

**Curriculum Calendar**

**Program: Hastings  
Month/Year: February 2012**

Week 1

<b>Mon</b> Click here to enter text.	<b>Tues</b> Click here to enter text.	<b>Wed 1</b>	<b>Thurs 2</b>	<b>Fri 3</b>
	Click here to enter text.	<p><b><u>8:00-9:00am</u></b>  <b>Coffee Talk/</b> Front Rm  <b><u>9:00-10:00am</u></b>  <b>Wake Your Brain with Movement /</b> Front  <b>How to create and Implement lesson Plans/</b> Art Rm  <b>Walking Club/Hastings</b> High School  <b><u>10:00-11:00am</u></b>  <b>Interactive Challenges/Crafts:</b> Front Rm  <b>Junior Leadership in the Arts /Hastings High School</b>  <b>"A New You" /Front Rm</b>  <b>Volunteer @Augustana Senior Center/Community</b>  <b><u>12:30-1:30pm</u></b>  <b>In-center work /Firestarter Rm</b>  <b>Real relationships /Hastings Library</b>  <b>Studio Art /Art Rm</b>  <b>Wonderful World of Food / Front &amp; SE Room</b></p>	<p><b><u>8:00-9:00am</u></b>  <b>*Coffee Talk/Front Room</b></p> <p><b><u>9:00-10:00am</u></b>  <b>Brain teasers/ Front Room</b>  <b>Walking Club/Hastings High School</b></p> <p><b><u>9:30-11:00am</u></b>  <b>Networking/ Front Rm</b></p> <p><b><u>10:00-11:00am</u></b>  <b>Studio Art / Art Rm</b></p> <p><b><u>12:30-1:30pm</u></b>  <b>In-centerWork/ Firestarter Rm</b>  <b>Vocational Path: Front Rm</b>  <b>Library /Community</b>  <b>Seniors Card Club/ Front Rm</b></p>	<p><b><u>8:00-9:00am</u></b>  <b>Coffee Talk /Front Rm</b></p> <p><b><u>9:00-10:00am</u></b>  <b>Collaborative Art 1 /Art Rm</b>  <b>Walking Club / Hastings High School</b>  <b>A New You/ front room</b></p> <p><b><u>10:00-11:00am</u></b>  <b>Studio Art /Art Rm</b>  <b>Fun Fridays:Games &amp; cards / Front Rm</b></p> <p><b><u>12:30-1:30pm</u></b>  <b>Game Discovery /Front Rm</b>  <b>Self Advocacy / Art Rm</b></p>

