

Curriculum Calendar

Program: Bloomington
Month/Year: February 2012

Week 1

Mon Click here to enter text.	Tues Click here to enter text.	Wed 1st	Thurs 2nd	Fri 3rd
Click here to enter text.	Click here to enter text.	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/Main Room</p> <p><u>9:00am - 10:00am</u> Job Skills/Main Room Today in Review/Art Room Walker/Community</p> <p><u>10:00am - 11:00am</u> Lions, Tigers and Bears Oh My!/Main Room Yoga/Conference Room Walker/Community</p> <p><u>12:00pm - 1:00pm</u> Movin and Shaken/Main Room Poetic Expression/Conference Room Artistic Expression/ Art Room</p> <p><u>1:00pm - 2:00pm</u> Squeaky Clean/Main Room Computer Skills/Art Room Money Makes the World Go Round/Conference Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/Main Room</p> <p><u>9:00am - 10:00am</u> _A New You/Main Room Explore the Community /Community Current Events/Art Room</p> <p><u>10:00am - 11:00am</u> Capitol Corner/Main Room Potpourri/Art Room Explore the Community /Community</p> <p><u>12:00pm - 1:00pm</u> Landing a Job/Main Room Job Skills/Art Room Walking Club/Community</p> <p><u>1:00pm - 2:00pm</u> Masters of the Pen /Main Room Just for You/Art Room Words of Wisdom/Main Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/Main Room</p> <p><u>9:00am - 10:00am</u> Weather Watchers/Main Room Music Therapy #1 /Conference Room Questions Questions/Art Room</p> <p><u>10:00am - 11:00am</u> The Science of Science/Art Room Music Therapy #2 /Conference Room Ahh... Stretch/ Main Room</p> <p><u>12:00pm - 1:00pm</u> Current Events/Art Room Stretch Your Brain /Conference Room Walking Club/Community</p> <p><u>1:00pm - 2:00pm</u> Potpourri/Main Room Music Over the Ages/Art Room Words of the Wise /Conference Room</p>

This information can be made available in an alternate format upon request. Our TTY phone number is 651-365-3736. Equal Opportunity Employer.

Week 2

Mon 6th	Tues 7th	Wed 8th	Thurs 9th	Fri 10th
<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/Main Room</p> <p><u>9:00am - 10:00am</u> Ahh... Stretch/Main Room MN Happenings/Art Room Presbyterian Homes/Community</p> <p><u>10:00am - 11:00am</u> Between Me & U/Main Room Art Therapy #1/Art Room Presbyterian Homes/Community</p> <p><u>12:00pm - 1:00pm</u> _Self Advocacy/Main Room Art Therapy #2/Art Room Photography/Conference Room</p> <p><u>1:00pm - 2:00pm</u> What in the World /Main Room Art Therapy #3/Art Room Bloom to Burns Social Hour/Burnsville or Main Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/Main Room</p> <p><u>9:00am - 10:00am</u> Gadgets and Gizmos/Main Room Stargazers/Art Room Puzzle Pal/Conference Room</p> <p><u>10:00am - 11:00am</u> Job Skills/Main Room Landing a Job/Conference Room Computer Skills/Art Room</p> <p><u>12:00pm - 1:00pm</u> Hike the World/Main Room A New You/Conference Room Birds!/MN Valley Wildlife Refuge</p> <p><u>1:00pm - 2:00pm</u> Book Club/Main Room Sports Wrap/Art Room Poetic Expression/Conference Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/Main Room</p> <p><u>9:00am - 10:00am</u> Job Skills/Main Room Today in Review/Art Room Walker/Community</p> <p><u>10:00am - 11:00am</u> Lions, Tigers and Bears Oh My!/Main Room Yoga/Conference Room Walker/Community</p> <p><u>12:00pm - 1:00pm</u> Movin and Shaken/Main Room Poetic Expression/Conference Room</p> <p><u>1:00pm - 2:00pm</u> Artistic Expression/ Art Room Squeaky Clean/Main Room Computer Skills/Art Room Money Makes the World Go Round/Conference Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/Main Room</p> <p><u>9:00am - 10:00am</u> A New You/Main Room Explore the Community /Community Current Events/Art Room</p> <p><u>10:00am - 11:00am</u> Capitol Corner/Main Room Potpourri/Art Room Explore the Community /Community</p> <p><u>12:00pm - 1:00pm</u> Landing a Job/Main Room Job Skills/Art Room Walking Club/Community</p> <p><u>1:00pm - 2:00pm</u> Masters of the Pen /Main Room Just for You/Art Room Words of Wisdom/Main Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/Main Room</p> <p><u>9:00am - 10:00am</u> Weather Watchers/Main Room Music Therapy #1/Conference Room Questions Questions/Art Room</p> <p><u>10:00am - 11:00am</u> The Science of Science/Art Room Music Therapy #2/Conference Room Ahh... Stretch/ Main Room</p> <p><u>12:00pm - 1:00pm</u> Current Events/Art Room Stretch Your Brain/Conference Room Walking Club/Community</p> <p><u>1:00pm - 2:00pm</u> Potpourri/Main Room Music Over the Ages/Art Room Words of the Wise/Conference Room</p>

