



# Career Development

Team: **Mankato**  
 Month: **February**  
 Year: **2012**

## Curriculum Calendar

		Wednesday 1st	Thursday 2nd	Friday 3rd
		<p><b>9:00am - 10:00am</b>            * <b>Community Experience /WOW! Zone Bowling</b> (WOW! Zone)</p> <p><b>10:00am - 11:00am</b></p> <p><b>Teambuilding</b> (CD Warehouse)  <b>A New You! Healthy Path</b>(CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b>  <b>Career Exploration - Landing a Job</b> (CD Warehouse)</p> <p><b>Card Club / Perfect Pasttimes</b> (Art Room)</p> <p><b>Community Experience - Library Club (CD) / Book Club</b> (North Mankato Library)</p> <p><b>ISJ Recycling</b> - (ISJ Hospital)</p> <p><b>1:45-2:30</b>  <b>Cooking Class Prep</b></p>	<p><b>9:00am - 10:00am</b>            * <b>Film Critic</b> (CD Warehouse)</p> <p><b>10:00am - 11:00am</b>  <b>Computer Free Time</b> (Computer Room)</p> <p><b>12:00pm - 1:00pm</b>  <b>Career Exploration - Landing a Job</b> (CD Warehouse)</p> <p><b>Community Experience - VINE Home Thrift</b> (VINE Home Thrift)</p> <p><b>Community Experience - Humane Society</b> (PetCo)</p> <p><b>Guided Art</b> (Art Room)</p> <p><b>Community Experience - VINE Shredding</b> (VINE in Action)  <b>1:45-2:30</b>  <b>Cooking Class</b></p>	<p><b>9:00am - 1:00 pm</b>            * <b>Artful Fridays with JoEllen</b> (Art Room)</p> <p><b>9:00am - 10:00am</b>  <b>A New You</b> ( A new curriculum path)(day 2)</p> <p><b>ISJ Recycling</b> - (ISJ Hospital)</p> <p><b>10:00am - 11:00am</b>  <b>Making Music Class</b> (CD Warehouse)</p> <p><b>Physical Activity</b> (Outside / CD Warehouse)  <b>12:00pm - 1:00pm</b>  <b>Swimming</b> (YMCA)  <b>12:00pm - 1:00pm</b> Artful Fridays with JoEllen</p> <p><b>Perfect Past times</b> (Warehouse)  <b>1:45-2:30</b>  <b>Coffee Club / Game Hour</b></p>

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### Curriculum Calendar

Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
<p><b>9:00am - 10:00am</b>  <b>Self Advocacy</b> (CD Warehouse)</p> <p><b>Social / Life Skills</b> (New Classroom)</p> <p><b>10:00am - 11:00am</b>  <b>Current Events</b> (CD Computer Room time)  <b>10:30 am - 12:00</b>  <b>Meal on Wheels</b></p> <p><b>Sensory Room / Relaxation</b> (CD Warehouse / Sensory Room)</p> <p><b>12:00pm - 1:00pm</b>  <b>Weather Watchers</b> (CD Warehouse)</p> <p><b>Sensory Room / Relaxation</b> (Sensory Room / New Classroom)</p> <p><b>Community Experience - Humane Society</b> (PetCo)</p> <p><b>1:45-2:30</b>  <b>Beauty Shop</b></p>	<p><b>9:00am - 10:00am</b>  <b>Coffee and Book Club</b> (CD Warehouse)</p> <p><b>10:00am - 11:00am</b>  <b>Community Experience</b> (CD Library Time)</p> <p><b>Literacy / Pen Pals</b> (CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b>  <b>Women's Group</b> (CD Warehouse)</p> <p><b>Men's Group</b> (New Classroom)</p> <p><b>Community Experience - VINE Home Thrift</b> (VINE Home Thrift)</p> <p><b>Community Experience - VINE Home Thrift</b> (VINE Home Thrift)</p> <p><b>1:45-2:30</b>  <b>In-Center Bowling</b></p>	<p><b>9:00am - 10:00am</b>  * <b>Community Experience - Walking Club</b> (varies)</p> <p><b>10:00am - 11:00am</b>  Teambuilding (CD Warehouse)</p> <p><b>A New You! Healthy Path</b>(CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b>  <b>Career Exploration - Landing a Job</b> (CD Warehouse)</p> <p><b>Card Club / Perfect Pastimes</b> (Art Room)</p> <p><b>Community Experience - Library Club (CD) / Book Club</b> (North Mankato Library)</p> <p><b>ISJ Recycling -</b> (ISJ Hospital)</p> <p><b>1:45-2:30</b>  <b>Cooking Class Prep</b></p>	<p><b>9:00am - 10:00am</b>  * <b>Film Critic</b> (CD Warehouse)</p> <p><b>10:00am - 11:00am</b>  <b>Computer Free Time</b> (Computer Room)</p> <p><b>12:00pm - 1:00pm</b>  <b>Career Exploration - Landing a Job</b> (CD Warehouse)</p> <p><b>Community Experience - VINE Home Thrift</b> (VINE Home Thrift)</p> <p><b>Community Experience - Humane Society</b> (PetCo)</p> <p><b>Guided Art</b> (Art Room)</p> <p><b>Community Experience - VINE Shredding</b> (VINE in Action)</p> <p><b>1:45-2:30</b>  <b>Cooking Class</b></p>	<p><b>9:00am - 1:00 pm</b>  <b>Artful Fridays with JoEllen</b> (Art Room)</p> <p><b>9:00am - 10:00am</b>  <b>A New You</b> ( A new curriculum path)(day 2)</p> <p><b>ISJ Recycling -</b> (ISJ Hospital)</p> <p><b>10:00am - 11:00am</b>  <b>Making Music Class</b> (CD Warehouse)</p> <p><b>Physical Activity</b> (CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b>  <b>Perfect Past times</b> (CD Warehouse)</p> <p><b>Community Experience - Swimming at YMCA</b> (YMCA)</p> <p><b>1:45-2:30</b>  <b>Coffee Club / Game Hour</b></p>

