

## Make Your Choices!

We ask that participants select the courses that interest them. We add participants to groups to ensure that they meet their program goals, and then fill up the rest of their schedule with selections that are of interest to them. Participants select the additional schedule of their choice!

Course selection will be on a first come, first serve basis. After a group is full, additional participants will be added to the next quarter session.

**Peer Leadership/Mentor Program:** Creative Work Systems is committed to supporting people with disabilities in their effort to enhance leadership skills through our Peer Leadership/Mentoring program. If you have an interest in our peer leadership/mentoring program, please speak with the Team Leader to review your interest in the program and discuss the next step.

## Contact Us

### **Creative Work Systems**

90 Industrial Park Road  
Saco, ME 04072

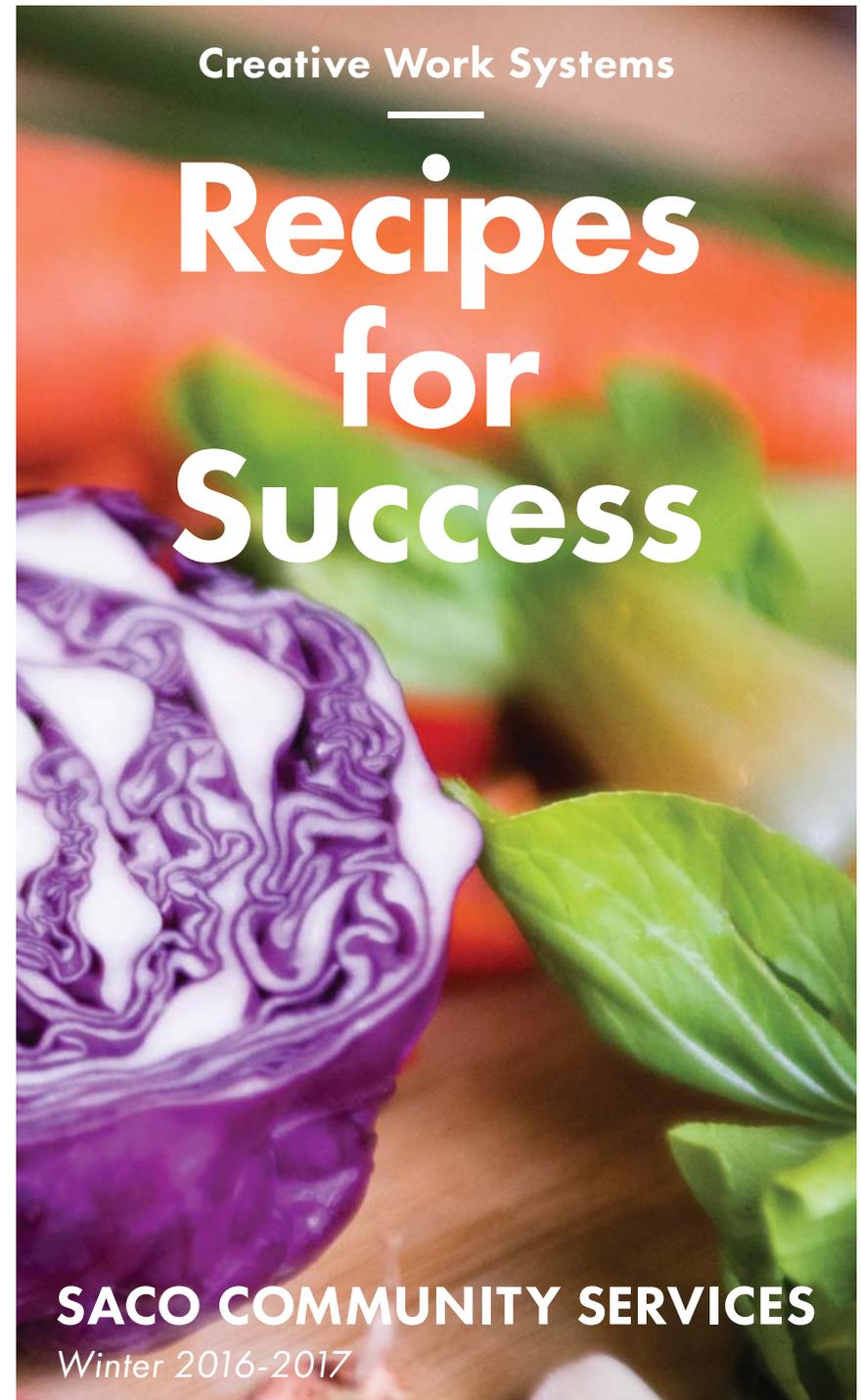
**Phone:** 207-282-4173

**Email:** [kpenney@creativeworksystems.org](mailto:kpenney@creativeworksystems.org)

**Web:** [creativeworksystems.org](http://creativeworksystems.org)

**Creative**  
Work Systems

*Supporting and inspiring people with disabilities  
at home, at work, and in the community.*



# Our Programs

## Culinary Arts



**Description:** The goal of the Culinary Arts program is to enhance independent life skills for participants and learn safe practices in our state of the art kitchen, while also developing a creative side. From making homemade pizza to visiting local restaurants, participants will have the opportunity to explore endless culinary adventures. Additionally, we offer a Culinary Certificate Program to enhance job readiness in the food service field. Completion of the certificate program comes with the presentation of a Chef's Jacket!

**Days/Hours:** Wednesday 10:15am-11:45am

**Focused Culinary Groups:** See other descriptions for listed times

## Basic Cooking Skills/Nutrition



**Description:** Participants will work on activities and join group discussions that focus on the values and benefits of making healthy food choices. Discussions will include portion control, menu planning, and reading a nutrition label. Discussions will also include the fundamentals of cooking, like proper utensil use and food storage.

