

GIVING PARTICIPANTS MEANINGFUL CHOICES AND THE RESOURCES TO BUILD FULL, CONNECTED LIVES.

FOCUS Program

Wellness

- Group Fitness Training
- Dance*
- Yoga*
- Pickle Ball*
- Swimming- indoor and outdoor*
- Kickboxing*
- Hiking*
- Bowling*
- Tennis*
- Kayaking*

**People often go for the fitness,
but stay for the relationships!**

Cooking

- Professional Classes
 - The Cookery
 - Doodlekins
 - Nick N Willy's
- Cooking in a home kitchen
- Grilling at the Park*
- Baking
- Dog Treats
- Menu creation, recipe multiplication, grocery shopping, prep, cooking, serving, clean up

Communication & Relationships

- ASL classes
- Birthday celebrations
- Holiday gift buying and wrapping
- Hosting Thanksgiving dinner
- Boundary setting
- Initiating Friendships
- Conflict Resolution
- Hosting students from Dunlap, Washington, and SEAPCO
- Coffee Socials

Vocational Skills

- Production Friday Work Days
- Vendor Markets
- Coffee Trailer
- Clover POS and CashBox
- Taking and fulfilling custom orders
- Maintaining Inventory
- Customer service interactions
- Product delivery to consignment shops
- Cricut
- Heat Press
- Sublimation Printer
- Sublimation Oven
- Woodworking
- Packaging and pricing items
- Computer skills to search items and patterns
- Volunteering
 - HISRA Member Districts
 - Easter Seals
 - Wild Life Prairie Park
 - Playhouse
 - Zoo
 - Sophia's Kitchen
 - Midwest Food Bank
 - Community wide Events

Leisure

- Book Club
- Puzzle Club
- Coffee shop visits
- Rivermen Games
- Chiefs Games
- Planting Flowers
- Ballet Performances
- Musical Performances
- Orchards and Pumpkin Patches
- Community Social Clubs
- Library Activities
- Museums and Visitors Centers in Peoria, Bloomington, Springfield, Pontiac
- Arcades
- Parks, Trails, and Nature Education
- Fishing, Boating, Kayaking, Paddle Boating, Go Kart Riding, Mini Golfing
- Reindeer Farm
- Movie Theaters

Self Expression & Art

- Pottery*
- Community art classes
- Art at the Bodega
- Weaving*
- Flower Workshops*
- Glass Blowing*
- Candle Pouring*
- Wood Burning*
- Wood Working*
- Drum Circle
- Ukulele Lessons
- Music Therapy
- Purple Bubble Bar*
- Music Therapy
- Leather Goods*
- Pumpkin Carving and Painting
- Water Colors*
- Paint by Number
- Rhythmic Gymnastics
- Chemistry Class