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Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
<p><b>9:00am - 10:00am</b>  <b>Self Advocacy</b> (CD Warehouse)</p> <p><b>Social / Life Skills</b> (New Classroom)</p> <p><b>10:00am - 11:00am</b>  <b>Current Events</b> (CD Computer Room time)</p> <p><b>Sensory Room / Relaxation</b> (CD Warehouse / Sensory Room)</p> <p><b>10:30 am - 12:00</b>  <b>Meal on Wheels</b></p> <p><b>12:00pm - 1:00pm</b>  <b>Weather Watchers</b> (CD Warehouse)</p> <p><b>Sensory Room / Relaxation</b> (Sensory Room / New Classroom)</p> <p><b>1:45-2:30</b>  <b>Beauty Shop</b></p>	<p><b>9:00am - 10:00am</b>  <b>Coffee and Book Club</b> (CD Warehouse)</p> <p><b>10:00am - 11:00am</b>  <b>Community Experience - Adopt a Grandparent</b> (Oak Terrace Ass'd Living)</p> <p><b>Literacy / Pen Pals</b> (CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b></p> <p><b>Women's Group</b> (CD Warehouse)</p> <p><b>Men's Group</b> (New Classroom)</p> <p><b>Community Experience - VINE Home Thrift</b> (VINE Home Thrift)</p> <p><b>1:45-2:30</b>  <b>In-Center Bowling</b></p>	<p><b>9:00am - 10:00am</b>  * <b>Community Experience - WOW! Zone Bowling</b> (WOW! Zone)</p> <p><b>10:00am - 11:00am</b>  <b>A New You! Healthy Path</b>(CD Warehouse)</p> <p><b>Teambuilding</b> (CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b></p> <p><b>Career Exploration</b> (CD Warehouse)</p> <p><b>Card Club / Perfect Pasttimes</b> (Art Room)</p> <p><b>Community Experience - Library Club (CD) / Book Club</b> (North Mankato Library)</p> <p><b>ISJ Recycling</b> - (ISJ Hospital)</p> <p><b>1:45-2:30</b>  <b>Cooking Class Prep</b></p>	<p><b>9:00am - 10:00am</b>  * <b>Film Critic</b> (CD Warehouse)</p> <p><b>10:00am - 11:00am</b>  <b>Computer Free Time</b> (Computer Room)</p> <p><b>12:00pm - 1:00pm</b>  <b>Career Exploration</b> (CD Warehouse)</p> <p><b>Community Experience - VINE Home Thrift</b> (VINE Home Thrift)</p> <p><b>Community Experience - Humane Society</b> (PetCo)</p> <p><b>Guided Art</b> (Art Room)</p> <p><b>Community Experience - VINE Shredding</b> (VINE in Action)</p> <p><b>1:45-2:30</b>  <b>Cooking Class</b></p>	<p><b>9:00am - 1:00 pm</b>  * <b>Artful Fridays with JoEllen</b> (Art Room)</p> <p><b>9:00am - 10:00am</b>  <b>A New You</b> ( A new curriculum path)(day 2)</p> <p><b>ISJ Recycling</b> - (ISJ Hospital)</p> <p><b>10:00am - 11:00am</b></p> <p><b>Making Music Class</b> (CD Warehouse)</p> <p><b>Physical Activity</b> (Outside / CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b>  <b>Swimming</b> (YMCA)</p> <p><b>Perfect Past times</b> (Warehouse)</p> <p><b>1:45-2:30</b>  <b>Coffee Club / Game Hour</b></p>