**Days/Hours:** Monday 8:00am-9:45am & 10:15am-11:45am

## Technology



**Description:** The Technology/Computer group covers a basic introduction to computers to more advanced skills, such as opening a file, writing, editing, formatting, and printing. It also provides access to other apps that participants may find useful as they explore the world of technology. In addition, participants will explore the community in search of new and innovative uses of technology.

**Days/Hours:** Wed., Thur. & Fri. 8:00am-9:45am

Monday 10:15am-11:45am

Monday & Thursday 12:30pm-1:45pm

## Knitting and Crocheting



**Description:** This course will teach the basic knitting and crocheting skills. Participants will learn the fundamentals of stitching and knitting to produce a textile product. Knitting enhances fine motor skill development while providing an opportunity to improve socialization skills.

**Days/Hours:** Wednesday 10:15am-11:45am

## Vinyl Club



**Description:** Participants will share interests in music and visit area stores on the lookout for new and exciting musical treasures. This will also be a throwback as the music will be on records rather than more advanced technology like iTunes or CD's. Explore music in old-school style!

**Days/Hours:** **Thursday** 10:15am-11:45am

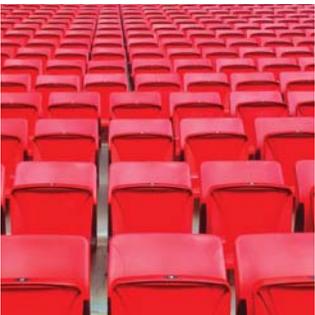
## Communication



**Description:** This is a group where participants engage in activities that encourage the use of communication, problem solving, and turn-talking skills. Activities will vary week to week.

**Days/Hours:** **Thursday** 12:30pm-1:45pm

## Theater



**Description:** This group will focus on all of the steps needed to create a skit, from start to finish. Participants will choose a topic for the skit, write the skit, create costumes and sets, learn their lines, and perform the skit as a group for the entire day program. Participants who are serious about drama should sign up for this group.

**Days/Hours:** **Monday** 10:15am-11:45am

## Greeting Card Making



**Description:** This group works with participants to create greeting cards as saleable art, as part of the YES Art Works program. Participants will create unique imagery to be used for both individual and card set designs. A variety of mediums will be utilized in this program.

