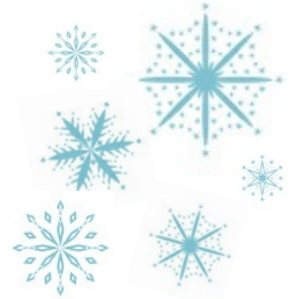


Community Education Program for Adults with Disabilities



Opening Doors

ADULTS WITH
DISABILITIES



Winter 2012 Catalog
January - March



Super Saturday!

It's going to be the highlight of the season!

See page 2 for details



The Amazing Jeppo



Opening Doors Program, 301 Second Ave NE Buffalo, MN 55313 - Mark Preissing, Program Coordinator 763.682.8771

Register for classes at www.bhmschools.org/community-ed or call 763-682-8770

Trips & Outings

Snow Tubing at Powder Ridge - Sat, February 4th

Join us for a fun day at Powder Ridge in Kimball for snow tubing. This was a big hit last winter. The cost of the event includes tubing pass, bus transportation, and staff supervision. The fee does not include snacks or food. Event is co-sponsored with the Elk River H.O.P.E. and St. Cloud Project Challenge programs.

W3010

Saturday, Feb 4

Bus Departs: East side of Discovery Center at 8:30 a.m. and Big Lake High School main entry at 9 a.m.

Bus Returns: To Big Lake at 3 p.m. and Discovery Center at 3:30 p.m.

Fee: \$35 includes tubing pass, bus transportation and staff supervision

Registration Deadline: Jan 27

 **Please register for classes at least one week in advance!** 

Minneapolis Auto Show

Come out and experience the Minneapolis Auto Show! Check out 100's of the newest vehicles including Green and hybrids. A special show features the U of M's award winning Solar Powered car. Group will leave Buffalo, with stops at Big Lake High School and in Elk River. The cost of the event includes tickets to the auto show, bus transportation, and staff supervision. The fee does not include snacks or food. Event is co-sponsored with the Elk River H.O.P.E. program.

W3015

Saturday, March 17

Bus Departs: East side of Discovery Center at 8:30 a.m. and Big Lake High School main entry at 9 a.m.

Bus Returns: To Big Lake at 3 p.m. and Discovery Center at 3:30 p.m.

Fee: \$29 includes ticket to show, bus transportation, and staff supervision

Registration Deadline: March 9

Locations of School Buildings where Opening Doors classes are held:

Becker High School
12000 Hancock St.

Big Lake High School
501 Minnesota Ave.

Buffalo Middle School
1300 Hwy 25 N.

Discovery Center
301 2nd Ave NE, Buffalo

Howard Lake Middle School
801 8th Ave S.

Independence Elementary School
701 Minnesota Ave, Big Lake

Little Mountain Elementary School
9350 Fallon Ave, Monticello

Monticello Middle School
800 E. Broadway

Parkside Elementary
207 3rd St. NE, Buffalo

Handicap Accessibility in Facilities Used for Opening Doors Programs:

All school buildings; Huikkos and River City Extreme Bowling Lanes, Crossroads Animal Shelter, Buffalo American Legion, Buffalo Civic Center Ice Arena, Minneapolis Convention Center, Powder Ridge Ski Area, Wright County Heritage Center; these facilities are handicapped accessible. Every effort will be made to accommodate interpretive services if requests are made at the time of class registration. Requests for interpretive services or printed information can be made by calling 763-682-8771.

SUPER SATURDAY!

Join us for the highlight of the Opening Doors winter season! This super morning will be filled with a variety of fun filled activities. See a demonstration by the Junior Rolling Timberwolves wheelchair basketball team, attend a yoga class, check out fun, hands-on arts and crafts activities, play in the indoor mini golf tournament, and see a performance by blind comic and magician "the Amazing Jeffo". Activities followed by a pizza lunch. All ages and individuals are welcome and encouraged to attend this great event!

W3840

Saturday, March 24

1 Session

Buffalo Discovery Center

9 a.m.-1 p.m.

\$9



Pizza and a Game-Monticello Basketball

Join your friends for pizza and a high school basketball game. Watch the Monticello Magic take on Princeton in an exciting game of basketball. Group will meet at the Pizza Ranch on Hwy 25 in Monticello at 6 p.m. for pizza, and then head to the game. Food and game admission are included in class fee.

