



Enriching Community Life Catalog

Spring/Summer Semester
April 2020-September 2020

Enriching Community Life

3403 Lapeer
Port Huron, MI 48060
TBD

River District

1000 DeGurse
Marine City, MI 48039
810-765-3300

TABLE OF CONTENTS

Introduction	3
How do I enroll?	4
WHAT'S NEW?- ECL PH	5
ECL- PH LOCATION CLASS SCHEDULE	6
PERFORMING ARTS	7
TECHNOLOGY	8
ARTS & CRAFTS	9
FITNESS AND COMPETITION	10
PERSONAL INTERESTS	13
ALL DAY CLASSES	15
WHAT'S NEW?- RIVER DISTRICT	17
RIVER DISTRICT LOCATION CLASS SCHEDULE	18
FITNESS AND COMPETITION	19
ARTS AND CRAFTS	19
PERSONAL INTERESTS	20
WORK PREP CLUB	23
Registration	24

INTRODUCTION

Community Enterprises of St. Clair County is committed to providing supports and services to help individuals in their quest to live, work and be included with others in all aspects and places of community life. The programs established by Community Enterprises provide services in two areas: 1) Community Living Supports, 2) Employment Services.

Programs offered by CESCC strive for one of several of the following outcomes: 1) Community Inclusion, 2) Increased Productivity, 3) Greater Self-Reliance, 4) Economic Self Sufficiency, and 5) Growth in One's Self-Esteem.

The Enriching Community Life Program (ECL) provides community-based and on-site supports and services. These supports and services are offered to individuals so they can work toward goals identified during the annual Person Centered Planning process. They may also help with work toward goals identified in the Individual Plan of Service.

Through the ECL program, individuals may choose from classes that promote community inclusion, participation, independence, and productivity. At the same time, classes help individuals enhance and build on skills like problem solving, daily living, responsibility, and community connection.

The Work Preparatory Club being offered is geared to help individuals who desire employment to gain the skills necessary to successfully be employed in the community. The goal of the class is to enhance one's level of preparedness and chances of success in the competitive employment arena. Participants will be given the opportunity to shadow different jobs, identify one's interests and strengths, learn about the world of work, including culture and expectations, and ultimately prepare for a job search.

LOCATIONS

Enriching Community Life Classes are available at two different locations. Which location you attend is determined based on boundaries set up by our local Community Mental Health for the purposes of transportation.

Community Enterprises of St. Clair County

Enriching Community Life PH

3403 Lapeer

Port Huron, MI 48060

Phone: TBD

Supervisor: Caitlin Reynolds

Community Enterprises of St. Clair County

River District Location

1000 DeGurse

Marine City, MI 48039

Phone: 810-765-3300

Supervisor: Laurie Karig

HOW DO I ENROLL

If you are already enrolled in program you simply need to look through the catalog and choose classes that are of interest to you. There is a class request form at the end of this booklet that you should fill out and return to your CMH Supports Coordinator.

If you are choosing to attend everyday then you will need a class for each morning and afternoon you are attending. It is strongly encouraged that you have a first and second choice. Whenever possible we will add sections of classes if there is a demand. However, some classes have a limit based on the number of memberships we have paid for and reserved at the community sites.

If you are new to our programs then you will need to schedule an intake meeting. This can be done by contacting your CMH Supports Coordinator or Carrie Kerbrat at the Main CESCC building. We will schedule a meeting to get to know you and discuss what programs you are interested in participating in and get you started!

To Schedule a Tour or Intake Meeting

Carrie Kerbrat

CESCC Associate Director

810-982-3261

ckerbrat@cescc.org

Missed Class Protocol

In the event that a person does not attend class for two weeks in a row without notice, we will contact the Supports Coordinator for further information. If it is found that the person is not interested, or is not able to come to the class, this will be considered a “dropped class”. We will then go to the waiting list to fill the opening.

Important Note:

Classes should be scheduled around WORK schedules.

AM classes are scheduled for 9:00am - Noon.

PM classes are scheduled for 12:30pm - 3:30pm.

WHAT'S NEW? - Enriching Community Life- Port Huron

- **ALL DAY Classes-** This semester we are offering four all day classes. These groups will not plan on returning to the building for lunch and therefore will be able to participate in more inclusive activities. Individuals who sign up for these classes will need to be prepared to pack a bag lunch as hot lunch will not be available.
- **WORK PREP Club-** This class will be an all day class and participants will be dropped off and picked up from the Main Location in Port Huron. Our skill building coordinator will work with this group on a weekly basis to learn skills that are needed to one day work in the community. Participants will go through the Discovery Process to gather information about the persons' interests, strengths, environments or activities where they are at their best. They will have the opportunity to visit several different types of jobs and also have the opportunity to ask questions of their peers who are already employed in the community. We will also cover soft skills necessary to be successful in the community including hygiene, acceptable behaviors, attendance, taking direction, constructive criticism and more. Participants will also explore different modes of transportation and practice riding the bus to and from different community locations in order to prepare themselves to be more independent. This group will also have the opportunity to take part in various work site tours based on the groups interests and will have the opportunity to practice interviewing with community employers.
- **Woodworking-** This class will focus on creating small crafts and projects using wood and will help individuals work on those skills. Participants will learn basic woodworking skills, shop safety and have the opportunity to create 1-2 projects to take home.
- **Community Outreach-** This class will combine two that we have held in the past, Consumer Council and Lend a Hand. Each class will create a Council and will hold elections and vote in a President, Vice President, Secretary and Treasurer, as well as a general board. They will meet weekly and decide on what issues (positive or negative) that they would like to address. The class focus will give the consumers an opportunity to be a part of the decisions that affect their lives by promoting self-advocacy, and increased self-esteem. The group will come up with ideas for fund raisers for local charities or people in need.
- **Bluewater Happenings-** Participants will learn about historical persons, places, and events that have occurred in the surrounding Blue Water Area and visit as many of these places as possible. This half day class is tailored for those individuals who have a desire to get out and explore, but may not be able to participate, or feel as comfortable, in the all-day Tourist class.
- **Gaming Club-** This class will explore tabletop and card games, such as chess, checkers, euchre, hearts and other strategy games. They will also explore Tabletop Role Playing Games such as Dungeons and Dragons, among others. These are a form of role-playing games in which participants describe their characters' actions through speech. Each month the class will learn and play a different type of tabletop game.