**Days/Hours:** **Tuesday** 12:30am-1:45am

## Career Exploration



**Description:** The "Job Club" is an opportunity for employment seekers to explore and discuss skills relevant to getting and maintaining a job. From visiting local businesses to interviewing skills, participants will enhance their understanding of employment.

**Days/Hours:** **Tuesday** 10:15am-11:30am

## YES Art Works



**Description:** Studios in Portland and Saco provide artists with the tools that they need to explore their creativity in multiple mediums and techniques, including drawing, painting, printmaking, weaving, fiber arts, woodworking, ceramics, and sculpture. YES Art Works also connects artists with galleries and local businesses for exhibit opportunities. Artists may choose to participate in the Artist Collaborative to create art for the purpose of selling the item.

**Days/Hours:** **Tue., Wed. & Fri.** 8:00am-9:45am  
**Mon., Thur. & Fri** 12:30am-1:45pm

**Focused YES Art Works Groups:** See other descriptions for listed times

## Community Discovery



**Description:** Our Community Discovery group is an active community-based group, exploring what's new and old in our communities. From visiting local museums to trips to the seashore, the Community Discovery group will offer a diverse group of activities from which to choose.

**Days/Hours:** **Monday-Friday** 8:00am-9:45am  
**Tuesday** 10:15am-11:45am  
**Monday & Friday** 12:30pm-1:45pm

## Fabric Art



**Description:** It's amazing what can be created with fabric! Join us as we create beautiful fabric art in our well-equipped studio. From creating beautiful throw pillows to intricate stitched art, participants will find something that challenges their skills and piques their interest.

**Days/Hours:** **Thursday** 10:15am-11 :45am

## Physical Enhancement



**Description:** Participants will be engaged in physical activities both on site and in the community. Current programs such as swimming, water aerobics, and exercise equipment at the YMCA, basketball at XL Sports, bowling, walking and dancercise will continue. Additionally, other opportunities will be identified based on the interests of the group.

**Days/Hours:** **Monday-Thursday** 8:00am-9:45am  
**Wednesday** 10:15am-11:45am  
**Monday, Tuesday & Friday** 12:30pm-1:45pm

**Focused Physical Enhancement Groups:** See other descriptions for listed times

## Mixed Media



**Description:** This group is a part of our YES Art Works program. Participants will work on art projects that allow them to explore various types of art. From impressionism to abstract art, participants will explore specific artists and the history of the style to help guide them.

**Days/Hours:** **Thursday** 8:00am-9:45am

## Painting and Drawing



**Description:** This group is a part of our YES Art Works program. Participants will create art in either the drawing or painting medium. Participants will explore techniques, learn to utilize paintbrushes and navigate other various mediums, such as oil pastels and colored pencils.

**Days/Hours:** **Monday & Wednesday** 10:15am-11:45am

## Art Studio Exploration



**Description:** This group is a part of our YES Art Works program. Participants will focus on the technical aspects of running an art studio, including writing an artist statement, how to stretch a canvas, and how to load a kiln. The group will also discover all of the steps needed to hang their own art show and break down an art show. Additionally, participants will learn how to frame and mat their work for saleable purposes.

**Days/Hours:** **Tuesday** 12:30am-1:45pm

## Chair Yoga/Stretch



**Description:** This group is for participants who want to do more of a relaxed physical activity. As part of our Physical Enhancement group, this yoga includes stretching that will be completed in a seated position.

**Days/Hours: Friday** 10:15am-11:30am

## Women's Group



**Description:** This group is designed to focus on women's physical and psychological health. The group will participate in specific women's health topics in an effort to educate each person on the importance of healthy dietary options, exercise, and regular checkups with a health care provider. The group will also cover other female specific concerns in roundtable discussions.

