

Moving Forward
Towards
Independence

Class and
Community Catalog

Community

NEWS- Domestic Violence Training

Napa Emergency Women's Services comes to Moving Forward for an in-service, role playing different types of situations that are considered abusive. This training will teach you how to recognize when you are in an abusive situation and assist you in safely dealing with the situation.

Planned Parenthood

Do you have questions about the human body and sexuality? During this class you will learn about how the male and female body functions and changes over time. There will also be discussion about the sexual issues, such as the choice between abstinence and having sex, STD's and birth control.

Theatre Arts

Have you ever thought about being in a play? Here is your opportunity to learn the basic acting skills to put on your own performance. In this class you will have guidance and support from a community member Terry Rucker. He will assist you in practicing your lines, designing costumes and give you the acting tools to put on your own performance.

Weight Watchers

Learn about portion size, reading food labels and counting points. This is a class for those who participate in Weight Watchers but if you are concerned about eating healthy sign up for this class.

Napa Valley College

The Napa Valley College offers a variety of academic and enrichment courses. There is tutoring and note takers available on site, if needed. The Napa College is a small Junior College that has a lot to offer both academically and socially.

Adult School

The Adult School offers a variety life enrichment classes. These classes are smaller and the students receive more one-on-one time. They offer day, night and weekend classes. This is an excellent way to learn new skills and meet new people in the community.

Special Olympics

Special Olympics has year around sports such as softball, bowling, swimming and basketball. Join today and enjoy being a part of a team, meeting new people in the community, and having fun all the while getting fit and healthy.

Consulting Psychologist

Join this weekly meeting to have a safe and appropriate place to discuss issues and concerns about dealing with day-to-day life. Learn how to communicate and problem solve in more effective, meaningful ways.

Health and Fitness

Bike Riding

Enjoy the beautiful Napa Valley while getting some cardiovascular exercise. Every week this class will meet and tour different locations on their bicycles. Participants must own a bike and a helmet.

Bowling

Do you enjoy getting out of the house and socializing while getting a little physical activity? Once a week you will go to the local bowling alley, socialize, learn new techniques and improve your game.

Brown Street Gym

Need to get your body movin' but lack motivation??? Then join this class and enjoy a cardio work out while hanging out with friends and listening to your favorite tunes. Remember: a good laugh is a great way to work those stomach muscles!!!

Exertec

Learn the importance of stretching, weight training and moderate aerobic activity. This class will be held at Exertec gym. You need to have a membership so if you don't... then sign up!!!!

Gardening

Get your heart rate up while enjoying the beautiful spring weather!!! In this class we will beautify Moving Forward's grounds by planting flowers and plants.

Movement to Music

Is the word 'dance' intimidating? Take this class to learn how to move to music without the pressure of learning strategic dance moves.

Physical Fitness

Let's move those bodies! In this class you will learn about the importance of stretching, weight training and moderate aerobic activity.

Stretch and Relaxation

Class participants can expect to experience and enjoy the physical benefits of stretching your muscles and relaxing your mind. Take this class to enhance and connect your mind, body and your spirit. After stretching we will enjoy a 15 minute guided meditation. This is a class for beginners and everyone is welcomed and encouraged to try. Please wear comfortable clothing and bring a large towel or blanket.

Stretch and Yoga

Class participants can expect to experience and enjoy the physical challenges of Yoga as well as the mindful aspects of the practice. Take this class to enhance and connect your mind, body and your spirit. This is a class for the beginners; everyone is welcome and encouraged to try.

Sweating To The Oldies

Come and join the fun!!! We will be getting great exercise while dancing and listening to fun Oldies Music. Even if you are not an Oldies fan, come and give it a try...I know you'll love it!