ECL- PH LOCATION CLASS SCHEDULE

	AM		PM	
Monday	Basketball Board Games Galore! Computers Cooking 101 Creative Crafters	Feel the Beat! Summer Olympics Walking 101 YMCA Fitness Independent Living- All Day	Basketball Board Games Galore! Computers Creative Crafters Drama Club	Feel the Beat! Summer Olympics Tennis Walking 201 Independent Living- All Day
Tuesday	Art 101 Computers Crochet Club Outdoor Yoga Advanced Sketching	Softball Swimming CE's Got Talent Tennis Walking 101 MOVE	Advanced Sketching Animal Lovers Art 101 CE's Got Talent Computers	Crochet Club Outdoor Yoga Softball Swimming Walking 201 MOVE
Wednesday	Book Club Community Outreach Computers Cooking 101 Feel the Beat!	Friends in Faith Kickball Walking 101 YMCA Fitness Great Outdoors- All Day WORK PREP- All Day	Animal Lovers Bible Study Book Club Community Outreach Computers	Feel the Beat! Kickball Walking 201 Woodworking 101 Great Outdoors- All Day WORK PREP- All Day
Thursday	Bowling Computers Crazy About Science Dance Academy Disc Golf Garage Sale	Pottery Sign Language Walking 101 YMCA Fitness MOVE	Animal Lovers Bowling Computers Dance Academy Disc Golf Extra, Extra	Games Club Garage Sale Pottery Walking 201 MOVE
Friday	Birthday Club Computers Cooking 101 Creative Crafters Garage Sale	Special Olympics Volleyball Walking 101 YMCA Fitness Strike Club Traveling Tourist- All Day	Animal Lovers Bluewater Happenings Computers Creative Crafters Garage Sale	Party Planners Special Olympics Volleyball Walking 201 Strike Club Traveling Tourist- All Day

PERFORMING ARTS

CE's Got TALENT

Tuesday AM or PM

Class Description: This group will be working throughout the semester to put together a judged talent contest much like the TV show Americans Got Talent. Individuals can work on their individual talents or they may pair up and do something with a peer. They may show off their singing skills or if they have another talent they may do that as well. The class will develop their creative expression, team work, self-awareness, long and short term memory, compromising, problem solving, respect for peers, confidence and commitment skills. By the end of the semester the group will put together a show that will be judged by local personalities.

Drama Club

Monday PM

Class Description: This class is for those people who are interested in theatre and performance. Using imagination games, improvisation and theater exercises, our consumers will learn about ensemble, relationship and how to develop a play. This class will help consumers learn to express themselves creatively and develop skills to speak in front of an audience. The class will perform simple plays throughout the semester.

Dance Academy

Thursday AM or PM

Class Description: This class will meet once a week at the Dance Academy. They will have the opportunity to learn different types of dance and learn to practice routines weekly. The group will work on coordination and motor skills as they work together on each dance. They will also work on listening and following instructions as they learn the steps. Participants will have the opportunity for self-expression and will improve self-esteem as they conquer each dance.

Limited to 10 per session

Feel the Beat!

Monday and Wednesday AM or PM

Class Description: Feel the Beat Music is based on the recognition that all people are musical. All people can learn to sing in tune, keep a beat, and participate with confidence in the music of our culture. Self-confidence, coordination, teamwork, comprehension and problem solving are just a few of the skills that will be worked on and developed in this music class. The history of different types of music and songs will be explored, as well as practicing, singing and performing different songs during the semester.

TECHNOLOGY

Computers

Monday, Tuesday, Wednesday, Thursday or Friday AM or PM

Class Description: Participants will be able to learn to identify the main components to the computer (mouse and mouse pad) and their functions. Opportunities to learn and practice functional hand/eye coordination and increase motor skills will also be afforded. Individuals will be able to explore and learn about software and activities meaningful to them, while enhancing leisure skills and building work skills.

Limited to 13 in each session

Extra, Extra

Thursday PM

Class Description: The group will work together to compile and complete a monthly newsletter updating their peers on the happenings around CE and the surrounding community. Group members will share responsibilities as they learn the many steps required of publishing. Skills taught will enhance verbal communication skills, decision making skills, reading skills, and learning how to use and operate different types of technology such as a computer, camera and copier. The group will access the community to take pictures of events and other class happenings, research ideas and story topics as well as possibly speak to professionals in this field in and around Port Huron.

