

Fall 2018: Class Descriptions

Art 1 & 2

Art brings great joy to people while building high self-esteem. No matter the disability, all participants can appreciate the joys of creating. In addition, the programs allow participants to build and/or improve: i) fine motor skills, ii) problem solving skills, iii) communication and expression abilities, iv) self-esteem, and, v) motivation to succeed.

So come join us in producing amazing creations with acrylic, clay, fabric, reclaimed materials and other media.

Art 1 - Sequim

Instructors: Myrna Martin & George Will

Location: DVLC

Day & Time: Tuesdays, 10 am – 12 pm

Dates: October 2, 9, 16, 23, 30
November 6, 13, 27
December 4, 11, 18

Max Class Size: 10, must call to reserve space



Art 2 - Port Angeles

Instructors: April Watkins & Greta Hanson

Location: Youth Room, HTLC

Day & Time: Thursdays, 1 pm – 3 pm

Dates: October 4, 11, 18, 25
November 1, 8, 15, 29
December 6, 13, 20

Max Class Size: 15, must call to reserve space



Circle of Life

Basics of healthy relationships were covered during Spring classes. In Fall, topics will expand to topics such as dating and marriage. The curriculum is meant to help participants:

- understand what is a healthy relationship, how to handle feelings & crushes
- realize the difference between one-sided and reciprocal relationships
- identify individual and/or family values around romantic relationships
- become empowered to establish boundaries
- recognize and accept boundaries of others



- identify needed skills and/or social deficits
- recognize abuse & become safer in the pursuit of relationships

Thanks to support from Clallam County millage funds, this curriculum is being offered FREE to all participants.

Port Angeles

Instructors: Emily Cook & Bonne Smith
Location: Youth Room, HTLC
Day & Time: Wednesdays 1 pm – 3 pm
Dates: October 3, 10, 17, 24, 31
 November 7, 14, 28
 December 5, 12, 19



Cooking

Roll up your sleeves and join us in the HTLC kitchen to learn a few basic cooking techniques and participate in some light cooking instruction. Students will create healthy everyday dishes in a fun, creative atmosphere and they will be able to take recipes with them to duplicate at home. **On days when class meets in the Youth Room, curriculum will focus on nutrition so participants should bring their own lunch. Instructors will let participants know if lunch is needed on other cooking days.**

Port Angeles

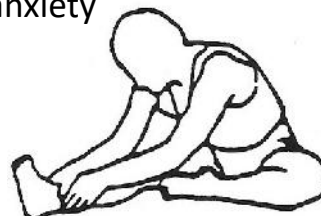
Instructors: Bonne Smith & April Watkins
Location: Fellowship Hall or Youth Room, HTLC
Youth Room: Oct 12, Nov 16 & Nov 30
Day & Time: Fridays, 10 am – 12 pm
Dates: October 5, 12, 19, 26
 November 2, 9, 16, 30
 December 7, 14, 21



Fit & Strong

The benefits of exercise include:

- Improved mood & reduced depression/stress/anxiety
- Increased focus, energy & strength
- Improved relaxation & sleep
- Improved physical health
- Improved confidence & self-image





Activities will include stretching exercises, cardio workouts, zumba, yoga, and walking in the community. Please wear comfortable & loose fitting clothing to give your body plenty of room to stretch and bend.

Port Angeles

Instructors: Emma Easton (Oct), Bev Nelson, Emily Cook (Nov/Dec)
Location: Fellowship Hall, HTLC
Day & Time: Mondays, 10 am – 12 pm
Dates: October 1, 8, 15, 22, 29
November 5, 12, 26
December 3, 10, 17



Literacy

Literacy continues to meet 3 days per week during Fall term. Participants from previous sessions are encouraged to re-enroll in the program.

New attendees must contact us (360.681.8642) to set up a time for pre-screening. All new participants will sign a commitment contract that requires supporting caregivers to also sign a commitment to providing assistance with homework. Beta Nu's Community Education Grant supports part of the cost of running the literacy program so that only a minimal program fee will be charged to participants.