**Days/Hours: Thursday** 8:00am-9:45am

## Current Events



**Description:** This group explores events that are currently going on. The group will read and discuss topics that have been selected for discussion. All topics will include a question and answer session to help encourage communication and self-expression skills.

**Days/Hours: Tuesday** 8:00am-9:45am

## Sensory Art



**Description:** Sensory Art offers each participant the opportunity to explore the world of art while searching for self-discovery. Mediums and methods will vary in order to meet the individual needs and interests of each person. From the hands-on physical nature of manipulating clay to the intricate stitching of fabric, we will help you explore the wonderful world of sensory art.

**Days/Hours: Monday-Wednesday** 8:00am-9:45am

**Monday** 10:15am-11:45am

**Monday & Friday** 12:30pm-1:45pm

## Men's Group



**Description:** This group is designed to focus on men's physical and psychological health. The group will participate in specific men's health topics in an effort to educate each person on the importance of healthy dietary options, exercise, and regular checkups with a health care provider. The group will also cover other male specific concerns in roundtable discussions.

**Days/Hours: Monday** 8:00am-9:45am

**Wednesday** 10:15am-11:45am

## Clay Art



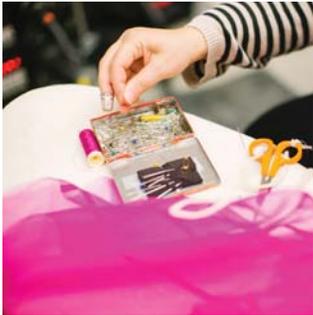
**Description:** From building bowls and mugs to making jewelry, this group focuses on creating art with clay. Participants will have the opportunity to explore the fun and challenges of working with clay! We have a professional grade kiln to finish the artistic creations.

**Days/Hours: Monday** 8:00am-9:45am

**Wednesday** 10:15am-11:45am

**Friday** 12:30pm-1:45pm

## Saleable Stitches



**Description:** This group is a part of our YES Art Works program. Participants will explore working with various fabrics, utilizing a sewing machine, and/or handsewing. A variety of items will be created, such as pillows, bags, coasters, and tapestries.

**Days/Hours:** **Monday** 8:00am-9:45am  
**Friday** 10:15am-11:30am

## 3-D Building



**Description:** This group is a part of our YES Art Works program. Participants will work on two and three dimensional projects using clay and wood to create sculptures. Participants will be given full reign to display their self-expression by utilizing our professional studio.

**Days/Hours:** **Tuesday & Thursday** 12:30pm-1:45pm

## Hot Lunch



**Description:** The Hot Lunch program is an important piece of our Culinary Arts program. Participants develop a menu, shop for the items, and ultimately produce a nutritious, well balanced and tasty lunch each week. This is a popular group, so it fills up fast. Full participation is required by all.

**Days/Hours:** **Tuesday** 8:00am-9:45am & 10:15am-11:45am

## Dinnerware



**Description:** This Art group will focus on creating dinnerware pieces. Participants will work with the Art Specialist to create dinnerware pieces ranging from plates, bowls, mugs, serving spoons, etc. Participants will be encouraged to follow directions to create a final, saleable glazed dinnerware piece.

**Days/Hours:** **Monday & Thursday** 10:15am-11:45am

## Grocery Shopping



**Description:** Participants will be instructed on how to develop a thorough grocery shopping list, successfully navigate a grocery store, and shop for healthy food options. Participants will also learn how to use unit pricing as a money saving tool. This group will also participate in tours of various local businesses in an effort to build community relationships.

**Days/Hours:** **Wednesday** 8:00am-9:45am

## Card Making



**Description:** This group works with participants to develop the skills to create stylish greeting cards for all occasions. Participants will work with Art Specialists to create greeting cards from start to finish. Let the creativity begin!

**Days/Hours:** **Tuesday** 10:15am-11:45am

## Scrapbooking



**Description:** This is a beginner scrapbooking group to allow participants the opportunity to explore the art of scrapbooking. The group will work on both group and individual scrapbooking projects.