This information can be made available in an alternate format upon request. Our TTY phone number is 651-365-3736. Equal Opportunity Employer.

Week 3

Mon 13th	Tues 14th	Wed 15th	Thurs 16th	Fri 17th
<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/ Main Room</p> <p><u>9:00am - 10:00am</u> Ahh... Stretch/Main Room MN Happenings/Art Room Presbyterian Homes/Community</p> <p><u>10:00am - 11:00am</u> Between Me & U/Main Room Art Therapy #1/Art Room Presbyterian Homes/ Community</p> <p><u>12:00pm - 1:00pm</u> Self Advocacy/Main Room Art Therapy #2/Art Room Photography/Conference Room</p> <p><u>1:00pm - 2:00pm</u> What in the World /Main Room Art Therapy #3/Art Room Bloom to Burns Social Hour/Burnsville or Main Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/ Main Room</p> <p><u>9:00am - 10:00am</u> Gadgets and Gizmos/Main Room Stargazers/Art Room Puzzle Pal/Conference Room</p> <p><u>10:00am 11:00am</u> Job Skills/Main Room Landing a Job/Conference Room</p> <p><u>12:00pm - 1:00pm</u> Musical Syndrome/ Burnsville</p> <p>Hike the World/Main Room</p> <p>A New You/Conference Room</p> <p>Birds!/MN Valley Wildlife Refuge</p> <p><u>1:00pm - 2:00pm</u> Book Club/Main Room Sports Wrap/Art Room Poetic Expression/ Conference Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/ Main Room</p> <p><u>9:00am - 10:00am</u> Job Skills/Main Room Today in Review/Art Room</p> <p>Book Club/Conference Room</p> <p><u>10:00am - 11:00am</u> Lions, Tigers and Bears Oh My!/Main Room Yoga/Conference Room Book Club/Art Room</p> <p><u>12:00pm - 1:00pm</u> Movin and Shaken/Main Room</p> <p>Poetic Expression/ Conference Room</p> <p>Artistic Expression/ Art Room</p> <p><u>1:00pm - 2:00pm</u> Squeaky Clean/Main Room</p> <p>Computer Skills/Art Room</p> <p>Money Makes the World Go Round/Conference Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/ Main Room</p> <p><u>9:00am - 10:00am</u> A New You/Main Room Explore the Community / Community</p> <p>Current Events/Art Room</p> <p><u>10:00am - 11:00am</u> Capitol Corner/Main Room</p> <p>Potpourri/Art Room</p> <p>Explore the Community / Community</p> <p><u>12:00pm - 1:00pm</u> Landing a Job/Main Room Job Skills/Art Room</p> <p>Walking Club/Community</p> <p><u>1:00pm - 2:00pm</u> Masters of the Pen /Main Room</p> <p>Just for You/Art Room Words of Wisdom/Main Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/ Main Room</p> <p><u>9:00am - 10:00am</u> Weather Watchers/Main Room</p> <p>Music Therapy #1/ Conference Room</p> <p>Questions Questions/Art Room</p> <p><u>10:00am - 11:00am</u> The Science of Science/Art Room</p> <p>Music Therapy #2/ Conference Room</p> <p>Ahh... Stretch/ Main Room</p> <p><u>12:00pm - 1:00pm</u> Current Events/Art Room Stretch Your Brain/ Conference Room</p> <p>Walking Club/Community</p> <p><u>1:00pm - 2:00pm</u> Potpourri/Main Room Music Over the Ages/Art Room</p> <p>Words of the Wise/ Conference Room</p>

This information can be made available
in an alternate format upon request.
Our TTY phone number is 651-365-3736.
Equal Opportunity Employer.