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Week 2

Mon 6	Tues 7	Wed 8	Thurs 9	Fri 10
<p><b>8:00-9:00am</b> <b>Coffee Talk/</b> Front Rm</p> <p><b>9:00-10:00am</b> <b>In the Know/</b> Front Room <b>Walking Club/</b>Hastings High School <b>Book Club /</b>Firestarter Rm</p> <p><b>9:30-10:30am</b> <b>Upstream Arts /</b>Art Rm</p> <p><b>9:30-11:00am</b> <b>Animal Study /</b>Firestarter Rm <b>Drama and Creative Writing/</b> Front Rm</p> <p><b>12:30-1:30pm</b> <b>Incenter Work /</b>Firestarter Rm <b>Movement Group/</b>Front Rm <b>Self Discovery /</b>Art Rm</p>	<p><b>8:00-9:00am</b> <b>Coffee Talk/</b> Front Rm <b>Music Therapy/</b> Firestarter Rm</p> <p><b>9:00-10:00am</b> <b>In your Own Words/</b>Front Rm <b>Newsletter/</b>Art <b>Walking Club/</b> Hastings High School <b>Music Therapy/</b> Firestarter Rm</p> <p><b>10am-11am:</b> <b>Healthy Snacks /</b>Firestarter Rm <b>Interactive Job Skills /</b>Front Rm <b>Journalism/Creative Writing/</b> Art Rm <b>Music Therapy/</b> Firestarter Rm</p> <p><b>12:30-1:30pm</b> <b>In-center Work /</b>Firestarter Rm <b>Studio Art /</b> Art Room <b>Vocational Path 1/</b> SE Rm <b>Sensory Art /</b> Front Rm</p>	<p><b>8:00-9:00am</b> <b>Coffee Talk/</b> Front Rm</p> <p><b>9:00-10:00am</b> <b>Wake Your Brain with Movement /</b> Front <b>How to create and Implement lesson Plans/</b> Art Rm <b>Walking Club/</b>Hastings High School</p> <p><b>10:00-11:30am</b> <b>Interactive Challenges/</b>Front Rm <b>Junior Leadership in the Arts /</b>Hastings High School <b>A New You/</b>Front Rm <b>Volunteer @Augustana Senior Center/</b>Community</p> <p><b>12:30-1:30pm</b> <b>In-center work /</b>Firestarter Rm <b>Real relationships /</b>Hastings Library <b>Studio Art /</b>Art Rm <b>Wonderful World of Food /</b> Front &amp; SE Room</p>	<p><b>8:00-9:00am</b> <b>Coffee Talk/</b>Front Room</p> <p><b>9:00-10:00am</b> <b>Brain teasers/</b> Front Room <b>Walking Club/</b>Hastings High School</p> <p><b>9:30-11:00am</b> <b>Networking/</b> Front Rm</p> <p><b>10:00-11:00am</b> <b>Studio Art /</b> Art Rm</p> <p><b>12:30-1:30pm</b> <b>In-centerWork/</b> Firestarter Rm <b>Vocational Path/</b>Front Rm <b>Library /</b>Community <b>Seniors Card Club/</b> Front Rm</p>	<p><b>8:00-9:00am</b> <b>Coffee Talk /</b>Front Rm</p> <p><b>9:00-10:00am</b> <b>Collaborative Art 1 /</b>Art Rm <b>Walking Club /</b> Hastings High School <b>A New You/</b> Front Rm</p> <p><b>10:00-11:00am</b> <b>Fun Fridays:Movies /</b> Front Rm</p> <p><b>12:30-1:30pm</b> <b>Let's talk about Manners /</b>Front Rm <b>Self Advocacy /</b> Art Rm</p>

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Week 3

Mon 13	Tues 14	Wed 15	Thurs 16	Fri 17
<p><b><u>8:00-9:00am</u></b> Coffee Talk/ Front Rm</p> <p><b><u>9:00-10:00am</u></b> In the Know/ Front Room Walking Club/Hastings High School Book Club /Firestarter Rm</p> <p><b><u>9:30-10:30am</u></b> Upstream Arts /Art Rm</p> <p><b><u>9:30-11:00am</u></b> Animal Study /Firestarter Rm Drama and Creative writing/ Front Rm</p> <p><b><u>12:30-1:30pm</u></b> Incenter Work /Firestarter Rm Movement Group/Front Rm Self Discovery /Art Rm</p>	<p><b><u>8:00-9:00am</u></b> Coffee Talk/ Front Rm</p> <p><b><u>9:00-10:00am</u></b> In your Own Words/Front Rm Newsletter/Art Walking Club/ Hastings High School</p> <p><b><u>10am-11am:</u></b> Healthy Snacks: Choose My Plate w/Andy from the UofM /Firestarter Rm Interactive Job Skills /Front Rm Journalism/Creative Writing/ Art Rm</p> <p><b><u>12:30-1:30pm</u></b> In-center Work /Firestarter Rm Studio Art / Art Room Vocational Path 1/ SE Rm Sensory Art/ Front Rm</p>	<p><b><u>8:00-9:00am</u></b> Coffee Talk/ Front Rm</p> <p><b><u>9:00-10:00am</u></b> Wake Your Brain with Movement / Front How to create and Implement lesson Plans/ Art Rm Walking Club/Hastings High School</p> <p><b><u>10:00-11:30am</u></b> Interactive Challenges/Front Rm Junior Leadership in the Arts /Hastings High School A New You/Front Rm Volunteer @Augustana Senior Center/Community</p> <p><b><u>12:30-1:30pm</u></b> In-center work /Firestarter Rm Real relationships/Hastings Library Studio Art /Art Rm Wonderful World of Food / Front &amp; SE Room</p>	<p><b><u>8:00-9:00am</u></b> Coffee Talk/Front Room</p> <p><b><u>9:00-10:00am</u></b> Brain teasers/ Front Room Walking Club/Hastings High School</p> <p><b><u>9:30-11:00am</u></b> Networking/ Front Rm</p> <p><b><u>10:00-11:00am</u></b> Studio Art / Art Rm</p> <p><b><u>12:30-1:30pm</u></b> In-centerWork/ Firestarter Rm Vocational Path/Front Rm Library /Community Seniors Card Club/ Front Rm</p>	<p><b><u>8:00-9:00am</u></b> Coffee Talk /Front Rm</p> <p><b><u>9:00-10:00am</u></b> Collaborative Art 1 /Art Rm Walking Club / Hastings High School A New You/Front Rm</p> <p><b><u>10:00-11:00am</u></b> Studio Art /Art Rm Fun Fridays: WII &amp; Floor Bowling / Front Rm</p> <p><b><u>12:30-1:30pm</u></b> Group event/clients choose /Front Rm Self Advocacy / Art Rm</p>

