	Participants research countries and landmarks. The group discusses politics, land mass, and other unique characteristics of an area.
<u>Gossip Group</u>	Participants use magazines and newspaper articles to find the current gossip of public figures.
<u>Guided Imagery</u>	Participants are lead on a journey of their mind. Staff tells a story while participants add to the tale to create a relaxing and creative atmosphere.
<u>Gym</u>	Participants go to the Linwood Recreational Center to practice their skills and play games with soccer and basket balls.
<u>History</u>	Participants travel back in history to discuss historical events and places.
<u>Job Skills</u>	Participants keep their skills sharp with facilitated discussions and activities that will help them in the work force.
<u>Library</u>	Participants travel to the local libraries to research subjects of interest, look at a wide variety of magazines and keep up with current information.
<u>Men's Group</u>	Male participants get together to discuss topics of interest.
<u>Mobile Meals</u>	Participants have an opportunity to volunteer by delivering meals to people that are homebound.
<u>Music Group</u>	Participants bring a CD of their favorite artist to share with friends and dance, dance, dance.
<u>Music Videos</u>	Participants get together to watch their favorite music artist perform on video.

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Class Descriptions

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<u>Open Craft</u>	Participants work on craft projects to take home.
<u>Role Playing</u>	Participants practice social scenarios to learn how to effectively handle social situations in a safe and respectful facilitated environment.
<u>Self Advocacy</u>	Participants learn different ways they can effectively speak up for themselves. The group has attended the Capitol for Disability Awareness and participates in other planned activities that promote self advocacy.
<u>Self-guided Imagery</u>	Participants use their imagination to expand on thoughts and stories. The gentle atmosphere encourages relaxation and overall good health.
<u>Sewing Group</u>	Participants create individual and collaborative sewing projects.
<u>Upstream Arts</u>	Upstream Arts is a theater group that enhances the lives of adults and youth with disabilities by fostering creative communication and social independence through the power of arts education.
<u>Walking Club</u>	Participants get out into the community and exercise by walking at local malls, stores and parks when the weather is good.
<u>Women’s Group</u>	Female participants get together to discuss topics of interest.
<u>Wrap Up Games</u>	Participants wrap up the day with board games, cards, and conversations.
<u>Music Therapy Groups</u>	Music Therapy is facilitated by Music Therapist in our Multi-Sensory Environment.
<u>Vocational Path/A New You</u>	A New You will get you off to a healthy start for the New Year! You will set personal health goals, learn about the importance of exercise, healthy eating, bustin’ the winter blues and winter health and safety. Each week you will Move it and Groove it with a different physical activity.

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Class Descriptions

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Month/Year: [Click here to enter text.](#)

Vocational Path/Landing a Job

In this series, the classes are designed to teach you the needed steps to find a job. You will learn how to present yourself; identify work goals; write resumes, references and thank you notes; how to find available jobs and stay motivated in the process!