Curriculum Calendar

Program: Bloomington
Month/Year: February 2012

Week 4

Mon 20th	Tues 21st	Wed 22nd	Thurs 23rd	Fri 24th
<p><u>LIFEWORKS HOLIDAY</u> All Lifeworks centers are closed. There is no programming on this day.</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/ Main Room</p> <p><u>9:00am - 10:00am</u> Gadgets and Gizmos/ Main Room</p> <p>Stargazers/Art Room</p> <p>Puzzle Pal/Conference Room</p> <p><u>10:00am - 11:00am</u> Job Skills/Main Room</p> <p>Landing a Job/Conference Room</p> <p>Computer Skills/Art Room</p> <p><u>12:00pm - 1:00pm</u> Hike the World/Main Room</p> <p>A New You/Conference Room</p> <p>Birds!/MN Valley Wildlife Refuge</p> <p><u>1:00pm - 2:00pm</u> Book Club/Main Room</p> <p>Sports Wrap/Art Room</p> <p>Poetic Expression/ Conference Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/ Main Room</p> <p><u>9:00am - 10:00am</u> Job Skills/Main Room</p> <p>Today in Review/Art Room</p> <p>Book Club/Conference Room</p> <p><u>10:00am - 11:00am</u> Lions, Tigers and Bears</p> <p>Oh My!/Main Room</p> <p>Yoga/Conference Room</p> <p>Book Club/Art Room</p> <p><u>12:00pm - 1:00pm</u> Movin and Shaken/Main Room</p> <p>Poetic Expression/ Conference Room</p> <p>Artistic Expression/ Art Room</p> <p><u>1:00pm - 2:00pm</u> Squeaky Clean/Main Room</p> <p>Computer Skills/Art Room</p> <p>Money Makes the World Go Round/Conference Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/ Main Room</p> <p><u>9:00am - 10:00am</u> A New You/Main Room</p> <p>Explore the Community / Community</p> <p>Current Events/Art Room</p> <p><u>10:00am - 11:00am</u> Capitol Corner/Main Room</p> <p>Potpourri/Art Room</p> <p>Explore the Community / Community</p> <p><u>12:00pm - 1:00pm</u> Landing a Job/Main Room</p> <p>Job Skills/Art Room</p> <p>Walking Club/Community</p> <p><u>1:00pm - 2:00pm</u> Masters of the Pen /Main Room</p> <p>Just for You/Art Room</p> <p>Words of Wisdom/Main Room</p>	<p><u>8:00am - 9:00am</u> Casual Coffee Clutch/ Main Room</p> <p><u>9:00am - 10:00am</u> Weather Watchers/Main Room</p> <p>Music Therapy #1/ Conference Room</p> <p>Questions Questions/Art Room</p> <p><u>10:00am - 11:00am</u> The Science of Science/Art Room</p> <p>Music Therapy #2/ Conference Room</p> <p>Ahh... Stretch/ Main Room</p> <p><u>12:00pm - 1:00pm</u> Current Events/Art Room</p> <p>Stretch Your Brain/ Conference Room</p> <p>Walking Club/Community</p> <p><u>1:00pm - 2:00pm</u> Potpourri/Main Room</p> <p>Music Over the Ages/Art Room</p> <p>Words of the Wise/ Conference Room</p>

This information can be made available in an alternate format upon request. Our TTY phone number is 651-365-3736. Equal Opportunity Employer.

Week 5

Mon 27th	Tues 28th	Wed 29th	Thurs Click here to enter text.	Fri Click here to enter text.
<p>8:00am - 9:00am Casual Coffee Clutch/ Main Room</p> <p>9:00am - 10:00am Ahh... Stretch/Main Room MN Happenings/Art Room Presbyterian Homes/Community</p> <p>10:00am - 11:00am Between Me & U/Main Room Art Therapy #1/Art Room Presbyterian Homes/Community</p> <p>12:00pm - 1:00pm Self Advocacy/Main Room Art Therapy #2/Art Room Photography/Conference Room</p> <p>1:00pm - 2:00pm What in the World /Main Room Art Therapy #3/Art Room Bloom to Burns Social Hour/Burnsville or Main Room</p>	<p>8:00am - 9:00am Casual Coffee Clutch/ Main Room</p> <p>9:00am - 10:00am Gadgets and Gizmos/Main Room Stargazers/Art Room Puzzle Pal/Conference Room</p> <p>10:00am - 11:00am _Job Skills/Main Room Landing a Job/Conference Room Computer Skills/Art Room</p> <p>12:00pm - 1:00pm Musical Syndrome/Burnsville Hike the World/Main Room A New You/Conference Room Birds!/MN Valley Wildlife Refuge</p> <p>1:00pm - 2:00pm Book Club/Main Room Sports Wrap/Art Room Poetic Expression/Conference room</p>	<p>8:00am - 9:00am Casual Coffee Clutch/ Main Room</p> <p>9:00am - 10:00am Job Skills/Main Room Today in Review/Art Room Walker/Community</p> <p>10:00am - 11:00am Lions, Tigers and Bears Oh My!/Main Room Yoga/Conference Room Walker/Community</p> <p>12:00pm - 1:00pm Movin and Shaken/Main Room Poetic Expression/Conference Room Artistic Expression/ Art Room</p> <p>1:00pm - 2:00pm Squeaky Clean/Main Room Computer Skills/Art Room Money Makes the World Go Round/Conference Room</p>	<p>Click here to enter text.</p>	<p>Click here to enter text.</p>