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Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
<p><b>9:00am - 10:00am</b>  <b>Self Advocacy</b> (CD Warehouse)</p> <p><b>Social / Life Skills</b> (New Classroom)</p> <p><b>10:00am - 11:00am</b>  <b>Current Events</b> (CD Computer Room time)</p> <p><b>Sensory Room / Relaxation</b> (CD Warehouse / Sensory Room)</p> <p><b>10:30 am - 12:00</b>  <b>Meal on Wheels</b></p> <p><b>12:00pm - 1:00pm</b>  <b>Weather Watchers</b> (CD Warehouse)</p> <p><b>Sensory Room / Relaxation</b> (Sensory Room / New Classroom)</p> <p><b>Community Experience - Humane Societv</b> (PetCo)</p> <p><b>1:45-2:30</b>  <b>Beauty Shop</b></p>	<p><b>9:00am - 10:00am</b>  <b>Coffee and Book Club</b> (CD Warehouse)</p> <p><b>10:00am - 11:00am</b>  <b>Community Experience</b> (Varies)</p> <p><b>Literacy / Pen Pals</b> (CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b></p> <p><b>Women's Group</b> (CD Warehouse)</p> <p><b>Men's Group</b> (New Classroom)</p> <p><b>Community Experience - VINE Home Thrift</b> (VINE Home Thrift)</p> <p><b>1:45-2:30</b>  <b>In-Center Bowling</b></p>	<p><b>9:00am - 10:00am</b>  <b>* Community Experience - Walking Club</b> (varies)</p> <p><b>10:00am - 11:00am</b>  <b>A New You! Healthy Path</b>(CD Warehouse)</p> <p><b>Teambuilding</b> (CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b></p> <p><b>Career Exploration</b> (CD Warehouse)</p> <p><b>Card Club / Perfect Pasttimes</b> (Art Room)</p> <p><b>Community Experience - Library Club (CD) / Book Club</b> (North Mankato Library)</p> <p><b>ISJ Recycling</b> - (ISJ Hospital)</p> <p><b>1:45-2:30</b>  <b>Cooking Class Prep</b></p>	<p><b>9:00am - 10:00am</b>  <b>* Film Critic</b> (CD Warehouse)</p> <p><b>10:00am - 11:00am</b>  <b>Computer Free Time</b> (Computer Room)</p> <p><b>12:00pm - 1:00pm</b>  <b>Career Exploration</b> (CD Warehouse)</p> <p><b>Community Experience - VINE Home Thrift</b> (VINE Home Thrift)</p> <p><b>Community Experience - Humane Societv</b> (PetCo)</p> <p><b>Guided Art</b> (Art Room)</p> <p><b>Community Experience - VINE Shredding</b> (VINE in Action)</p> <p><b>1:45-2:30</b>  <b>Cooking Class</b></p>	<p><b>9:00am - 1:00 pm</b>  <b>* Artful Fridays with JoEllen</b> (Art Room)</p> <p><b>9:00am - 10:00am</b>  <b>A New You</b> ( A new curriculum path)(dav 2)</p> <p><b>ISJ Recycling</b> - (ISJ Hospital)</p> <p><b>10:00am - 11:00am</b></p> <p><b>Making Music Class</b> (CD Warehouse)</p> <p><b>Physical Activity</b> (Outside / CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b></p> <p><b>Perfect Past times</b> (Warehouse)</p> <p><b>1:45-2:30</b>  <b>Coffee Club / Game Hour</b></p> <p><b>Community Experience - Swimming at YMCA</b> (YMCA)</p>