W3810

Friday, Jan 20 6-9 p.m.
1 Session \$11
Pizza Ranch in Monticello and Monticello High School

Sweet Heart Dance

Bring your sweet heart or friends for a night of dancing and fun. A DJ will spin the latest and greatest tunes. Snacks, pictures, and rockin' music provided. Activity co-sponsored by Opening Doors and Resurrection Lutheran Church youth outreach group of Monticello.

W3800

Friday, Feb 10 7-9:30 p.m.
1 Session \$5
Monticello Little Mountain Elem. Commons Area

Pizza and a Game-Buffalo Hockey

Join your friends for a pizza and a high school hockey game. Watch the Buffalo Bison take on the top ranked Eagles of Eden Prairie in an exciting action packed hockey game. Group will meet at Huikko's Entertainment Center on Hwy 25 in Buffalo at 1 p.m., enjoy a great tasting pizza, and then head to the game. Food and game admission are included in class fee.

W3815

Saturday, Feb 11 1-5 p.m.
1 Session \$11
Huikkos Entertainment Center and Buffalo Civic Center Ice Arena

Wright County Heritage Center Tour

Experience the sights and sounds of a narrated tour of the history of the area by visiting the Wright County Historical Society Heritage Center and Museum. Top off the evening with cookies, other treats and hot chocolate. The Wright Heritage Center is located at 2001 Hwy 25 north in Buffalo (about 2 miles north of the intersections of Hwy 55 and 25).

W3860

Thursday, Feb 16 6-7:30 p.m.
1 Session \$5
Wright County Historical Society and Heritage Center

Dinner and Dancing

Beat the winter blues and get to this activity to have a great time! Start with an all you can eat fish fry or dinner of your choice followed by some socializing. Finish the night dancing, swinging and moving to the sounds of the "Wagon Wheelers" country and western band. Yes-this local favorite plays both country and western music!

W3820

Friday, Feb 24 6-10 p.m.
1 Session \$15
Buffalo American Legion

Karaoke and Dance, Dance, Dance

Get a group together and dance, dance, dance! Join us for a fun filled evening of dancing and singing. Karaoke contests are sure to be one of the many evening highlights! Music, snacks, and fun included. Staff or caregivers are encouraged to attend and participate.

W3850

Friday, March 9 7-9 p.m.
1 Session \$3
Buffalo Discovery Center

Special Events

Prairie Fire Theater Presents, "Robin Hood"

Discover the hearty laughter of Robin Hood and his Merry Band as they sweep through the trees of Sherwood Forest (temporarily transplanted to the Discovery Center stage) as local students take the stage along with professional actors in Prairie Fire Children's Theatre's original musical production of "Robin Hood". After the show, stop by the dessert "suite" for some tasty treats including sandwiches and desserts.

W3830

Sat, Feb 25 10:30 a.m.-2 p.m.
1 Session \$11
Buffalo Discovery Center Auditorium

Treats will be served in Room 204

"Signing in the Rain"

Experience this classic Hollywood musical first hand. The dancing and singing in this theatrical masterpiece has made it one of the favorite musicals of all time. "Singing in the Rain" is filled with wonderful songs and toe-tapping music. Our group will meet under the clock in the Main Street Commons area at Monticello High School. Following the performance, enjoy a tasty dessert or treat in the West Lecture room.

W3835

Sunday, March 11 2:30-5:30
1 Session \$11
Monticello High School Theater

Treats will be served in the West Lecture Room



Personal Development

C.O.R.E.

Expanding Social and Independent Living Skills. Discover this activity with member interests in mind. Bring your ideas to enhance the fun and interactive theme-based classes. This fun group covers relationships, living on your own, job skills, hands-on activities, social games, healthy snacks, fitness, and social etiquette.

W3310A

Thursdays, Jan 19, Feb 9, 23,
March 8 & 22 6:30-8:30 p.m.
5 Sessions \$25
Buffalo Middle School Rm 704

W3310B

Mondays, Jan 23, Feb 6, 27,
March 12 & 26 6:30-8:30 p.m.
5 Sessions \$25
Big Lake High School Rm C112

Pizza Making and a Movie

Ever wondered how pizzas are made? Create and cook your own pizza and enjoy the taste of your new creation along with watching a fun movie. All pizza making supplies and movie are included in the cost of the class.