ARTS & CRAFTS

Advanced Sketching

Tuesday AM or PM

Class Description: This class will be for those that are serious about their drawing talent and will focus solely on sketching. Participants will experience media in a multitude of ways, demonstrate creative expression and participate in multi-sensory art experiences. The group will also take trips to the library to research different techniques, local hobby stores for supplies, art exhibits for inspiration and will explore the technique of matting their sketches when complete. **MUST have interest in developing this skill.**

Creative Crafters

Monday and Friday AM or PM

Class Description: Individuals in this group will have the opportunity to showcase their creative skills by making various craft items such as pottery, ceramic, greeting cards, jewelry, holiday crafts and many more items. Projects will promote individual creativity and expression as well as enhancing self-esteem, communication skills and fine motor skills.

Art 101

Tuesday AM or PM

Class Description: Participants will explore and experience the world of art, discovering their inner artist. With support as needed, people will cover various topics related to art while increasing their communication skills and self-confidence, as well as practicing and increasing fine motor skills. Topics may include, but are not limited to: pencil drawing, pastels, sculpture, and watercolor.

Pottery

Thursday AM or PM

Class Description: This class will take place each week in the Pottery Studio at Studio 1219. Participants will learn the basics of working with clay. They will have a trained pottery instructor each week to explore the creative process of clay shaping using hand building and throwing techniques on the pottery wheel. Participants will expand their knowledge of the arts while increasing their fine motor skills, following directions and self-confidence.

Limited to 8 per session

Crochet Club

Tuesday AM or PM

Class Description: In this class individuals will have the opportunity to learn the basics of Crocheting. Participants will learn patience, hard work, communication skills, as well as have the opportunity for creative expression by making their own scarves, hats, rugs and more. Prior experience with either crocheting or rug hooking is not a requirement; individuals will have the opportunity to work at their own pace and experience level.

Woodworking 101

Wednesday PM

Class Description: This class will focus on creating small crafts and projects using wood and will help individuals work on those skills. Participants will learn and understand why it's important to appreciate the value of a good work ethic while creating different projects throughout the semester. In this class participants will learn basic woodworking skills, shop safety and have the opportunity to create 1-2 projects to take home. Communication and social skills will be built upon during this class, as well as fine motor skills.

FITNESS AND COMPETITION

YMCA Fitness

Monday, Wednesday, Thursday or Friday AM

Class Description: This class is for the fitness enthusiast who is very committed to exercising and getting in shape. The group will meet to take part in daily exercise. They will become orientated to the YMCA and learn to operate exercise equipment and develop an exercise routine suitable to them. Besides learning to use the equipment, the group will EXERCISE through YOGA & ZUMBA. Other benefits will be to increase skills in listening, following directions, using public facilities, improving communication skills and improving health. Per the YMCA rules, street shoes and jeans are not allowed in the workout room, so participants will need to make sure to bring workout clothes and gym shoes on the day that they attend the YMCA. Sweatpants, gym shorts and yoga pants are all acceptable to workout in. **Limited to 10 per session**

Walking for Improved Fitness 101

Monday, Tuesday, Wednesday, Thursday or Friday AM

Class Description: Members of this group will join and commit to participating on a weekly walk. This class will be available for those consumers that walk at a slower pace and need a little more time to get where they are going. Each class will explore neighborhoods, walking tracks and tread mills all while building peer relationships and increasing personal fitness goals.

Walking for Improved Fitness 201

Monday, Tuesday, Wednesday, Thursday or Friday PM

Class Description: Members of this group will join and commit to participating on a weekly walk. This class will be available for those consumers that walk at a faster pace and are interested in more advanced walking for exercise. Each class will explore neighborhoods, walking tracks and tread mills all while building peer relationships and increasing personal fitness goals.

Basketball

Monday AM or PM

Class Description: This class will explore the sport of basketball. The following skills will be worked on and practiced: dribbling, passing, shooting, endurance and other fundamentals and rules of the game. Team strategies in offense and defense will be taught. Teamwork and effective communication will be emphasized. The team will work toward the goal of playing in the Special Olympics. Cooperation and communication will be a large part of the class. This class will be using a local gym and therefore individuals participating should wear gym appropriate shoes.

Volleyball

Friday AM or PM

Class Description: This class will explore the sport of volleyball. The following skills will be worked on and practiced: bumping, setting, spiking, endurance and other fundamentals and rules of the game. Team strategies in offense and defense will be taught. Teamwork and effective communication will be emphasized. The team will work toward the goal of playing in the Special Olympics. Cooperation and communication will be a large part of the class. This class will be using a local gym and therefore individuals participating should wear gym appropriate shoes.

FITNESS AND COMPETITION

Kickball

Wednesday AM or PM

Class Description: This class is an introduction to the game of Kickball. The following skills will be worked on and practiced, throwing, fielding, kicking, pitching and base running. Team strategies in offense and defense will be taught. Teamwork and effective communication will be emphasized. There may be an opportunity to attend a Kickball Tournament in the summer.