Walking

Every week class participants will go to various locations in Napa for a walk. The purpose of this class is to get your heart rate up so be prepared to walk at a brisk pace. *Class participants must have walking shoes.*

Life Enrichment

Automotive

This is an excellent class for those of you who own cars or hope to some day. In this class you will learn the basic vehicle maintenance including changing wiper fluid and blades, checking and topping off oil and checking tire pressure. You will also learn some more advanced vehicle care such as how to change a tire and how to give your car a tune up.

Art of Conversation

This class will enhance your communication skills while socializing with your peers. Every week there will be a different topic for the group to discuss. Not only will you become a better speaker but you will enhance your knowledge on various topics to discuss with people in the community. This is a wonderful opportunity to use your critical thinking skills!

Arts and Crafts

In this class you will participate in a variety of crafts such as soap making, pressing flowers and candle making. You will also experience drawing still life either in the home or out in the community. Take this class to improve your drawing skills or just to learn a new hobby.

Baking

The class will choose the recipes, buy the ingredients and bake the treat. Muffins, scones, cakes, pies, mmmmmm the possibilities are endless.

Billiards

If you enjoy playing pool or would like to learn then join this class! You will learn the rules to basic pool, other games that can be played and different styles of shooting.

Book Club

In this class the group will choose a book that they would like to read and have weekly discussions about. Take this class to improve your reading skills, thinking skills and communication skills. This is a great opportunity to escape into the fantasy world of books. *Individuals will not be required to read aloud.*

Creative Writing

This class will enhance your writing skills while exercising your creativity. You will have the opportunity to use your creative mind to write short stories and poems as well as learning how to organize and create the seasonal Moving Forward newsletter.

Drop-In Tutoring

Many of you are taking classes at the college or adult school and have a lot of homework to complete. Take this opportunity to get extra assistance with your homework or just drop-in and use the time for quiet study time.

Games and Puzzles

Do you want something fun to do on those cold and rainy days? Join the group to play a variety of games. Some of the games that will be played are Risk, Checkers, Chess, Cards, Monopoly, Clue, Trivial Pursuit, Pay Day and a variety of others.

Harry Potter Literature Group

Discover the magic and mystery of Harry Potter! Together we will read the first book in the series, *Harry Potter and the Sorcerer's Stone*, and discover how the owl messenger changes Harry's life forever. If you have read this tale before, joins us anyway. We would love to hear an expert's idea! Bring your creative thinking spells and dust off those reading and writing potions because you are going to need them in this class! (You will need to buy the book if you don't already have it.)

Hobbies

Do you enjoy putting together models or building things? Have you ever wanted to try but don't know where to start? Take this class to enjoy your old hobbies or to gain new ones. Participants in this class will be responsible for purchasing all the materials needed for this class.

Library

Discover all of the ways that you can use the local library! Are you taking classes at the college and need to do research for a paper or do you just want to learn how to find a specific book that you've been wanting to read? You will learn how to research topics, find books, check out electronically to avoid long lines and more. There will also be time to just find a book, a cozy chair and read quietly for awhile.

Meditation

This class will open your mind and calm your soul. You will take field trips to various spiritual locations in Napa and surrounding areas. You will focus on breathing, relaxing and using all of your senses to experience life to its fullest!

Nature

In this class you will get a taste of the beauty that surrounds you. You will take nature hikes to identify different trees, plants, flowers, insect and birds. This is the perfect opportunity to take pictures of nature and learn about your natural surroundings

Pen Pals

Do you want to find a pen pal from a different state or country? Take this class to learn how to start a pen pal relationship. Not only will you be able to build a relationship but you will also learn about the state or country from which your pen pal lives. It is exciting to get a letter from a new friend and in this class all participants will have the opportunity to share their letters with others in the class.

Scrap Booking

Learn how to make a scrapbook and keep all of your photos as a memorable keepsake. We will have fun being creative with photos of your choice, creating a scrapbook that you can share with your family and friends. This class will require purchasing items for your scrapbook; the cost will not be covered by Moving Forward.