W3350A

Thursday, Feb 16 5:30-7:30 p.m.
1 Session \$12
Monticello Middle School Rm 108

W3350B

Monday, March 19 5:30-7:30 p.m.
1 Session - \$12
Buffalo Discovery Center Rm 202

Healthy Relationships

What makes for a healthy relationship? What are some clear and easy to understand boundaries? What are appropriate personal limits between men and women of adult age? What are strategies to stay safe in my community? What is bullying and what can I do about it? Join with Harry Walsh (Wright County Health Educator) and Lisa Harms-Parteh (Director of Waivered Services) as they present important information of interest to consumers, staff, providers, family members and other interested individuals. Material discussed and presented will be referencing healthy boundaries and sexuality for adults with disabilities.

W3335

Tuesdays, Jan 17 & 31 6:30-8 p.m.
2 Sessions \$5
Buffalo Discovery Center Rm 204

**Please register for
classes at least
one week in advance!**



Computer Survival Skills

Learn the of the basics of computer use. This class is for inexperienced or beginning users to computers. An introduction to computers, various free email accounts available, safety, and security and some fun uses will be presented.

W3340A

Tuesday, Jan 24 7-8 p.m.
1 Session \$5
Big Lake Independence
Elementary Room 254

W3340B

Thursday, Feb 2 7-8 p.m.
1 Session \$5
Buffalo Discovery Center Rm 204

W3340C

Wednesday, March 7 7-8 p.m.
1 Session \$5
Howard Lake Middle School
Computer Lab

W3340D

Tuesday, March 13 7-8 p.m.
1 Session \$5
Buffalo Discovery Center
Commons A

W3340E

Monday, March 26 7-8 p.m.
1 Session \$5
Becker High School Room 225

Animal Care, Handling, and Compassion

This fun activity includes a tour of the Crossroads Animal Shelter and the care and handling of pets. Dogs and cats will be handled during this activity.

W3330A

Monday, Jan 30 6-7:30 p.m.
1 Session \$7
Crossroads Animal Shelter

W3330B

Monday, Feb 27 6-7:30 p.m.
1 Session \$7
Crossroads Animal Shelter

W3330C

Monday, March 26 6-7:30 p.m.
1 Session \$7
Crossroads Animal Shelter

Opening Doors Garden Club

Discover this great Opening Doors activity and become a member of the gardening club. Planning and selecting plants for spring planting will be the focus. Class fee includes club tee shirt and lifetime Garden Club membership card.

F3320

Tuesday, March 27 7-8 p.m.
1 Session \$5
Buffalo Discovery Center Rm 202

Recreation

League Bowling

Develop your skills. Get ready for the big match. Socialize with friends and be active at the same time. Let's bowl some strikes! Get ready for the big Wright County Championships on Saturday, April 14.

W3525A

Saturdays, Jan 14, 28, Feb 11, 25,
March 10 & 24 2-4 p.m.
6 Sessions \$60

Huikkos Bowling and Entertainment
Center, Buffalo

W3525B

Thursdays, Jan 19, 26, Feb 2 & 9
6-8 p.m.

4 Sessions \$36
River City Extreme, Monticello

W3525C

Thursdays, March 1, 8, 15 & 22
6-8 p.m.

4 Sessions \$36
River City Extreme, Monticello

Basketball

It's time for some HOOPS! Develop your basketball skills. Get some exercise, and work on your physical fitness. Join your friends on the basketball court and come ready to show us your moves and learn some new ones too! The instructor will lead skill-building exercises in addition to playing games.

W3520A

Wednesdays, March 7-28
7-8 p.m.

4 Sessions \$20
Big Lake Independence
Elementary East Gym

W3520B

Wednesdays, March 7-28
7-8 p.m.

4 Sessions \$20
Buffalo Discovery Center Cafeteria

Bowling and Pizza

Join us for a great time bowling and enjoying pizza and pop of your choice. What's better than bowling and pizza!

W3530

Saturdays, Jan 28, Feb 18, Mar 24
2-4 p.m.

3 Sessions \$29
Lake Bowl, Howard Lake

Big Indoor Games

Get going and moving! Several indoor games will be played during each session including beanbag toss, ladder ball, and indoor mini-golf. The instructor will lead skill-building exercises in addition to playing games.

W3515A

Wednesdays, Jan 11, 18 & 25
7-8 p.m.

3 Sessions \$15
Big Lake Independence
Elementary East Gym

W3515B

Wednesdays, Feb 8-29
7-8 p.m.