Outdoor Yoga

Tuesday AM or PM

Class Description: Yoga has many well-known benefits for all of us. Increased flexibility and stamina, decreased stress and anxiety and improved mental health are just a few. We hope to create an interest in physical/emotional wellbeing as well as providing a physical activity that is enjoyable and is tailored to each individual's needs and abilities. In this class participants will work to stretch and lengthen the muscles and help to rebalance both body and mind. The breathing techniques taught in yoga have produced a calming effect on the mind and body and can be practiced anywhere and anytime. This class will take place outside, using the many beautiful parks in the area. No previous yoga experience is required, and the class will work at each individual's own pace and with their own abilities.

Softball

Tuesday AM or PM

Class Description: This class is an introduction to slow pitch softball. The following skills will be worked on and practiced; throwing, fielding, hitting, pitching and base running. Team strategies in offense and defense will be taught. Teamwork and effective communication will be emphasized. We will be working towards the goal of playing other teams in the area. There may be an opportunity to attend Special Olympics and a Kickball Tournament in the summer.

Tennis

Monday PM or Tuesday AM

Class Description: The sport of tennis will be explored in this class. The rules and fundamentals of the game will be learned, along with skills such as the forehand and back hand strokes, serving, footwork and volleying. Strategies in offense and defense will be taught. This class will be held outside on tennis courts, so participants should wear proper footwear and clothing.

FITNESS AND COMPETITION

Swimming

Tuesday AM or PM

Class Description: Participants will get together to spend time swimming and enjoying the water in the pool at the YMCA. Participants will have the opportunity to learn and apply personal water safety rules, increase confidence in a community setting, learn a new leisure activity, increase social skills to connect with friends and other swimmers. **Limited to 10 per session.**

Summer Olympics

Monday and Friday AM or PM

Class Description: This class will offer potential Special Olympic athletes the opportunity to train and compete with others in the Special Olympics program. CE will provide training and competition allowing individuals to gain self-confidence, develop physical fitness, and experience joy in sharing their skills and friendship with others in the group and community. They will explore sporting events and experience and realize their potential for future competitions. **All consumers that are interested in being a part of Special Olympics must take this class.**

Bowling for Fitness

Thursday AM or PM

Class Description: Participants will learn the rules and strategies to the game of bowling. As they play, individuals will work to improve their self-esteem, socialization skills, and coordination, all while improving their game. **Individuals must pay \$4.50 weekly. Limited to 40 people each session.**

Strike Club (Bowling)

Friday AM or PM

Class Description: Participants will learn the rules, scoring strategies, team handicaps and establish averages to improve their game. Participants will have the opportunity to build relationships with peers who strive to participate in a sport, be in an inclusive activity, participate in a competitive environment and improve self-esteem. **Participation in Special Olympics or in a bowling league is possible. Individuals must pay \$5.00 weekly.**

Disc Golf

Thursday AM or PM

Class Description: This class will explore the activity of disc golf. They will work on the rules of the game as well as the skills needed for proper form for throwing and putting. Participants will learn about the different discs used, and what they are used for. Cooperation and communication will be a large part of the class. This class will be using outdoor courses, and will be walking on all types of terrain. Some courses will be wooded areas, and some will be in an open field, therefore it will be important to have the proper footwear and clothing when participating in this class. Tennis shoes and protection from the sun are recommended.

MOVE

Tuesday and Thursday AM or PM

Class Description: This class will be held specifically for those individuals who participate in the MOVE program. Those who do participate in MOVE will have the option of choosing the morning or afternoon on these two days. This will ensure that each individual is getting the best quality MOVE experience, and will increase the effectiveness of their MOVE sessions.

PERSONAL INTERESTS

Animal Lovers

Tuesday, Wednesday, Thursday or Friday PM

Class Description: This class is perfect for the animal lover who isn't able to have a pet of their own. The class will regularly visit the local humane society as well as animal control to learn about caring for animals. Participants will help with various tasks including feeding the animals, grooming the animals and cleaning the kennels all while interacting with their furry friends. **Limit to 4 per session.**

Friends in Faith

Wednesday AM

Class Description: This class is for those people who have an interest in learning about religion. The various world religions will be discussed and talked about in detail. Opportunities will be provided to go to various churches in the community to learn about specific faiths and congregations. Some opportunities MAY be provided to attend local church services. This class will focus on the historical aspect of faith and not try to influence anyone, one way or another. Skills taught will be understanding, acceptance, and tolerance.

Bible Study

Wednesday PM

Class Description: This class is for any consumer with a desire to learn about faith and to study the Bible. We have had many consumers over the years ask us about having faith classes. The class will learn and discuss Scripture and how it relates to life. Reading, memorizing, singing, doing crafts, doing good works and helping others will all be incorporated into the lessons.

Sign Language

Thursday AM

Class Description: In this class the group will become familiar with the Language of Sign. They will start by learning the letters and simple phrases in sign language. This class will help them appreciate the language and also help them to better communicate with their peers who use sign language regularly. They will increase their motor skills and direction followed by practicing the language each week.

Board Games Galore!

Monday AM or PM

Class Description: This class is based on the idea that the games that many people grew up on are just as relevant and fun today as they were years ago. Yahtzee, Candy Land, Monopoly as well as table puzzles. Play is very important for a balanced life and increased optimum mental health. Skills needed or developed will include fine motor, teamwork, problem solving and communication. Self-esteem and satisfaction will be gained by working together, as a team, to complete the games/puzzles.