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Monday 27th	Tuesday 28th	Wednesday 29th		
<p><b>9:00am - 10:00am</b>  <b>Self Advocacy</b> (CD Warehouse)</p> <p><b>Social / Life Skills</b> (New Classroom)</p> <p><b>10:00am - 11:00am</b>  <b>Current Events</b> (CD Computer Room time)</p> <p><b>Sensory Room / Relaxation</b> (CD Warehouse / Sensory Room)</p> <p><b>10:30 am - 12:00</b>  <b>Meal on Wheels</b>  <b>12:00pm - 1:00pm</b></p> <p><b>Weather Watchers</b> (CD Warehouse)</p> <p><b>Sensory Room / Relaxation</b> (Sensory Room / New Classroom)</p> <p><b>Community Experience - Humane Societv</b> (PetCo)</p> <p><b>1:45-2:30</b>  <b>Beauty Shop</b></p>	<p><b>9:00am - 10:00am</b>  <b>Coffee and Book Club</b> (CD Warehouse)</p> <p><b>10:00am - 11:00am</b>  <b>Community Experience</b> (Varies)</p> <p><b>Literacy / Pen Pals</b> (CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b></p> <p><b>Women's Group</b> (CD Warehouse)</p> <p><b>Men's Group</b> (New Classroom)</p> <p><b>Community Experience - VINE Home Thrift</b> (VINE Home Thrift)</p> <p><b>1:45-2:30</b>  <b>In-Center Bowling</b></p>	<p><b>9:00am - 10:00am</b>  * <b>Community Experience - WOW! Zone Bowling</b> (WOW! Zone)</p> <p><b>10:00am - 11:00am</b>  <b>A New You! Healthy Path</b>(CD Warehouse)</p> <p><b>Teambuilding</b> (CD Warehouse)</p> <p><b>12:00pm - 1:00pm</b></p> <p><b>Career Exploration</b> (CD Warehouse)</p> <p><b>Card Club / Perfect Pasttimes</b> (Art Room)</p> <p><b>Community Experience - Library Club (CD) / Book Club</b> (North Mankato Library)</p> <p><b>ISJ Recycling</b> - (ISJ Hospital)</p> <p><b>1:45-2:30</b>  <b>Cooking Class Prep</b></p>		

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## Class Descriptions

<b><u>Self Advocacy</u></b>	Why is it important to advocate for myself? What does it mean to be a self advocate? These topics plus other advocacy topics are explored and discussed. Field trips to the capitol are also included into this session.
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<b><u>Social / Life Skills</u></b>	Why do people do certain things? What do I do when....? Why do I feel this way? Why don't people like me? All of these topics plus other social topics are explored and discussed during this hour long session.
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<b><u>Current Events</u></b>	Participants will explore the internet and local newspapers to find different happenings that are going on locally, statewide, nationally, and in celebrity news.
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<b><u>Sensory Room</u></b>	Come and enjoy taking time to relax and use the sensory room.
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<b><u>Weather Watchers</u></b>	Ever dream of being a storm chaser or of being a meteorologist? If you have, this session is for you. Our own weather fanatic, Sam, will lead the group in exciting weather related topics.
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<b><u>Coffee / Book Club</u></b>	Enjoy a cup of coffee or a glass of juice or hot chocolate while a book of groups choosing is read. Most books that the group chooses are on tape. If there is a movie that goes along with the book we will also enjoy that when we are done reading the book.
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<b><u>Adopt a Grandparent</u></b>	Volunteer and make a difference with the elderly. Participants will go to Oak Terrace Assisted Living and help the residents with various projects and /or games that are planned by the Oak Terrace Activities Coordinator.
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<b><u>Literacy / Pen Pals</u></b>	Participants will learn various writing / spelling techniques and learn basic grammar rules. Participants will then use these techniques in letters to their Brooklyn Park and Loyola pen pals.
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# Career Development

Team: **Mankato**  
Month: **January**  
Year: **2012**

## Class Descriptions

<b><u>VINE Thrift Store</u></b>	Volunteer at one of the local thrift stores. We complete various tasks such as dusting, sorting donations, cutting tags, and ripping paper to be used with breakables.
<b><u>Men's Group</u></b>	Men only! Come and discuss topics related to manhood.
<b><u>Women's Group</u></b>	Women only! Come discuss topics related to womanhood.
<b><u>Communication</u></b>	What is communication and why is it important? During these sessions participants will explore why communication is vital to our everyday lives. Participants will also learn basic sign language.
<b><u>Physical Activity</u></b>	Get up and move! Participants will participate in various physical activities that work on strength, cardiovascular, movement, etc.
<b><u>Teambuilding</u></b>	Gather with the group and discuss group dynamics that make a successful team. Participants will be involved in various teambuilding games and activities.
<b><u>Card Club / Perfect Pasttimes</u></b>	Participants will learn basics of card playing. Topics of each session include things such as; how to deal, how to deal, how to shuffle, how to cut cards, and player etiquette. If playing cards isn't your "thing" participants may also play a group game of their choice.