4 Sessions \$20
Buffalo Discovery Center Cafeteria

Learn to Dance

Experience this wonderful new activity. Learn several dance steps and get ready to cut a rug at the next dance! Class taught by professional dance instructor Deanna Constantine. Staff or caregivers are encouraged to attend and participate.

W3610

Tuesday, Jan 10 6:30-8 p.m.
1 Session \$5

Buffalo Parkside Elementary
Cafeteria



Floor Hockey

Join the team for a friendly game of floor hockey. Floor hockey is a fun, recreational sport along with being a great form of exercise. The instructor will lead skill-building exercises in addition to playing games.

W3510A

Wednesdays, Jan 11, 18 & 25
7-8 p.m.

3 Sessions \$15
Buffalo Discovery Center
Cafeteria

W3510B

Wednesdays, Feb 8-29
7-8 p.m.

4 Sessions \$20
Big Lake Independence
Elementary East Gym

Gentle Yoga

Experience the newest Opening Doors activity! This safe and gentle class utilizes stretching to enhance flexibility; breathing exercises to remove tension and improve concentration; exercise positions to lengthen, strengthen, and tone muscles; and meditation to achieve inner peace. A thorough workout is both easy and intense. Staff or caregivers are encouraged to attend and participate.

W3550

Tuesday, Feb 14, 21, 28
6-7 p.m.

3 Sessions \$15
Buffalo Discovery Center
Commons A



After Work Rocks!

Discover this after work or school activity. Gym time, board games, and computer lab time are just a few of the activities that you can choose from. Snacks and refreshments will be provided. This ROCKS!

W3650A

Wednesday, Jan 18 4-6 p.m.
1 Session \$3
Buffalo Discovery Center Cafeteria

W3650B

Thursday, Feb 23 4-6 p.m.
1 Session \$3
Buffalo Discovery Center Cafeteria

W3650C

Wednesday, March 21 4-6 p.m.
1 Session \$3
Buffalo Discovery Center Cafeteria

Pizza and a Movie

Taste a yummy delicious pizza and enjoy a movie with friends. What a great way to spend an evening!

W3615A

Friday, Jan 13 6-8 p.m.
1 Session \$7
Monticello Middle School
Staff Lunchroom

W3615B

Friday, Jan 27 6-8 p.m.
1 Session \$7
Big Lake Independence
Elementary Community Room

W3615C

Friday, Feb 3 6-8 p.m.
1 Session \$7
Buffalo Discovery Center
Board Room

W3615D

Friday, Feb 10 6-8 p.m.
1 Session \$7
Howard Lake Middle School
Auditorium

W3615E

Friday, March 16 6-8 p.m.
1 Session \$7
Becker High School Room 225

Socialization

Bingo Bash

Have a huge bingo bash to finish off the winter! Kick the winter blues good-bye. The prizes at this one will be huge! Enjoy pizza, bingo and a float all in one night!

W3625

Friday, March 30 6:30-8 p.m.
1 Session \$8
Buffalo Discovery Center
Board Room

Bingo Fun

Discover this fun activity. You are guaranteed to win some great prizes!

W3620A

Friday, Jan 13 6:30-8 p.m.
1 Session \$7
Buffalo Discovery Center
Boardroom

W3620B

Friday, Jan 20 6:30-8 p.m.
1 Session \$7
Howard Lake Middle School
Room N10

W3620C

Friday, Feb 3 6:30-8 p.m.
1 Session \$7
Becker High School Room 225

W3620D

Friday, Feb 17 6:30-8 p.m.
1 Session \$7
Buffalo Discovery Center
Board Room

W3620E

Friday, Feb 24 6:30-8 p.m.
1 Session \$7
Big Lake Independence
Elementary Community Room

W3620F

Friday, March 2 6:30-8 p.m.
1 Session \$7
Monticello Middle School
Staff Lunchroom

Games Galore

Get together with your friends for a night of fun! Playing some of your favorite board games (Uno, Sorry, Jenga, Life, Yahtze, Memory and Parcheesi to name a few). A Wii console will also be set up more fun. Consumers are welcome to bring their own games as well. Snacks included.