Party Planning

Friday PM

Class Description: This class will take part in celebrating the various seasons and holidays. They will also form a 'Birthday Club,' keeping track of CE birthdays, making cards and organizing a monthly birthday party. They will decorate for the seasons, holidays, and other festivities. They will also attend local community holiday and celebratory events! They will learn how to address and mail cards using the U.S. Postal System. Focus of the class will be to increase skills in participation in the community and to have active adult roles and responsibilities in the community. Participants of this class will increase their socialization skills, listening and following directions, comprehension skills, and interaction. Skill work will include meal planning, organizing, budgeting money and developing a monthly theme.

PERSONAL INTERESTS

Garage Sale (Bargain Hunters)

Thursday and Friday AM or PM

Class Description: This class is for anyone that would like to learn how to save money by shopping re-sale and garage sales. Any person living on their own or considering living on their own that needs to furnish a home, should take this class. Garage sales are a great place to purchase house wares and save money. The focus of the class is to teach consumers that they can save money and find things at garage sales, to furnish their homes. Skills learned will be money management, decision making, choice making and independence.

Blue Water Happenings

Friday PM

Class Description: Participants will learn about historical persons, places, and events that have occurred in the surrounding Blue Water Area and visit as many of these places as possible. Besides historical places they will also visit other areas of interest and participate in local festivals throughout the semester. Individuals will increase their understanding of local history and also increase their social skills, interacting with group members and those in the community. This half day class is tailored for those individuals who have a desire to get out and explore, but may not be able to participate, or feel as comfortable in the all-day Tourist class.

Gaming Club

Thursday PM

Class Description: This class will explore tabletop and card games, such as chess, checkers, euchre, hearts and other strategy games. They will also explore Tabletop Role Playing Games such as Dungeons and Dragons, among others. These are a form of role-playing games in which participants describe their characters' actions through speech. Each month the class will learn and play a different type of tabletop game. This class will work on a multitude of skills for participants including problem solving, teamwork, strategic thinking and planning, deductive reasoning and communication skills, as well as reading comprehension skills.

Book Club

Wednesday AM or PM

Class Description: Participants will choose a book to read and discuss, then watch the movie and compare how books & movies are different or the same. Being able to read fluently is not a requirement for this course. Individuals will make predictions about storylines and events and analyze and revisit those predictions. The class will discuss characters and the decisions they make. Everyone will have a chance to identify and realize situations of cause and effect, and then identify with characters in the book as they apply to their lives. Community inclusive events will include using the library as a resource, as well as local book stores and attending a free movie at the theatre, once a month.

Birthday Club

Friday AM

Class Description: This class will form a "Birthday Club" to keep track of ECL birthdays. They will also make cards for the birthdays and organize a monthly birthday party. They will learn about addressing and mailing cards using the Postal system. Participants of this class will increase their socialization and comprehension skills as well as work on following directions.

PERSONAL INTERESTS

Crazy About Science

Thursday AM

Class Description: Participants in this class will learn about various scientific subjects throughout the semester such as volcanic eruptions, chemical reactions, weather, water affects, plant science, etc. This class will primarily focus on the scientific method by utilizing different scientific experiments to learn about these subjects. Individuals will learn communication skills; follow directions, deductive reasoning, as well as teamwork during this class.

Cooking 101

Monday, Wednesday or Friday AM

Class Description: Participants will have the opportunity to learn to prepare simple meals utilizing different cooking methods in the microwave, on the stove top and in the oven. There will be an emphasis on food preparation skills such as some basic knife skills, utensil skills and measuring ingredients. Additionally food storage, following a recipe as well as hand washing and kitchen cleanliness will be stressed. At the conclusion, participants may be able to prepare breakfast, lunch and/or dinner for one or two in order to increase skills in self-sufficiency. **MUST have interest in developing preparation and cooking skills.**

Community Outreach

Wednesday AM or PM

Class Description: This class will combine two that we have held in the past, Consumer Council and Lend a Hand. Each class will create a Council and will hold elections and vote in a President, Vice President, Secretary and Treasurer, as well as a general board. They will meet weekly and decide on what issues (positive or negative) that they would like to address. The class focus will give the consumers an opportunity to be a part of the decisions that affect their lives by promoting self-advocacy, and increased self-esteem. The group will come up with ideas for fund raisers for local charities or people in need. Participants will also have the opportunity to learn about charitable organizations in their community. This will increase and/or build skills related to vocational training, self-sufficiency, following directions and making connections with the community. This course will afford the opportunity for people to 'give back' and build relationships and improve social skills within their community.

Life Based Club

Various Days/Times Throughout the Month

Class Description: Get together with friends to enjoy evening and weekend activities in our community. Participants will have the opportunity to plan and participate in local events and activities; dining out, movies, plays, festivals and sporting events are just a few. Focus of the class will be to increase skills in participation in the community and to have active adult roles and responsibilities in the community. Other learning benefits could include skills in choice making, money and time management, communication with community members, social etiquette and expanding community resources for leisure.

This group is specifically designed for people who are working in the community or not attending day program and want to remain connected with their long time friends and peers.