This information can be made available in an alternate format upon request. Our TTY phone number is 651-365-3736. Equal Opportunity Employer.

Curriculum Class Descriptions

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

<u>Casual Coffee Clutch</u>	Come on in for some morning coffee during our transition time while everyone is arriving. Our folks, grab some coffee, play on the computer, visit or even play a game of cards.
<u>Gadgets & Gizmos</u>	How does this work? How does that work? Find out hands on how something works. Learn about tools, taking things apart and how it works?
<u>Stargazers</u>	Ever wonder about the stars in the night sky? This is a class to learn more about the night sky and movement of those stars.
<u>Job Skills</u>	Need to sharpen some clerical skills or maybe hone in on some computer skills? Perhaps try another skill that may help you prepare for a new job. Come join us for an opportunity to increase existing skills and learn some new ones.
<u>Landing a Job</u>	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!
<u>Hike the World</u>	What? You say you want to learn more about this fascinating world? Join us State by State and Continent by Continent as we travel to interesting and far away places using books, the internet, videos and your own knowledge.
<u>Book Club</u>	Ever want to read a book but just don't want to go through the motions? Then this class is for you! In this class, you can sit back and relax while enjoying a fully narrated story with discussion to follow.
<u>Sports Wrap</u>	Let's talk Sports. Come find out what's going on in the Sports world. Find out who won this game, who lost that game and who' being traded etc. Discuss the different types of sports and how they're played. Batter up!
<u>Today in Review</u>	Find out what happened on this date throughout the centuries. Discuss important events in History, important birthdays and the different people who helped shape the world. You may even learn a word of the day...
<u>Lions, Tigers and Bears..Oh My</u>	Learn about the different animals in this world. Learn what they eat, how they live etc. There's always something to learn when exploring our animal world.
<u>Yoga</u>	Would you like to learn some simple yoga moves to improve your flexibility? This is the class. We do chair yoga and yoga on mats. This class is about relaxation and movement. Come join us.

This information can be made available in an alternate format upon request. Our TTY phone number is 651-365-3736. Equal Opportunity Employer.

Curriculum Class Descriptions

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

<u>Movin' & Shakin'</u>	This class will help you get movin'. Join us for a walk, yoga, light exercise or maybe even some dancing. Check out the different types of movement and exercise that exists. Let's get movin' and shakin'.
<u>Poetic Expression</u>	We explore the world of poetry. We will read poems, discuss what we think they mean and try our hands at writing some poetry. Learning an appreciation for a different style of expression.
<u>Computer Skills</u>	Learning computer basics can be difficult and confusing. Learn computer basics and how to get started on the computer.
<u>Squeaky Clean</u>	Lets talk about keeping ourselves and the space around us clean. We will look at different ideas of what clean means and discuss what we think of as "clean enough."
<u>Music Therapy</u>	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. If you are interested
<u>*Explore the Community</u>	This is an outing into the community to "explore" what is around us. We may volunteer to help out at local organizations around our community. We could visit interesting sites and places while learning what our community has to offer us.
<u>Capitol Corner</u>	What is the capitol of Tennessee? Don't recall? Come join us for this fun and exciting class as we explore the Capitols of our wonderful Country.
<u>Just for You</u>	The focus of this class is to learn how to show appreciation, support and caring for people in our lives. We will work on making cards for Birthdays, Holidays and other occasions to give to our friends.
<u>Wonderful Words of Wisdom</u>	Work on literary skills using a variety of resources. Word ladders, stories with questions, crosswords, word scrambles etc., even participate in a game of Hangman every now and again.
<u>Birds</u>	This is an outing to the MN Valley Wildlife Refuge to continue learning about birds. We will watch birds in their aviary or view videos about birds. We will gain knowledge to continue our bird watching in warmer weather.
<u>Musical Syndrome</u>	This band has a total of 12 participants from the Eagan, Burnsville, St. Paul and Bloomington teams. They practice at the Burnsville location, and have a few performances each year. Members are selected through auditions which happen when a spot opens up.