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Week 4

Mon 20	Tues 21	Wed 22	Thurs 23	Fri 24
<p><b><u>8:00-9:00am</u></b> <b>Coffee Talk/</b> Front Rm</p> <p><b><u>9:00-10:00am</u></b> <b>In the Know/</b> Front Room <b>Walking Club/</b>Hastings High School <b>Book Club /</b>Firestarter Rm</p> <p><b><u>9:30-10:30am</u></b> <b>Upstream Arts /</b>Art Rm</p> <p><b><u>9:30-11:00am</u></b> <b>Animal Study /</b>Firestarter Rm <b>Drama and Creative Writing/</b> Front Rm</p> <p><b><u>12:30-1:30pm</u></b> <b>Incenter Work /</b>Firestarter Rm <b>Movement Group/</b>Front Rm <b>Self Discovery /</b>Art</p>	<p><b><u>8:00-9:00am</u></b> <b>Coffee Talk/</b> Front Rm</p> <p><b><u>9:00-10:00am</u></b> <b>In your Own Words/</b>Front Rm <b>Newsletter/</b>Art <b>Walking Club/</b> Hastings High School</p> <p><b><u>10am-11am:</u></b> <b>Healthy Snacks /</b>Firestarter Rm <b>Interactive Job Skills /</b>Front Rm <b>Journalism/Creative Writing/</b> Art Rm</p> <p><b><u>12:30-1:30pm</u></b> <b>In-center Work /</b>Firestarter Rm <b>Studio Art /</b> Art Room <b>Vocational Path 1/</b> SE Rm <b>Sensory Art /</b> Front Rm</p>	<p><b><u>8:00-9:00am</u></b> <b>Coffee Talk/</b> Front Rm</p> <p><b><u>9:00-10:00am</u></b> <b>Wake Your Brain with Movement /</b> Front <b>How to create and Implement lesson Plans/</b> Art Rm <b>Walking Club/</b>Hastings High School</p> <p><b><u>10:00-11:30am</u></b> <b>Interactive Challenges/</b>Front Rm <b>Junior Leadership in the Arts /</b>Hastings High School <b>A New You/</b>Front Rm <b>Volunteer @Augustana Senior Center/</b>Community</p> <p><b><u>12:30-1:30pm</u></b> <b>In-center work /</b>Firestarter Rm <b>Real relationships /</b>Hastings Library <b>Studio Art /</b>Art Rm <b>Wonderful World of Food /</b> Front &amp; SE Room</p>	<p><b><u>8:00-9:00am</u></b> <b>Coffee Talk/</b>Front Room</p> <p><b><u>9:00-10:00am</u></b> <b>Brain teasers/</b> Front Room <b>Walking Club/</b>Hastings High School</p> <p><b><u>9:30-11:00am</u></b> <b>Networking/</b> Front Rm</p> <p><b><u>10:00-11:00am</u></b> <b>Studio Art /</b> Art Rm</p> <p><b><u>12:30-1:30pm</u></b> <b>In-centerWork/</b> Firestarter Rm <b>Vocational Path/</b>Front Rm <b>Library /</b>Community <b>Seniors Card Club/</b> Front Rm</p>	<p><b><u>8:00-9:00am</u></b> <b>Coffee Talk /</b>Front Rm</p> <p><b><u>9:00-10:00am</u></b> <b>Collaborative Art 1 /</b>Art Rm <b>Walking Club /</b> Hastings High School <b>A New You/</b> Front Rm</p> <p><b><u>10:00-11:00am</u></b> <b>Studio Art /</b>Art Rm <b>Fun Fridays:Bingo! /</b> Front Rm</p> <p><b><u>12:30-1:30pm</u></b> <b>Monthly Birthday celebrations with friends (Don't forget the cake!)/</b>Front Rm <b>Self Advocacy /</b> Art Rm</p>