Port Angeles

Instructors: Dodie French & Lindsey Polaczyk
Location: Youth Room, HTLC
Day & Time: Mondays, Wednesdays & Thursdays 3:30 pm – 5 pm
Dates: October 1, 3, 4, 8, 10, 11, 15, 17, 18, 22, 24, 25, 29, 31
November 1, 5, 7, 8, 12, 14, 15, 26, 28, 29
December 3, 5, 6, 10, 12, 13, 17, 19, 20



Music

This class introduces individuals to the rudiments of singing with a variety of musical experiences and activities. Participants will work on the following skills: singing, listening, and playing classroom instruments according to what is available. Participants have the ability to grow their understanding of rhythm, melody, tempo, harmony, expression, and style.

Port Angeles

Instructors: Greta Hanson & April Watkins



Location: Youth Room, HTLC
Day & Time: Thursdays, **11 am** – 12 pm (please schedule drop-off for an 11 am start)
Dates: October 4, 11, 18, 25
 November 1, 8, 15, 29
 December 6, 13, 20

Rec Club 1, 2 & 3

General recreation to provide for the discovery and experience of a variety of activities that promote learning, skill development, creativity, life skills enhancement, and enjoyment. Structured and unstructured activities will provide opportunities for meaningful engagement and community building. Participants can look forward to arts & crafts, birthday bingo, board games, karaoke and much more!

Rec Club 1 – Port Angeles

Instructors: Emily Cook, Emma Easton (Oct) & Tresa Stuber (Nov/Dec)
Location: Fellowship Hall, HTLC
Day & Time: Mondays, 1 pm – 3 pm
Dates: October 1, 8, 15, 22, 29
 November 5, 12, 26
 December 3, 10, 17



Rec Club 2 – Sequim

Instructors: Lindsey Polaczyk & George Will
Location: DVLC
Day & Time: Tuesdays, 1 pm – 3 pm
Dates: October 2, 9, 16, 23, 30
 November 6, 13, 27
 December 4, 11, 18



Max Class Size: 10, must call to reserve space

Rec Club 3 – Port Angeles

Instructors: Bev Nelson & April Watkins
Location: Fellowship Hall or Youth Room, HTLC
Youth Room: Oct 12, Nov 16 & Nov 30
Day & Time: Fridays, 1 pm – 3 pm
Dates: October 5, 12, 19, 26
 November 2, 9, 16, 30
 December 7, 14, 21





Superheroes & Super-skills

Skills such as communicating properly, effectively working in teams and real-world problem solving have positive impact on all aspects of life – from work to play. Powering up skills in these areas can improve employability, enhance relationships and make a superhero out of each of us. So come join the fun as we learn and practice our super-skills!

Superheroes – Port Angeles

Instructors: Emily Cook & Bonne Smith
Location: Youth Room, HTLC
Day & Time: Wednesdays, 10 am – 12 pm
Dates: October 3, 10, 17, 24, 31
November 7, 14, 28
December 5, 12, 19



Monthly Drumming & Dances

Come on out to shimmy, sway, and delight in the music & company! In addition, there will be a light meal served that all participants who pay for entry are welcome to partake in. Caregivers and family do not have to pay for entry but are encouraged to make a donation to defray costs of the meal.

Prior to each dance we will be holding a 1 hour drum circle with guest instructor Dave Luebbert.

Dances – St. Andrews, Port Angeles

Instructors: Emma Easton (Oct), Catherine McKinney, Bev Nelson, Emily Cook (Nov/Dec)
Location: St. Andrews Episcopal Church
Day: Saturdays
Time (Cost): Drumming (\$3): 12 pm – 1 pm, Dance (\$7): 1 pm – 3 pm
Dates: October 13 – Halloween Dance - Dress up in your favorite costume
November 10 – Thanksgiving Dance - Turkey dinner served
December 8 – Holiday Dance – Seasonal festivities

Program Locations:

Dungeness Valley Lutheran Church (DVLC)
925 N. Sequim Ave
Sequim, WA 98382

Holy Trinity Lutheran Church (HTLC)
301 Lopez Ave
Port Angeles, WA 98362

St. Andrews Episcopal Church
510 E Park Ave
Port Angeles, WA 98362