Spanish

Have you ever had the desire to learn a foreign language? If the answer to that question is YES, then this is the class for you. Learn common phrases, numbers and colors as well as exploring Mexican art, culture and traditions. This class will include lecture, reading and taking a field trip to a Mexican restaurant...where you will be ordering your food in Spanish!!!

Women's Hair Styles

Don't know what to do with your hair? Tired of having your hair one style every day? Take this class to learn how to use barrettes, braids, pony-tails, curling irons, etc.

Life Skills

Clothing Care

Back to the basics! Learn how to sort colors from whites, remove stains, measure detergent and bleach as well as how to care for leather, hats and swimwear. You will also learn how to sew a button or small tear. If the iron and ironing board confuse you, this class is a must!

Community Access-1

Have you ever been confused by the Napa bus system? Have there been times when you wanted to go some place but there was no one to take you there? Take this class if you want to bus your way to independence! You will learn how to get to the Napa outlet stores, the college, downtown, the library and many other places of interest in Napa.

Community Access-2

Congratulations, you have completed phase 1! Now you can independently make your way around Napa using the bus system. Now let's go outside of the city lines and use the bus to travel to places like Vallejo, St. Helena and Calistoga. We will also learn about taxi services, Evans, Greyhound and Vine-Go.

Community Safety and First Aid

After taking this class, you will be able to distinguish an emergency from a non-emergency. You will know how to react to car accident, fire or earthquake. You will enhance your awareness while out in the community by being aware of your surroundings. You will also learn how to tend to minor cuts, burns or rashes. Other topics include the Internet, seizures and choking.

Current Events

In this class you will read the newspaper or magazines in order to become aware of what is going on in the community and in the world. You will share what you have read with others in the group discuss how you feel about the situation. You will also learn about and discuss the various holidays that occur in the month and how the local community is celebrating them.

Home Management-1

In this class we will review and learn how to care for your clothes, navigate your way around the kitchen, food safety and brush up on those house keeping skills!

Job Club

Do you currently have a job and need support dealing with employment issues? Join this class to discuss and learn appropriate and effective ways to relate to co-workers, supervisors and job related concerns.

Men's Health-1

Topics for this class include skin care, hair care, mouth care, and proper bathing and shaving instruction. In this class you will review and practice proper hygiene techniques. This class will help you look and smell your best but more importantly you will learn how to prevent health problems with proper hygiene.

Men's Health-2

Congratulations, you have made it to the second half of Men's Health! This class will focus on Men's Health issues that are important to young men today. This class will discuss important topics like healthy dating, coping with stress, having a good reputation, being sexually active (and all the issues that go along with it), cancer and other diseases, drug use and abuse.

Men's Relationships

We all have relationships with other people: friends, family, girlfriends, bosses, roommates, neighbors and even our community. Sometimes these relationships can become confusing or overwhelming. In this class you will be able to discuss the various relationships that you have with others.

Money Management-1

Checkbooks and banks can be extremely confusing. This class is designed to teach participants step by step how to fill out a check and track spending on a ledger as well as how to fill out a deposit and withdraw slips at the bank. We will also be reviewing making change with bills and coins.

Money Management-2

In this class we will review how to write checks and deposit slips and writing in the ledger. We will work with bills and coins to make correct change, pay bills, buy groceries and save for luxury items.

Nutrition/Health

In this class you will learn about healthy eating, a balanced diet and the importance of drinking water. You will learn how to write a menu using all food groups as well as portion control and other important topics. The class will prepare healthy, low fat entrees and snacks as well as participating in a taste test.

Professional Development

If you are looking for a job and want some good advice, join this class. We will discuss and review typical interview questions, appropriate dress, filling out applications and much more.

Safety Seminar

This is a monthly seminar to learn and review safety skills and routines. You will learn the fire escape route for our house as well as fire safety, what to do in a medical emergency or if there is an intruder, basis community safety, and much more. You will learn new skills and practice previously learned skills that will help keep you and your peers safe. These safety seminars are not optional, everyone must attend!

