

RESIDENTIAL SERVICES - TOPICS FAMILIES, YOUTH, & SENIORS	Description
Defending Yourself Without Fighting For Children & Families	It is important for children and families to learn how they can defend themselves against aggression and attacks without making the situation more difficult by getting into a physical battle. In this session, we will discuss basic self defense techniques, areas of strength and weaknesses, and practice ways to avoid and defend against common unarmed attacks.
Women's Self Defense Workshop	This workshop is designed to help Women learn how to avoid potential threatening situations; how they can defend themselves against aggression, basic self defense techniques, areas of strength and weaknesses, and ways to defend against unarmed attacks.
Stranger Danger: Protecting Yourself From Aggressive & Manipulative Behavior	This workshop emphasizes the ways to avoid becoming a target of aggressors who bully, victimize, and/or manipulate in dangerous ways. We will discuss some of the communication methods and body language that can deter and de-escalate aggressive behavior, study different types of aggressors and their methods, determine which safe practices result in a safe outcome, and learn basic survival techniques for hostile situations.
Creating Amazing Origami	Origami and Paper-folding is a wonderful hobby, and a great group activity. This art form has lasted for hundreds of years because anyone can learn to make cool stuff with only a sheet of paper! These skills are enjoyed by both young, old, beginners, and experienced artists. In this workshop we will have many design choices and everyone will be able to walk away with their creation, plus instructions to make more.
Making Balloon Animals & Hats	Learning to make balloon animal and figures is a simple skill that is incredible fun and relatively easy. We will learn the basic twists to make classic balloon dog, sword, carnival hats, and try to create some unique figures to your design. In this workshop, we will have many design options to choose from and everyone will walk away with their design.
Designing with Lego's & Kinex	Lego building blocks and Kinex have a universal and ageless appeal for many people. We have thousands of Legos to work with and to bring out both your creative and logical sides. In this workshop, people will be able to design individually or in a group project options to choose from and everyone will be able to walk away with something they made.
Amazing Cards Games for Family Fun Nights	Playing cards is an great group activities with family and friends. Knowing a variety of fun-filled card games can help to make card nights even more exciting event. We will shared over 30 different cards games and their strategies which can be easily learned and played with friends and family. We will include a wide range of games ranging from common poker-based games including Texas Hold'em, to games like "Pass the Ace", "Acey Ducey", "Scat", "Grocery Store", and more.
Movie Nights & Drive-In Theatre	Enjoy a great movie and bag of popcorn, and choose from over 1000 movies (classic to new) With our LCD projector and a 72 inch blow up screen, we can have a movie night anywhere including outside with Drive-in Style Movie Night where families can outside wit chairs and sleeping bags to enjoy the show.
Music Theory: 25,000 Songs to Create a Music Mix/ Play list	Music has millions of variations and characteristic and this music theory workshop is about finding the characteristics you like best. We have over 25,000 songs to listen to that ranges from Hard Rock to Honky-tonk. Learn which musicians, vocalists, instruments, and styles that intrigue you. All can walk away with a CD filled with the music of your choice.