**Days/Hours:** **Friday** 10:15am-11:45am

## Brain Games



**Description:** It is important to make a conscious effort to engage in stimulating brain activity as we grow older. This group will focus on all types of brain puzzles and games such as crossword puzzles, word search, Sudoku, board games, cryptograms, tangrams, and visual and optical puzzles. The goal of this group is to provide opportunities for participants to engage in fun activities that stimulate brain activity improving their ability to focus and concentrate.

**Days/Hours:** **Monday** 10:15am-11:45am  
**Wednesday** 12:30pm-1:45pm  
**Friday** 8:00am-9:45am

## Drama



**Description:** This is an introduction to the stage and drama. The group will offer participants the chance to experience the excitement and rewards of theatre arts while developing poise, social skills, confidence and the ability to work with others.

**Days/Hours:** **Tuesday & Thursday** 12:30pm-1:45pm

## Clay Slab Building



**Description:** This group is a part of our YES Art Works program. Participants will create plaques, wall hangings, boxes, jars, and abstract art with clay. Each piece will be individually designed by the participant and fired in our professional grade kiln. This group is a little more advanced than our Clay Art group, so please speak with an Art Specialist prior to signing up to ensure the right fit.

**Days/Hours:** **Tuesday** 10:15am-11:45am  
**Wednesday** 8:00am-9:45am

## Healthy Snack Alternative Prep



**Description:** This culinary opportunity will focus on preparing healthy snack options. Basic cooking skills will be used, such as measuring/portioning. Participants will come up with ideas and implement all of the cooking methods required for the finished product...yum!

**Days/Hours:** **Wednesday** 12:30pm-1:45pm  
**Thursday** 8:00am-9:45am

## Pizza Making



**Description:** Ahh...pizza! Everyone loves it, but do you know what goes into making homemade pizza? This group will focus on the art of building a culinary favorite! From measuring the ingredients, to rolling out the dough, experience what it takes to make a fresh and tasty pizza pie! This is a popular group and the slots will fill up quickly. If a participant is unable to join the group this session, it will be offered in the next session.

**Days/Hours:** **Thursday** 12:30pm-1:45pm  
**Friday** 8:00am-9:45am & 10:15am-11:45am

## Music



**Description:** From country to rock, classic to pop, the group will explore music. In addition, the group will have the opportunity to participate in our "Vinyl Club". Club Members will share interests in music and visit area stores on the lookout for new and exciting musical treasures.

**Days/Hours:** Wednesday & Friday 10:15am-11:45am

## Jewelry Making



**Description:** Interested in creating one-of-a-kind jewelry? This group will learn how to make necklaces, bracelets, earrings and pendants. Our Art Specialists will work closely with participants to develop the skills necessary to make beautiful handcrafted jewelry.

**Days/Hours:** Tuesday & Thursday 10:15am-11:45am

## Yoga



**Description:** This class is designed for beginner students but is open to people of all experience and fitness level. Come to learn, laugh and play in a supportive environment.

**Days/Hours:** Thursday 10:15am-11:45am

## Model Building



**Description:** Interested in building models? Whether it's a beginner car model or an advanced and intricate structure, this group will work on developing problem solving and team building skills.

**Days/Hours:** Tuesday 10:15am-11:45am

## Basketball-XL Sports



**Description:** Join us at XL Sports to play basketball. A few laughs and a little exercise while we shoot some hoops!

**Days/Hours:** Tuesday & Thursday 12:30pm-1:45pm

## Food Service



**Description:** Food and beverage workers are the front line of customer service in full-service restaurants, casual dining eateries, and other food service establishments. These workers greet customers, escort them to seats, hand them menus, take food and drink orders, and serve food and beverages. They also answer questions, explain menu items and specials, and keep tables and dining areas clean and set for new diners. Most work as part of a team, helping coworkers to improve workflow and customer service. Learn those skills in this group.

**Days/Hours:** Thursday 10:15am-11:45am

**Tuesday & Friday 12:30pm-1:45pm**