This information can be made available in an alternate format upon request. Our TTY phone number is 651-365-3736. Equal Opportunity Employer.

Curriculum Class Descriptions

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

<u>Current Events</u>	Find out what's going on in the world today through the various types of media. Learn up to date news breaks as well as what's going on in your community.
<u>Potpourri</u>	This could just be something fun. Maybe learning some tid bits of information, playing a game or visiting over popcorn and coffee.
<u>Words of the Wise</u>	Work on literary skills using a variety of resources. Word ladders, stories with questions, crosswords, word scrambles etc., even participate in a game of Hangman every now and again.
<u>MN Happenings</u>	What's happening around our great state? Take a virtual tour of the Arts and Entertainment going on around the area. Explore Theaters, Parks, Zoos, Sporting events etc., all while never leaving the comfort of your seat.
<u>Masters of the Pen</u>	This is a class where we are working on our penmanship. We will use different types of tools to practice our writing. We may work on developing our own personal signature.
<u>Between Me and U</u>	Learn the appropriate social skills is the name of the game. Join a group for discussion, game playing and socialization while getting to know the people around you.
<u>Presbyterian Homes</u>	Take advantage of a volunteer opportunity. Visit a local retirement home and shoot some hoops or toss some rings with some very fun folks.
<u>Art Therapy</u>	Come utilize your talents with one of our very creative and innovative Art Therapists. Work on an array of projects. Learn how to express yourself through the therapy of Art.
<u>Self Advocacy</u>	What are your rights? Stand up for yourself! Learn how to make things happen for YOU! It's your life, learn how to take charge.
<u>Photography</u>	In this class we will learn to use digital cameras and go in the community to take pictures.
<u>Money Makes the World Go Round</u>	Need to build some counting skills? Want to learn the value of money? This is the one for you. Come work on money skills with us.

This information can be made available in an alternate format upon request. Our TTY phone number is 651-365-3736. Equal Opportunity Employer.

Curriculum Class Descriptions

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

<u>Social Hour with Burnsville</u>	Bingo!! Sorry! Uno! You get the idea. Join our Burnsville location for some fun and games while also learning to take turns, be patient and just being a good sport. You won't be disappointed.
<u>Questions Questions</u>	A class for the curious! We will ask questions then figure out how to find the best answers to our questions.
<u>What in the World</u>	Take a look around the world at the news and other happenings
<u>Artistic Expression</u>	On your marks, get set, express yourself! In this class we will explore the different ways we can express our emotions through both conversations and art.
<u>Walking Club</u>	Join us as we go walking in our community (in doors) so we can keep our minds and our bodies healthy.
<u>Music Over the Ages</u>	From Back to Bon Jovi, Beatles to Beber, Join us as we take a look at the artist and music trends over the centuries and compare what was popular then and what is popular now.
<u>Stretch Your Brain</u>	Puzzles brain teaser, and riddles. Keep yourself sharp as you work on different mind games.
<u>Puzzle Pals</u>	Put together a variety of puzzles and create beautiful pictures and friendships
<u>Weather Watchers</u>	Join us as we look at weather trends across the world and track how they change with the seasons.
<u>Ahh.. Stretch</u>	Unwind, distress, and stretch. Learn relaxation skills as you loosen your body
<u>The Science of Science</u>	Join the world of science. Participate in experiments and explore the different worlds of science.

This information can be made available in an alternate format upon request. Our TTY phone number is 651-365-3736. Equal Opportunity Employer.

Curriculum Class Descriptions**Program: Bloomington
Month/Year: February 2012**

<u>A New You</u>	<i>A New You</i> 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.
<u>Walker</u>	We go on an outing to the Walk Art Center lab. Learning about expressing ourselves through art. We also go on tours of the current exhibits that are at the Walker.
<u>Poetic Expression</u>	We explore the world of poetry. We will read poems, discuss what we think they mean and try our hand at writing some poetry. Learning appreciation for a different style of expression.