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Week 5

Mon 27	Tues 28	Wed 29	Thurs <a href="#">Click here to enter text.</a>	Fri <a href="#">Click here to enter text.</a>
<p><b>8:00-9:00am</b> <b>Coffee Talk/</b> Front Rm</p> <p><b>9:00-10:00am</b> <b>In the Know/</b> Front Room <b>Walking Club/</b>Hastings High School <b>Book Club /</b>Firestarter Rm</p> <p><b>9:30-10:30am</b> <b>Upstream Arts /</b>Art Rm</p> <p><b>9:30-11:00am</b> <b>Animal Study /</b>Firestarter Rm <b>Drama and Props/</b> Front Rm</p> <p><b>12:30-1:30pm</b> <b>Incenter Work /</b>Firestarter Rm <b>Movement Group/</b>Front Rm <b>Self Discovery /</b>Art</p>	<p><b>8:00-9:00am</b> <b>Coffee Talk/</b> Front Rm</p> <p><b>9:00-10:00am</b> <b>In your Own Words/</b>Front Rm <b>Newsletter/</b>Art <b>Walking Club/</b> Hastings High School</p> <p><b>10am-11am:</b> <b>Healthy Snacks</b> /Firestarter Rm <b>Interactive Job Skills</b> /Front Rm <b>Journalism/Creative Writing/</b> Art Rm</p> <p><b>12:30-1:30pm</b> <b>In-center Work</b> /Firestarter Rm <b>Studio Art /</b> Art Room <b>Vocational Path 1/</b> SE Rm <b>Sensory Art /</b> Front Rm</p>	<p><b>8:00-9:00am</b> <b>Coffee Talk/</b> Front Rm</p> <p><b>9:00-10:00am</b> <b>Wake Your Brain with Movement /</b> Front <b>How to create and Implement lesson Plans/</b> Art Rm <b>Walking Club/</b>Hastings High School</p> <p><b>10:00-11:30am</b> <b>Interactive Challenges/</b>Front Rm <b>Junior Leadership in the Arts /</b>Hastings High School <b>A New You/</b>Front Rm <b>Volunteer @Augustana Senior Center/</b>Community</p> <p><b>12:30-1:30pm</b> <b>In-center work</b> /Firestarter Rm <b>Real relationships</b> /Hastings Library <b>Studio Art /</b>Art Rm <b>Wonderful World of Food /</b> Front &amp; SE Room</p>	<p><a href="#">Click here to enter text.</a></p>	<p><a href="#">Click here to enter text.</a></p>

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**Curriculum Class Descriptions**

**Program: Hastings  
Month/Year: February 2012**

<b><u>Coffee Talk</u></b>	As people arrive for the day, bring your celebrity gossip, updates on your horoscopes or whatever is on the tip of your tongue. Enjoy a cup of coffee while you relax and talk with your colleagues.
<b><u>In the Know</u></b>	Review and discuss weekly weather, world and local news headlines, horoscopes, and other news of interest to the group
<b><u>Walking Club</u></b>	Build up your heart rate and keep in shape by joining the walking club! Walks are outside when weather permits or inside at Hastings High school
<b><u>Book Club</u></b>	Volunteer lead book group. The group selects a novel which is read aloud and has a facilitated discussion about the material.
<b><u>Animal Study</u></b>	Participants select and research an animal. Group involves facilitated conversation about the information learned and incorporates various activities that relate to the animals characteristics.
<b><u>Drama and Creative Writing</u></b>	Participants do performance exercises (acting our scenarios, group activities) and also work on a variety of writing exercises to develop poems, stories or dramatic skits.
<b><u>In-center Work</u></b>	Participants create our 100% recycled materials “fire starter” product which is sold to the public to start their campfires and fireplaces. Workers are paid piece rate for the work that they perform. *(This is not open to the general public)
<b><u>Movement Group</u></b>	Participants do a variety of movement activities including: yoga, mild exercise, stretching and other fun activities that encourage people to move.
<b><u>Self Discovery</u></b>	Participants create poetry, and other mixed media art pieces with a focus on self discovery. Staff facilitates a conversation with the artists about how their art pieces represent themselves.
<b><u>Wake Your Brain with Movement</u></b>	Topic utilizes music, dancing, stretching, and seated dancing to energize participant’s bodies and minds.
<b><u>How to Create and Implement lesson Plans</u></b>	3x’s per month, participants will work on a lesson plan that will be presented to Hastings High school students that participate in the Junior Leadership in the Arts class. Together, both students and participants will work on a collaborative piece of art.