**Class Descriptions**

<b><u>Film Critic</u></b>	Have you ever dreamed of being Ebert or Siskel? Explore the different genres of movies and enjoying watching different movies from the genre of the week.
<b><u>Guided Art</u></b>	Release your creativity. Enjoy the hour learning of various art techniques, art projects, or using the time for free art expression.
<b><u>Computer Free Time</u></b>	Participants will be able to use the computers for their leisure. Participants can use the internet, play computer games that are available, use the paint program, or play the Wii.
<b><u>Artful Fridays</u></b>	Come and spend time with JoEllen learning different art techniques and doing various art projects.
<b><u>Perfect Pasttimes</u></b>	Participants will enjoy the hour playing board games or cards with their peers.
<b><u>Swimming at the YMCA</u></b>	Come and enjoy swimming with your peers at the YMCA. Participants must have a YMCA membership. If you do not have a YMCA membership you can talk to one of the Lifeworks staff and they will get you an application for a reduced membership card.
<b><u>Library / Book Club</u></b>	Take a trip to the local library. Participants may use the computer, check out books, listen to music, or spend time reading the newspaper and magazines that are available. Participants may also spend time listening to Lucy (head librarian) read a chosen book to the group.
<b><u>Walking Club</u></b>	Time to get out and move! There is so much to see as we explore area parks, mall, or areas around Lifeworks.



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### Class Descriptions

<u><b>Community Experience/WOW! Zone</b></u>	Gather with the group and spend time experiencing different community spaces / places. On the 1st and 3rd Wednesday of each month we will be going to the WOW! Zone to go bowling. Bring \$3 (includes one game and shoe rental) and enjoy playing the game of bowling. Participants will go to WOW! Zone Family Entertainment Center and spend the morning bowling.
<u><b>Humane Society</b></u>	Do you love cats? Get on the sub list for volunteering with our Lifeworks group when we go up to PetCo and clean the cat cages for 3 different counties (due to the limited space at this time there is only sub spaces left open should someone not be able to go that is in the regular group).
<u><b>Simply Good Eating</b></u>	Amy Baack, a community educator from the University of MN Extension will be conducting a Simply Good Eating Program at Lifeworks Mankato brought to us through the University of MN Extension. Simply Good Eating builds healthy communities through nutrition education partnerships.
<u><b>Landing a Job</b></u>	In this series of classes designed to give you an awareness of potential jobs in the working world, you will identify personal interests and skill levels, learn about different categories of jobs, and visit job sites to observe and discuss various job types.
<u><b>A New You</b></u>	A Healthy You Path is working on developing skills to enhance your over all wellness. Including all of the all three aspects of the health triangle, physical, social, and emotional health.
<u><b>Meals on Wheels</b></u>	Clients volunteer their time and efforts to weekly pick up and deliver meals to people that are unable to venture out in the community for their own meals.
<u><b>ISJ Recycling</b></u>	Clients volunteer their time at our local Health System in Mankato with doing their recycling throughout their center. Wed. afternoons and Friday morning.)
<u><b>In-Center Bowling</b></u>	Clients enjoy bowling and learning how to score bowling while they enjoy an afternoon of bowling with friends.





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## Class Descriptions

<b><u>Beauty Shop</u></b>	Clients have the opportunity to have a spa experience. They can choose to have a manicure, polish application, or make-up application.
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<b><u>Cooking Class</u></b>	Clients have the opportunity to prepare easy, microwavable meals. They also have the adventure of tasting the snacks and meals prepared by them in cooking class.
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<b><u>VINE Shredding- Community Experience</u></b>	Clients have the opportunity to volunteer their time at VINE Faith in Action shredding all of their documents on a weekly basis. They also have the opportunity to make a connection and contribution in our community
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<b><u>Yoga/Meditation /Relaxation</u></b>	Clients experience a quiet meditation like environment while performing stretching and various Yoga exercises.
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<b><u>Coffe Club/Game Time</u></b>	Enjoy a cup of coffee or a glass of juice or hot chocolate while you enjoy a game with friends to wiind down the week on a Friday afternoon.
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<b><u>Making Music Class</u></b>	Clients will experience the enjoyment of making and listening to a variety music while experimenting with instruments in a safe and theraputic environment with other clients.
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