Self Esteem

We will discuss and explore who we think we are and who we want to be, what motivates and makes you feel powerful? What do you believe in and what would you stand up for? Discuss values and set personal life goals. All of these are contributing factors to taking control of ones life, being ones true self and feeling the power to change!

Social Skills Development-1

Are you a good listener? Do you know what it takes to be a good friend? We will discuss and learn about these issues and more. In this class will discuss social issues such as personal boundaries, building healthy friendships, dealing with conflict and stress.

Social Skills Development-2

Congratulations, you have made it to the second part of Social Skills Development! In this class we will build on the skills we have already learned. We will discuss and learn about trusting and respecting others, setting rules and boundaries in relationships, and making good life choices.

Women's Health-1

Topics for this class include skin care, hair care, mouth care, and proper bathing and sanitary instruction. In this class you will review and practice proper hygiene techniques. This class will help you look and smell your best but more importantly you will learn how to prevent health problems with proper hygiene.

Women's Health-2

Congratulations, you have made it to the second half of Women's Health! This class will focus on Women's Health issues that are important to young women today. This class will discuss important topics like healthy dating, coping with stress, having a good reputation, being sexually active (and all the issues that go along with it), cancer and other diseases, drug use and abuse.

Women's Relationships

We all have relationships with other people: friends, family, boyfriends, bosses, roommates, neighbors and even our community. Sometimes these relationships can become confusing or overwhelming. In this class you will be able to discuss the various relationships that you have with others.

Volunteer Opportunities

Connolly Ranch

Located on Browns Valley Road

There are a variety of jobs one can do at the Ranch. Petting the rabbits, goats and donkeys is one job that is meant to keep the animals social and friendly. Cleaning pens is a job that enhances the wellbeing of the animals. This is an important job that requires volunteers during rain or shine. If you plan to volunteer at Connolly Ranch you will need to wear clothes that you don't mind getting dirty or wet.

Humane Society

Located across the green bridge

Volunteer at the Napa Humane Society to make a difference in a dog or cat's life. You are required to attend an orientation before volunteering at the Humane Society. Petting cats, walking dogs and feeding the animals are some of the things you will do while volunteering.

Matrix

This is a volunteer opportunity for those who are organized and enjoy administration work, such as filing, stuffing and sending out mailers, etc.

Red Cross

The Red Cross is a great organization that helps millions of needy people each year. Be a part of this wonderful organization by donating your time filing, stuffing mailers and cleaning CPR manikins. They could really use your help!

Senator Chesboro's Office

Are you interested in politics? Volunteer at Senator Chesboro's Office located in beautiful downtown Napa. Your job duties will include stuffing and sending out mailers, filing paperwork and faxing important local newspaper articles to the Senator in Sacramento.

Shearer School

If you enjoy working with children then this is the volunteer opportunity for you. Help prepare the cafeteria for the lunch rush by cleaning setting up the tables. As well as prep work you will also enjoy serving the young students a balanced and healthy meal.

Sierra Vista

Located on Trancas

If you are a people person, this is the job for you. At Sierra Vista you will be doing a variety of things centered on keeping the elderly company. You may be passing out meals, pouring drinks, playing games or just listening and being friendly. Once you form a relationship with the elderly, their faces will light up the second you walk in the doors at Sierra Vista.

The Napa Food Bank

Located on Industrial just off of California Blvd.

Volunteer at the Food Bank and truly make a difference in people's lives. This is a job where you work in a group setting with other volunteers. You may be packing groceries for families or separating bulk foods into family sized servings. Whatever you are doing at the Food Bank remember, you are making a difference and that is something to be proud of!

Create Your Own Volunteer Opportunity

Do you have an idea of someplace else you would like to volunteer? This is your chance to form your own Volunteer job. Work with a staff member to get the job of your choice.