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<b><u>Junior leadership in the Arts</u></b>	1x per month, participants will go to Hastings High School and work on the lesson plan that they have designed to create art pieces that will ultimately represent the collaborative efforts of each participant in the group. (this program runs from 9am to 10:30am, along with travel time to and from)
<b><u>Interactive Challenges</u></b>	This group will come together to create a group project, which will test their skills at cooperating /working with others, following instructions and arriving at a finished project in the time allotted
<b><u>A New You</u></b>	A New You is a unit of classes designed to get you off to a healthy start for the New Year! You will set some personal health goals for the New Year, learn about the importance of exercise, healthy eating, bustin' the winter blues and winter health/safety. Each week you will Move it and Groove it with some different types of physical exercise.
<b><u>Volunteer at Augustana Senior Center</u></b>	A group of volunteers go next door to Augustana's Senior program. The volunteers play card games, read books to folks or just sit and chat.
<b><u>Real Relationships: How we play a role in them</u></b>	This is a Self Advocacy class that includes activities and discussions on learning and maintaining relationships that occur in our daily lives, along with the roles we play in them.
<b><u>Studio Art 3</u></b>	Studio art, various mediums.
<b><u>Wonderful World of Food</u></b>	1 part food, 1 part geography. Each week an exotic food is selected. The group learns about and discusses the food, the country it is native to, and its history. A large world map is used as a visual aid and of course, there is tasting!
<b><u>Brain Teasers</u></b>	Challenge your mind and memory through games, mind puzzles and other brain activities to get it moving for the day!
<b><u>Networking</u></b>	Paula Angel, a Hastings High school teacher and her group of students, come to Lifeworks to work with participants in the art of networking and appropriate interactions.
<b><u>Library group</u></b>	This group goes to the Hastings Library. The group stays at the library to read magazines, books or utilize the computer.
<b><u>Seniors Card Club</u></b>	A small group of our more senior clients gather for card playing and conversation.

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**Curriculum Class Descriptions**

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<b><u>Collaborative Art</u></b>	Inspire and liberate the human spirit through collaboration between artists. The artists in the group create art pieces that represent the collaborative efforts of each participant in the group.
<b><u>Fun Fridays</u></b>	Client driven rotates from week to week and may involve movies brought in by an individual, birthday celebration, bingo, Wii bowling, dancing or games.
<b><u>Self Advocacy</u></b>	Facilitated discussion group focusing on self advocacy topics.
<b><u>Brain Wave</u></b>	Through the use of a variety of “Thinking” games such as Trivia/Mad Libs, this class helps stimulates group interaction and provides ways to challenge your brain.
<b><u>Sensory Art</u></b>	Use of different medias to explore the senses.
<b><u>Let’s Talk about Manners</u></b>	A class on the importance of manners in everyday life, whether you’re at work, in the community or taking a class in-center.
<b><u>Healthy Snacks</u></b>	Each week participants will learn about a different & easy to make Healthy snack (No cooking involved). Everyone will be able to take a copy of the recipe home with them to try with their families or friends. One time per month, Andy from the University of MN will come to Hastings to teach a special class on nutrition & health.
<b><u>Newsletter</u></b>	Participants work together as a creative team in building a newsletter for the center. Participants each select a role: journalist, visual artist, and designer, etc. and then create the components of this newsletter.
<b><u>Music Therapy</u></b>	Music therapy helps individuals develop cognitive, physical, social, and communication skills that encourage independence and build confidence. Group music therapy sessions might include singing, listening, moving, playing instruments, songwriting and discussion. <del>If you are interested in participating in this group, please contact your Program Supervisor.</del>
<b><u>Landing a Job</u></b>	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!