All Day Classes

These classes will focus on being inclusive in the community and may travel outside of the Bluewater area to take part in activities and happenings related to the topics. Participants need to bring a bag lunch on these days as the group will not return to the building for lunch. Participants should be prepared to spend the entire day away from the building.

Independent Living Skills

Monday ALL DAY

Class Description: This class is designed for individuals currently living in, transitioning into or have the goal to someday live in independent or semi-independent environments. Lessons in how to access all forms of transportation (bus, train, or taxi), positive outlets for hobbies, self-expression, problem solving, developing peer relationships and journaling will be discussed and experienced. Skills needed for independent living will also be discussed and practiced, such as laundry, dishes, some cooking techniques, budgeting and grocery shopping are all topics that will be gone over in this class. **Limited to 10 per session**

The Great Outdoors

Wednesday ALL DAY

Class Description: During this group activity, participants will have the opportunity to learn and experience different activities that can be enjoyed outdoors. Some lessons will include team games, team sports, outdoor leisure activities, lawn games, etc. The members will have the opportunity to increase leisure skills, applying rules of sportsmanship, interact with peers and follow directions. Participants in this class will also have the opportunity to learn and increase their knowledge of Michigan's environment and natural resources. Individuals will learn to appreciate conservation and preservation of our state and its natural resources while learning to work in a team setting and become a valued community member. Some of the activities will include learning about the Great Lakes, forests, fish, wildlife, Geo Caching, sporting events and recreational advantages that the Great Lakes has to offer. This class will be an outdoor class, so individuals should wear appropriate attire such as durable, comfortable shoes and clothing. **Limited to 10 per session**

Traveling Tourists

Friday ALL DAY

Class Description: Participants in this class will have the opportunity to learn and increase their knowledge of Southeast Michigan's Tourist Attractions. They will utilize the Library Systems museum passes to visit several different museums and also Blue Water area Tourist Sites and Special Events. Individuals will increase their understanding of local history and also increase their social skills, interacting with group members and those in the community. **Limited to 10 per session**

Work Prep Club

Wednesday All Day

Class Description: This class is designed to assist individuals in exploring the world of work and to work on areas they need to improve in order to be successful in Community Employment. Participants will go through the Discovery Process to gather information about the persons' interests, strengths, environments or activities where they are at their best. They will have the opportunity to visit several different types of jobs and also have the opportunity to ask questions of their peers who are already employed in the community. We will also cover soft skills necessary to be successful in the community including hygiene, acceptable behaviors, attendance, taking direction, constructive criticism and more. We will also develop a resume to be used during a job search and also practice interviewing. Participants will also explore different modes of transportation and practice riding the bus to and from different community locations in order to prepare themselves to be more independent. This group will also have the opportunity to take part in various work site tours based on the groups interests and will have the opportunity to practice interviewing with community employers. **This group will meet at the Port Huron CESC Main location so they are a part of the work activity program and culture.** *Transportation will be contacted to adjust drop off and pick up locations if this class is chosen. 6 person limit.*

WHAT'S NEW?- RIVER DISTRICT LOCATION

- **4 Love of the Animals-** This class is perfect for the animal lover who isn't able to have a pet of their own. The class will regularly visit the local humane society as well as animal control to learn about caring for animals. Participants will help with various tasks including feeding the animals, grooming the animals and cleaning the kennels all while interacting with their furry friends.
- **Histories Mysteries-** The Focus of this class will be on weird, unsolved and unexplained historical events. The class will think like criminalists while reviewing mock forensic files of a historical event as an introduction to an event. They will then gather, analyze, and interpret the evidence as detectives. Individuals will engage in tasks such as examining physical objects and photographs, analyzing documents, and reading maps and charts.
- **World Travelers-** In this class the individuals will participate in all day adventures. They will explore what St. Clair County and the surrounding areas have to offer. This may include special trips to The Detroit Zoo, The Henry Ford, Greenfield Village, Outdoor Adventures, Port Sanilac and the like. Some of these activities may have an additional charge but you will be notified in advance as well as specialized lunches.
- **Jewels, Beads and Rocks- Jewelry Making-** Participants in this class will work on their creative skills to make their own jewelry using beads, wire and many more materials. Individuals will work on their creativity, self-expression, as well as enhancing self-esteem, communication skills and fine motor skills while making simple jewelry.
- **Fantasy Sports Club-** Sports fans across the country partake in the activity of Fantasy Sports, where they create their own "Team" and accrue points as the players on their team perform well throughout their season. This class will form their own version of Fantasy sports, but will focus on local teams as well as Professional ones. This group will also work toward getting community involvement by meeting once or twice a month with members of the community to watch and discuss what's going on in the sporting world. There may also be opportunities to attend local sporting events and practices. This class is just for fun, there will be no gambling of any kind.

RIVER DISTRICT LOCATION CLASS SCHEDULE

	AM	PM
Monday	4 Love of Animals Scrap and Shoot Help our Community	Cooking Basics Michigan Adventures Fitness Express
Tuesday	Bowling Fun Fantasy Sports Hobbies and Leisure	Bowling Fun Exploring the Arts
Wednesday	History Mysteries Making Strides Let's Celebrate	Scrap and Shoot Making Strides Men's Club
Thursday	Model Building Weight-Less Get Your Game On! Work Prep Club	Around our Community Jewels, Beads and Rocks Nature and Science
Friday	Cooking Basics Book Club World Travelers- All Day	Women's Club Crafts and More World Travelers- All Day

FITNESS AND COMPETITION

Making Strides

Wednesday AM and PM

Description: In this class the group will participate in a variety of exercise programs to improve health and endurance. The class will take place at local gyms, parks, hiking trails, etc. Individuals will develop interpersonal and peer relationship skills, listening and following directions, safety skills as well as becoming more physically active and healthy.

