



CLEAR Classes
Winter 2016

for adults with
developmental disabilities

Tuesdays & Thursdays
6:30-8:30 p.m.

January 5 -
February 25



Program Information

Classes meet Tuesdays and Thursdays from
6:30-8:30 p.m. at:

Bridge View School
360 Colborne Street
Saint Paul, MN 55102

Students who are unable to attend classes
independently must be accompanied by home
staff.

In case of bad weather, tune in to local media –
broadcast, print and online – for information on
school closures or check the district’s website
at www.spps.org for the most current updates.
Classes are not held when schools are closed
due to the weather.

To Register

Send registration form (below) and payment to:

CLEAR Program
1780 Seventh Street West
St. Paul, MN 55116

Fee is \$36 per person per course

Please make checks or money orders payable to:
ISD #625 (Independent School District 625)

Half scholarships may be available.

No cancellations after the first week of class.

For more information call 651-293-5272, email commed@spps.org or visit
www.commed.spps.org

class
details
inside!
>>>



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Community Education
Adults with Disabilities Programs
1780 Seventh Street West
Saint Paul, MN 55116
651-293-5272
commed@spps.org
www.commed.spps.org



Name: _____ Facility: _____ Phone #: _____

Address: _____ City: _____ Zip: _____ Birthdate: _____

Contact Person: _____ Phone #: _____

E-Mail Address and/or FAX #: _____

Program information to be followed in class (medications, special diets, seizures, etc.): _____

Special information (e.g. behavioral programs): _____

1st Choice Tuesday Class: _____

2nd Choice (if 1st choice is unavailable): _____

1st Choice Thursday Class: _____

2nd Choice (if 1st choice is unavailable): _____

Goals and objectives for this activity: _____

Total fees (\$36 per person per course): _____ Check # _____

Any other special requests or notes: _____

Winter 2016

Non-Profit Org.
U.S. Postage
PAID
St. Paul, MN 55101
Permit No. 3085

Arts & Crafts for the Home

- Thursdays -

Enjoy painting and making decorative crafts for your home out of simple materials. Seasonal and gift projects will be made.

Bingo!

- Tuesdays and Thursdays -

Feeling lucky? Learn to play this popular game at a slow and easy pace. We'll help you learn how to mark the lucky numbers on your bingo card. Prizes, fun, and winners every night!

Cooking for Independence

- Tuesdays -

Learn how to plan meals and purchase nutritional food. You'll also learn how to read recipes, measure ingredients and set a pretty table. Emphasis is on greater independence.

Games & Puzzles

- Tuesdays and Thursdays -

Learn to play simple board, dice, and card games to enjoy with your friends. You will make your own puzzles to take home.

Gumbo

- Thursdays -

You never get bored in this class - every night we do something different! Be adventurous and try new things. One night we'll cook. Another night we'll have gym. Then we might make a craft, or dance, or see a movie – or go for a walk. You never know what we'll be doing, but you do know that it will be FUN. Come on, be surprised!

Joy of Music

- Thursdays -

We will experience music through singing, movement, and instruments. Classes include music appreciation, musical games, rounds, and sing-alongs.

Swimming

- Thursdays -

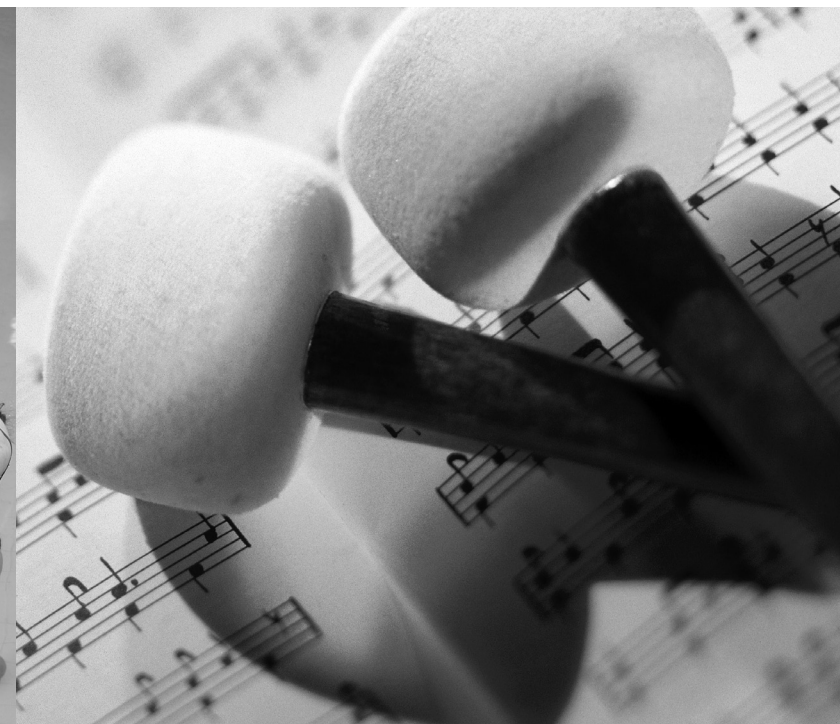
Practice your swimming skills or just relax in the pool. Lifeguards are on duty. Staff or family are encouraged to assist clients in the pool.

Videos & Movies

- Thursdays -

View and discuss selected videos with your friends. Films are chosen to encourage a comprehensive background in film entertainment. Includes current, classic, adventure, musical, and animation films.

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Saint Paul Public Schools Community Education offers a variety of classes designed to meet the needs of adults with developmental disabilities. Classes offer opportunities to explore interests, meet with peers, and learn new skills that enrich the individual and build toward independent living.

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