

ALL PROGRAMS STARTING JANUARY 15, 2024

- MONDAY -

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. Ages 14+

CULINARY 102 10:30-12:00
Cooks who are proficient in basic knife and cooking skills are welcome to join our professional chef in exploring old recipes and learning to use their skills to create new ones! Participants are also welcome to join us at markets to sell their products. Participants must provide a \$25 gift card on the first class of each semester. Limited spots Available!

CARES ART COLLECTIVE 10:30-12:00
we believe in the transformative power of creativity and the profound impact it can have on every individual, regardless of their abilities or challenges. Our art program is a haven of inclusivity, celebrating the unique perspectives that emerge when we see the world through our own eyes. Ages 10+

SCENES & SONGS 10:00
Join us on a journey of creativity and expression with our Group Scenes and Songs experience. Whether it's a theatrical performance, improv, or storytelling, our group scenes provide a canvas for shared narratives. Participants contribute their unique perspectives, creating a rich tapestry of interconnected stories that unfold in real-time. Ages 10+

THE HEALING STAGE 1:00
Activity-based performance art instruction for individuals with special needs to explore various emotions. Ages 10+

FUTURE FOCUS 2:00
This group aims to help you explore your career aptitudes, define your goals and dreams, and identify the values that will guide your way. We use interactive assessments and engaging activities to help young adults begin to set goals a more independent life. Ages 16+

YU-GI-OH CLUB 4:30
Our club is a gathering place for duelists of all skill levels, whether you're a seasoned pro or just starting your journey into the Duel Monsters realm. Ages 10+

CHESS CLUB 4:30
Our Chess Club is a haven for chess enthusiasts of all skill levels, from beginners eager to learn the basics to seasoned players looking to refine their tactical prowess. Ages 10+

- TUESDAY -

SPECIAL OLYMPICS PRACTICE 10:00
Join the Redstick Bocce or Horseshoe team! Ages 8+

Join the Redstick Power Lifting Team! Ages 8+ **11:00**

CULINARY 101 10:30-12:00
Unlock the secrets of the kitchen with Culinary 101, a comprehensive cooking class designed for beginners eager to explore the world of culinary arts. This class provides a hands-on and engaging experience that covers the fundamental techniques and principles of cooking. Participants must provide a \$25 gift card on the first class of each semester. Limited spots available! Ages 10+

EMPOWERMENT 10:30-12:00
EmpowerMent is a Dialectical Behavior Therapy (DBT) mindfulness group designed specifically for teens and young adults. Our inclusive program ensures that lessons are accessible to all, embracing the rich diversity of cognitive abilities within our community. Ages 13+

VENDORPRENEURS 1:00-3:00
Welcome to Vendorpreneurs 101, where creativity meets commerce, and artists with special needs embark on an exciting journey to kickstart their own small businesses. This class is designed to empower minds with the knowledge, skills, and confidence needed to turn their entrepreneurial dreams into reality. This group is not just a class; it's a launchpad for the next generation of innovative business leaders. Ages 13+

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OUR DAILY LUNCH BREAK IS FROM 12:00-1:00. PARTICIPANTS WHO ATTEND PROGRAMMING BEFORE AND/OR AFTER ARE ENCOURAGED TO JOIN THEIR PEERS, HANG OUT, AND HAVE A SOCIAL LUNCH. PARTICIPANTS MUST BE ABLE TO COMMUNICATE FUNCTIONAL NEEDS, BE ABLE TO FOLLOW TWO STEP DIRECTIONS, ARE MOTIVATED TO LEARN AND GROW, ARE ABLE TO TAKE CARE OF PERSONAL NEEDS INDEPENDENTLY, TREATS OTHERS WITH KINDNESS AND RESPECT, AND UNDERSTANDS GENERAL SAFETY RULES SUCH AS STAYING WITHIN THE BUILDING AND PROPER SAFETY OF KITCHEN TOOLS. ABA TECHS ARE WELCOME TO JOIN PARTICIPANTS TO HELP FACILITATE SUCCESS.

- WEDNESDAY -

CULINARY 101 9:00-12:00 OR 4:30-6:00

Unlock the secrets of the kitchen with Culinary 101, a comprehensive cooking class designed for beginners eager to explore the world of culinary arts. This class provides a hands-on and engaging experience that covers the fundamental techniques and principles of cooking. Participants must provide a \$25 gift card on the first class of each semester. Limited spots available! Ages 10+

SOCIAL MEDIA & GRAPHIC DESIGN 10:00

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. Ages 13+

USING MY VOICE 11:00

Participants of all communication levels gather to work on voice, volume, breathing, pacing, and more! Our innovative curriculum has proven to build confidence and advocacy skills. Ages 10+

CREATIVE PROBLEM SOLVING 1:00

Welcome to our creative problem-solving group tailored for individuals with diverse abilities. In this supportive environment, we celebrate the unique perspectives and talents that each participant brings to the table. Ages 8+

WELLNESS 360 1:00

This supportive community is dedicated to providing a 360-degree approach to wellness, fostering a sense of connection, understanding, and personal growth. Participants will have healthy discussions about topics such as fitness, mindfulness, personal growth, measuring health, nutrition, and positive body acceptance techniques. Ages 14+

LIFE SKILLS IMMERSION 2:00

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+

CREATIVE WRITING 2:00

Our club is dedicated to embracing neurodiversity through the art of creative writing, fostering a space where unique voices, perspectives, and narratives are not only accepted but celebrated. Ages 12+

EXPRESSING & OWNING 4:30-6:00

EMOTIONS

What does it mean to be a girl? What does it mean to become a woman? Through creative expression, we talk and learn tools to work towards a healthy mental and emotional state. This group is a safe, judgement free zone for young women who experience anxiety, body image issues, depression, and more. She/her/they pronouns. Ages 12+

BE YOUR OWN EYES 7:30-8:30

This virtual bi-weekly support groups for blind adults and adults with vision loss. Adults

- THURSDAY -

COURAGEOUS VOICES 11:00

Our group is founded on the belief that every individual possesses a unique voice that deserves to be heard. Participants learn how to advocate for their needs and wants by growing helpful communication strategies. Ages 10+

CARES COMMUNITY GARDEN 1:00

Experience the therapeutic benefits of gardening, connect with peers, and gain hands-on experience! We not only cultivate plants, but friendships too! Ages 8+

REAL RELATIONSHIPS 1:00

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. Ages 13+

BEYOND BEAUTY 2:00 OR 4:30

A safe space to learn about beauty inside and out by touching on themes of character building, while learning make-up application. Ages 13+

EXPANDED COMMUNICATION 2:00

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+

- FRIDAY -

EXCEPTIONAL MOVEMENT 10:00

Let's get moving! Enjoy our low-impact exercise class specially crafted for individuals with diverse needs. Our goal is to create a safe and inclusive space where everyone can participate, experience the joy of movement, and reap the physical and mental benefits of exercise at their own pace. Ages 8+

USING MY VOICE 11:00

Participants of all communication levels gather to work on voice, volume, breathing, pacing, and more! Our innovative curriculum has proven to build confidence and advocacy skills. Ages 10+

EXCEPTIONAL ART AND SOUL 1:00

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+

- SUNDAY -

D&D CLUB 2:00

D&D club is a haven for adventurers, storytellers, and strategists alike! Our Dungeons & Dragons club is where imagination thrives, friendships are forged, and epic tales unfold! Ages 10+