Fitness Express

Monday PM

Description: In this class the group will utilize Marine City Health and Fitness. They will use the various equipment available to them and also participate in fitness classes available to them and the general public. Individuals will develop interpersonal and peer relationship skills, listening and following directions, safety skills as well as becoming more physically active and healthy.

Weight-Less

Thursday AM

Description: This class is specifically designed for those who want to lose weight. The group will meet weekly to discuss nutrition, exercise and plan meals that will aid in weight loss success. The group will learn and participate in various exercise options and the benefits of that particular exercise. The participants in this group will also have weekly weigh-ins and keep journals tracking their success.

Bowling Fun and Fitness

Tuesday AM and PM

Description: This group will learn the rules and strategies of the game of bowling. As they play, individuals will work to improve their self-esteem, confidence, improve socialization skills, coordination, leisure skills and to apply the rules of sportsmanship. **Cost is \$2.00 per week.**

ARTS AND CRAFTS

Crafts and More

Friday PM

Description: Individuals in this group will have the opportunity to showcase their creative skills by making various craft items such as pottery, ceramic, greeting cards, jewelry, holiday crafts and many more items. Projects will promote individual creativity and expression as well as enhancing self-esteem, communication skills and fine motor skills.

Exploring the Arts

Tuesday PM

Description: Participants will explore and experience the world of art, discovering their inner artist. With support as needed, people will cover various topics related to art while increasing their communication skills and self-confidence, as well as, practicing and increasing fine motor skills. Topics may include but are not limited to pencil drawing, pastels, sculpture, and watercolor.

Scrap and Shoot

Monday AM and Wednesday PM

Description: The group will learn the art of taking photographs, increase their hand/eye coordination, decision making and communication skills while participating in this class. The group will create scrapbooks from the pictures they took and scrapbooking supplies. The group will work on the following skills: peer interaction, creativity, fine and gross motor skills and the art of photography and scrapbooking.

Model Building

Thursday AM

Description: Using Models, Lego's and 3D puzzles this class will focus on a creative way to build something from the ground up. The group will research different projects and will decide as a group which projects, they want to undertake. Community involvement will include use of the local libraries, craft and hobby stores, museums and possibly a trip to LEGOLAND. Participants will work on their creative skills, patience, problem solving, and fine motor skills

Jewels, Beads and Rocks-Jewelry Making

Thursday PM

Description: Participants in this class will work on their creative skills to make their own jewelry using beads, wire and many more materials. Individuals will work on their creativity, self-expression, as well as enhancing self-esteem, communication skills and fine motor skills while making simple jewelry.

PERSONAL INTERESTS

Listen-n-Look Book Club

Friday AM

Description: Participants in this group will choose a book or book on tape to read and discuss. Reading ability IS NOT a requirement for this course. Individuals will learn about story lines, events and characters in the book. They may even go to a play, movie or event based on a book. Learning benefits include listening skills, choice making, communication and accessing the public library or a bookstore.

Around our Community

Thursday PM

Description: This class will focus on learning about our county and enjoying all it has to offer. The group will research local happenings and decide on which one they would like to participate. The group will gather the information, directions and costs involved of each of the activities. Skills to be developed in this class are listening, communication, social skills and fine and gross motor skills.

Hobbies and Leisure

Tuesday AM

Description: The members of this class will explore the many options they have available to them to fill in their free time. The group will look into classes offered in their community, special outings and events, clubs and more. The group will learn games they can play on their own or with others such as, hobbies, card games, knitting or sewing, fishing, bird watching, etc.

Cooking Basics

Monday PM and Friday AM

Description: Enrollees will learn to make simple meals that can be prepared following different methods using the stove, oven and microwave. Emphasis will be on using a recipe and directions from packages and picture recipes. Concentration will be on cooking for one or two and with emphasis on skills necessary for self-sufficient cooking. Simple nutritional lessons and food safety and storage will also be taught. Participants will increase knowledge of cooking terms, practical skills to measure, using appliances and utensils and safe food storage.

Get Your Game On!

Thursday AM

Description: This class is based on the idea that the games that many people grew up on are just as relevant and fun today as they were years ago, i.e. Yahtzee, Candy Land, Monopoly and puzzles are some ideas. Skills needed or developed will include fine motor, teamwork, problem solving and communication. Self-esteem and satisfaction will be gained by working together to complete the games/puzzles and develop friendships with Seniors in the community.

Help our Community

Monday AM

Description: In this class, consumers will explore ways in which they can help their community and be an active member of the community. They will make arrangements with local senior centers and residences, various volunteer organizations, parks and recreation departments and other community groups in need. The group will use communication skills, reading and listening skills and motor skills throughout the semester.

