

## - MONDAY -

**KITCHEN BASICS** 10:00-12:00  
New cooks are introduced to fundamental tools and techniques to increase independence and safety in the kitchen. Topics include proper hand washing, preventing cross-contamination, safe knife handling, cleaning procedures, understanding measurement, and names and uses of various kitchen tools.

**GROCERY STORE EXPLORE** 10:00-12:00  
The best way to learn is it do. Participants spend time in various grocery stores exploring layouts, job shadowing, and learning skills such as budgeting, price comparison, and couponing. Each participant must provide a \$25 gift card during their first class each semester and will be transported to and from the stores by Redstick Cares.

**DRAMA EXPLORATION** 1:00-2:00  
Activity-based performance art instruction for individuals with special needs to explore various emotions.

**SEWING BASICS** 1:00-2:00  
Welcome to "Sewing Basics," a hands-on class designed for those new to the art of sewing. Whether you're interested in creating your own clothing, home décor, or simply exploring a new hobby, this course will provide you with the foundational skills needed to start your sewing journey with confidence.

**ART & SOUL: IMPULSE CONTROL** 1:00-2:00  
Art & Soul is more than an art group; it's a journey of self-discovery, a celebration of emotions, and a canvas for building connections through the language of art. In our Monday class, participants will explore the topic of impulse control and develop strategies through art projects.

**DOG WALKING 101** 2:00-3:00  
Furry friend lovers unite! A practical and informative class designed for dog enthusiasts who want to enhance their dog walking experience. Future dog walkers will learn basic training techniques and safety and etiquette when handling other owners' dogs.

**ART & SOUL: COLLABORATION** 2:00-3:00  
Art & Soul is more than an art group; it's a journey of self-discovery, a celebration of emotions, and a canvas for building connections through the language of art. In our Monday 2:00 class, participants will explore the topic of collaborating with peers and develop strategies through art projects.

**AUTOMOTIVE CARE** 2:00-3:00  
This class is ideal for new car owners, anyone interested in learning more about vehicle maintenance, or individuals looking to gain confidence in basic automotive care. Participants will gain knowledge in car detail and washing, tire maintenance, and healthy car upkeep.

## - TUESDAY -

**EASY MEALS** 10:00-12:00  
Chefs will apply the skills learned in kitchen basics to create meals for breakfast, lunch, dinner, and dessert. Chefs will gain independence and confidence in the kitchen!

**EXPANDED COMMUNICATION** 10:00 & 11:00  
Expanded communication is designed with adaptive communication support, recognizing and catering to the diverse needs of our members. Tailored for individuals with special needs, our group is a supportive space where members work together on conversation strategies, share ideas, and learn to tell their own stories. Ages 10+

**AMBASSADORS 101** 10:00-11:00  
Redstick Ambassadors take steps to becoming confident representatives of the organization through improving public speaking skills and becoming an effective communication. Students will practice their skills, and gain the confidence to speak successfully in any setting, as well as represent Redstick C.A.R.E.S. at public events.

**LIFE-SKILLS** 10:00-11:00  
Participants actively engage with real-life scenarios, providing an immersive learning experience in this adaptive group. In this hands-on class, you won't just learn about life skills – you'll apply them in a supportive environment, gaining practical insights and honing your abilities to navigate skills such as shopping, eating out, going to the movies, visiting the bank, and going to the doctor. Ages 10+

**YOGA & SOCIAL DANCE** 11:00-12:00  
Through guided instruction and practical exercises, students learn the basics of yoga poses, breathing techniques, and mindfulness. After stretching, students will kick it up a notch with dance tutorials!

**PARTY PLANNING** 1:00-3:00  
Calling all social butterflies! This class is designed for those who want to master the art of organizing and hosting successful events. Students will put their skills to use by throwing a monthly birthday celebration for peers.

**RESIN ART** 1:00-3:00  
Embark on a creative journey with resin. Discover the versatility of this medium and create beautiful, one-of-a-kind pieces of art that you can proudly display or share with others!

**LIFE-SKILLS** 1:00-2:00  
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## - WEDNESDAY -

**FOOD SERVICE EMPLOYMENT SKILLS** 9:00-12:30

Our food service group focuses on giving participant real-life practice in catering, serving, and kitchen management.

**ART & SOUL:EMOTIONS** 10:00-11:00  
Art & Soul is more than an art group; it's a journey of self-discovery, a celebration of emotions, and a canvas for building connections through the language of art. What sets this group apart is the importance we place on diversity and inclusion, accessible art, and tackling all lessons with a holistic approach. Ages 10+

**GROCERY STORE EXPLORE** 10:00-12:00  
The best way to learn is it do. Participants spend time in various grocery stores exploring layouts, job shadowing, and learning skills such as budgeting, price comparison, and couponing. Each participant must provide a \$25 gift card during their first class each semester and will be transported to and from the stores by Redstick Cares.