W3660A

Tuesday, Jan 10 6:30-8 p.m.
1 Session \$5
Becker High School Room 225

W3660B

Monday, Feb 6 6:30-8 p.m.
1 Session \$5
Monticello Middle School
Staff Lunchroom

W3660C

Monday, Feb 6 6:30-8 p.m.
1 Session \$5
Howard Lake Middle School
Room N10

Arts & Crafts

Soft Touch Snowman

Even after the flurries start falling, you can have fun building a jaunty snowman indoors, where it's toasty warm! This project is made from a terry cloth washcloth with features made from felt applied for a wonderful piece of art.

W3110A

Wednesday, Jan 18 6:30-8 p.m.
1 Session \$9
Buffalo Discovery Center
Room EC4

W3110B

Monday, Jan 30 6:30-8 p.m.
1 Session \$9
Monticello Middle School
Room 110

Please register for classes at least one week in advance!

Arts & Crafts

Valentine's Day Crafts

Everyone likes to get something special for Valentine's Day. Here's your chance to make a nice gift, create your own card, and decorate Valentine's cookies. Keep them or give them away to someone special!

W3120A

Monday, Feb 13 6:30-8 p.m.
1 Session \$7
Buffalo Discovery Center Rm 204

W3120B

Monday, Feb 13 6:30-8 p.m.
1 Session \$7
Big Lake Independence
Elementary Room 255

W3120C

Monday, Feb 13 6:30-8 p.m.
1 Session \$7
Howard Lake Middle School
Room N10



Scrapbooking

Learn how to create a wonderful keepsake and photo scrapbook. Each class member should bring 10-15 photographs for this activity.

W3130

Tuesday, Feb 28 6:30-8 p.m.
1 Session \$9
Becker High School Room 225

Jewelry Making

Discover the art and process of wire wrapped jewelry making. Experience this fun and easy class where you will create pendants, rings and a sun catcher. All supplies included.

W3150

Monday, March 5 6:30-8 p.m.
1 Session \$9
Big Lake Independence
Elementary Room 255



Spring Craft - Home Decorating

Consumers will have a choice to decorate a spring flower pot or select a letter from their name to decorate. Painting, applying modge podge and numerous embellishments will make this a beautiful decoration. When registering, please indicate the letter to be embellished.

W3140A

Tuesday, March 6 6:30-8 p.m.
1 Session \$9
Buffalo Discovery Center Rm 204

W3140B

Thursday, March 8 6:30-8 p.m.
1 Session \$9
Becker High School Room 225

W3140C

Thursday, Mar 29 6:30-8 p.m.
1 Session \$9
Howard Lake Middle School
Room N10

W3140D

Thursday, Mar 29 6:30-8 p.m.
1 Session \$9
Monticello Middle School Staff
Lunchroom

Opening Doors Registration Form

Mail to: 301 2nd Ave NE, Buffalo, MN 55313 or Register Online at www.bhmschools.org/community-ed

NAME: _____ GROUP HOME: _____

CAREGIVER & CAREGIVER PHONE #: _____

ADDRESS: _____

HOME PHONE: _____

SPECIAL OR MEDICAL NEEDS: _____

CLASS #	CLASS NAME	FEE
_____	_____	_____
_____	_____	_____
_____	_____	_____

PAYMENT: CASH _____ CHECK # _____ VISA _____ MASTERCARD _____ DISCOVER _____

CARD #: _____ EXP DATE: _____



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This document is available in alternate formats upon a 72 hour request. Please call 763-682-8771 to make a request. Examples of alternate formats may include large print, Braille, audiocassette, electronic etc.



OPENING DOOR CONSORTIUM MEMBER SCHOOL DISTRICTS

Becker Public Schools
Community Education
Michelle Peacock, Director
12000 Hancock Street
Becker, MN 55308
763-261-4506
www.becker.k12.mn.us



Howard Lake-Waverly-Winsted Schools
Community Education
Margaret Marketon, Director
P.O. Box 708
Howard Lake, MN 55349
320-543-3600
www.hlww.k12.mn.us

Big Lake Public Schools
Community Education
Brad Schnitzler, Director
701 Minnesota Ave
Big Lake, MN 55309
763-262-2523
www.biglake.k12.mn.us



Monticello Public Schools
Community Education
Duane Gates, Director
302 Washington Street
Monticello, MN 55362
763-272-2030
www.monticello.k12.mn.us

Buffalo-Hanover-Montrose Schools
Community Education
Kim Carlson, Director
301 Second Avenue NE
Buffalo, MN 55313
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