Men's Club

Wednesday PM<

Description: The members in this class will participate in a variety of activities of a masculine nature. They will plan, with assistance, the activities they would like to do. These activities may include, but not limited to; games, hobbies (models, carving, woodwork, etc.), trips, health and wellness, history, science and more. Participants in this class will increase their socialization skills, listening and following directions, and interactions.

Let's Celebrate

Wednesday AM

Description: This class will form a 'Birthday Club,' keeping track of CE birthdays, making cards and organizing a monthly birthday party. They will learn about addressing and mailing cards using the U.S. Postal System. Participants in this class will increase their socialization skills, listening and following directions, and interactions. Skill work will include meal planning, organizing, budgeting money and developing a monthly theme to work on. They will also plan and decorate for other holidays throughout the year including Halloween, Christmas, Thanksgiving and Valentine's Day.

Women's Club

Friday PM

Description: This class is designed for the women of CE-RD. They will focus on different activities of their choice, which can include but not limited to, crafts, hobbies, spa days, nail art, beauty, etc. The class will focus on developing interpersonal skills, budgeting, time management, fine motor skills and social etiquette.

Nature and Science

Thursday PM

Description: In this class participants will explore the world of science and nature. This will exclude science experiments, learning about the world around us, animals and nature and more. The class will focus on listening skills, communication skills, social skills, safety skills as well as fine and gross motor skills.

World Travelers

Friday ALL DAY

Description: In this class the individuals will participate in all day adventures. They will explore what St. Clair County and the surrounding areas have to offer. This may include special trips to The Detroit Zoo, The Henry Ford, Greenfield Village, Outdoor Adventures, Port Sanilac and the like. Some of these activities may have an additional charge but you will be notified in advance as well as specialized lunches. The individuals will also participate in the decision-making process of what they would like to do during this class. The class will focus on listening skills, communication skills, social skills, safety skills as well as fine and gross motor skills.

4 the Love of Animals

Monday AM

Description: This class is perfect for the animal lover who isn't able to have a pet of their own. The class will regularly visit the local humane society as well as animal control to learn about caring for animals. Participants will help with various tasks including feeding the animals, grooming the animals and cleaning the kennels all while interacting with their furry friends. The class will also learn about the various types of animals from around the world. The individuals in this class will develop and/or enhance communication skills, fine motor skills, self-calming techniques and more.

Michigan Adventures

Monday PM

Description: Participants in this class will have the opportunity to learn and increase their knowledge of Michigan's environment and natural resources. Participants will also learn to appreciate conservation and preservation of our state and its natural resources while learning to work in a team setting. Some of the activities will include learning about the Great Lakes, forests, fish, wildlife, and recreational advantages that the Great Lakes offer. They will experience being involved in a treasure hunt of sorts through learning how Geocaching works. This class would offer to use a lot of new skills such as computer / GPS skills, and problem-solving skills.

Fantasy Sports Club

Tuesday AM

Class Description: Sports fans across the country partake in the activity of Fantasy Sports, where they create their own "Team" and accrue points as the players on their team perform well throughout their season. This class will form their own version of Fantasy sports but will focus on local teams as well as professional ones. This group will also work toward getting community involvement by meeting once or twice a month with members of the community to watch and discuss what's going on in the sporting world. There may also be opportunities to attend local sporting events and practices. This class is just for fun, there will be no gambling of any kind.

Histories Mysteries

Wednesday AM

Description: The focus of this class will be on weird, unsolved and unexplained historical events. The class will think like criminalists while reviewing mock forensic files of a historical event as an introduction to an event. They will then gather, analyze, and interpret the evidence as detectives. Individuals will engage in tasks such as examining physical objects and photographs, analyzing documents, and reading maps and charts. They will complete the discovery process by reporting on the specific events and learning about the historical facts as outlined in history texts. This will be a fun and interesting way to learn about historical events from around the world.

WORK PREPARATORY

Work Prep Club

Thursday AM

Description: This class is designed to assist individuals in exploring the world of work and to work on areas they need to improve in order to be successful in Community Employment. Participants will go through the Discovery Process to gather information about the persons' interests, strengths, environments or activities where they are at their best. They will have the opportunity to visit several different types of jobs and also have the opportunity to ask questions of their peers who are already employed in the community. We will also cover soft skills necessary to be successful in the community including hygiene, acceptable behaviors, attendance, taking direction, constructive criticism and more. We will also develop a resume to be used during a job search and also practice interviewing. Participants will also explore different modes of transportation and practice riding the bus to and from different community locations in order to prepare themselves to be more independent. This group will also have the opportunity to take part in various work site tours based on the groups interests and will have the opportunity to practice interviewing with community employers.

This class is appropriate for someone who is apprehensive about the world of work and also for those who are interested and need some support and fine tuning of their soft skills.

REGISTRATION

Enriching Community Life Class Request Form

ECL Participant: _____

Supports Coordinator: _____

- Using the catalog, please place the names of the classes you are interested in.
- Please make 3 choices for morning and afternoon classes on the days you wish to attend.
- If you work, you should write in the days you are scheduled to work and schedule classes around your work schedule.

Monday	Tuesday	Wednesday	Thursday	Friday
AM	AM	AM	AM	AM
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
PM	PM	PM	PM	PM
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.

- ☐ I am interested in receiving the monthly Life Based Program Calendar.
- ☐ I am interested in learning about skill building and community employment options.