**MINDFULNESS** 11:00-12:00  
Handling emotions can be tricky. Mindfulness can help us regulate our bodies and thoughts while we process emotions. Participants will practice various mindfulness techniques and touch on the basics of meditation.

**COMPUTER BASICS** 1:00-2:00  
A comprehensive course on the use and application of Google Suite in both personal lives and the professional environment.

**CRICUT T-SHIRTS** 1:00-3:00  
This hands-on class teaches participants the art of designing and printing t-shirts! With Cricut basics, students will create personalized and professional-quality projects.

**VIDEO & CONTENT CREATION** 1:00-3:00  
Join your peers and dive into the art of content creation. Understand the principles of crafting engaging posts, creating visual content, and see your how you work performs on the Redstick Cares social pages.

**PROBLEM SOLVING** 2:00-3:00  
Student will become problem solving masters as they learn to analyze problems, generate solutions, and make decisions that lead to successful outcomes while working as a team!

## **- THURSDAY -**

**COFFEE SOCIAL** 9:00-10:00  
Join us a local coffee shops for practice in ordering, purchasing, and socializing with peers!

**BUILDING CLUB** 9:00-12:00  
Looking to learn basic handy household skills? This class is for you! From changing door knobs to using simple power tools, this class will turn you into the next handyman/woman in the neighborhood!

**WORK ETHICS & EXPECTATIONS** 10:00-11:00  
This course is designed to equip participants with fundamental skills essential for thriving in the modern workplace. We will build skills for various work environments including office work, grocery store, retail, and food service,

**VENDORPRENEURS** 10:00 & 11:00  
Budding entrepreneurs who wish to sell their items in our markets are encouraged to join our course that teaches business skills such as calculating profit, supply inventory, and marketing.

**COMPUTER BASICS** 11:00-12:00  
A comprehensive course on the use and application of Google Suite in both personal lives and the professional environment.

**EMOTIONS & CRAFTING** 11:00-12:00  
Each week we will explore one emotion through crafting. Our crafting activities will open up avenues for communication and discuss about shared life experiences.

**HEALTHY DATING** 1:00-2:00  
Relationship Readiness Group specially designed to support individuals with diverse needs in developing the skills and understanding necessary for meaningful connections and relationships. Participants discuss and explore the dynamics of healthy relationships, emphasizing respect, consent, and effective communication. Learn to recognize and establish boundaries.

**YOGA & SOCIAL DANCE** 1:00-2:00  
Through guided instruction and practical exercises, students learn the basics of yoga poses, breathing techniques, and mindfulness. After stretching, students will kick it up a notch with dance tutorials!

**REDSTICK COMPASSION PROJECT** 2:00-3:00  
This group will present a culminating activity at the end of the semester which will be displayed throughout the city. They will work on a project that aims to foster empathy, kindness, and understanding in our community.

**DOG WALKING 101** 2:00-3:00  
Furry friend lovers unite! A practical and informative class designed for dog enthusiasts who want to enhance their dog walking experience. Future dog walkers will learn basic training techniques and safety and etiquette when handling other owners' dogs.

**BEYOND BEAUTY** 2:00-3:00  
Hygiene, makeup application, and female empowerment are the focus of Beyond Beauty. Being a female isn't easy. Together, we explore the challenges we face being a female. It's time to create your own look, find your own voice, and be the person YOU wish to be!

## **- FRIDAY -**

**THE SOCIAL SCENE** 10:00-11:00  
For those looking for additional opportunities to socialize and make new friends, this group is for you. Join us for fun get to know you games and dance parties.

**EXPLORING EMOTIONS** 11:00-12:00  
Exploring Emotions is a class designed to help participants understand, articulate, and manage their emotions effectively. Through various exercises and discussions, this course provides tools for emotional intelligence and self-awareness, fostering healthier personal and professional relationships.

**WORK ETHICS & EXPECTATIONS** 1:00-2:00  
This course is designed to equip participants with fundamental skills essential for thriving in the modern workplace. We will build skills for various work environments including office work, grocery store, retail, and food service,

**COMPUTER BASICS** 1:00-2:00  
A comprehensive course on the use and application of Google Suite in both personal lives and the professional environment.

**HEALTHY FRIENDSHIPS** 1:00-2:00  
Connection is vital to wellbeing. This course will cover topics such as boundaries, enhancing communication, and phone/text etiquette.