



# Spring 2023 Summer 2023 Fall 2023 Courses

TrendlineConsulting.org



## DETAILS

Ages 16 And Up.

Classes Meet Weekdays During 3 Semesters.

Spring Semester: February 13 – April 28  
Register by 1/15/2023

Summer Semester: June 5 – August 31  
Register by 5/5/2023

Fall Semester: October 2 – December 22  
Register by 9/1/2023

Transportation is Available Upon Request.

## CONTACTS

The Process:

1. Complete a Registration Form.
2. E-Mail the Form To [TrendlineLT@gmail.com](mailto:TrendlineLT@gmail.com)  
or Mail To or Drop Off At:  
Trendline Consulting  
1404 Corporation Lane, Suite 40  
Perryville, MO 63775
3. Wait for a Confirmation Letter from Trendline

Questions????: Contact Lacie Tiehes at  
573-517-8987  
or [TrendlineLT@gmail.com](mailto:TrendlineLT@gmail.com)

## BOOK CLUB



Consumers will choose books to read as a group. Participants and staff will talk about aspects of plot, setting, and character development. They will highlight things that they liked and did not like about each book and will explore alternative endings. The last 15 minutes of each session will be spent writing a story together.

T, R 2:45pm-3:45pm

## THEATER



Sessions progress from an introduction to theater to the production of an actual play. Consumers will have opportunities to try their hands at set design, costume development, makeup, advertising and promotion, directing, and acting. The semester will end with a live performance of a play that is selected by the class.

T, R 2:45pm-3:45pm

## TRENDLINE POWER HOUR



Consumers and Trendline team members meet at pre-determined locations to engage in a variety of exercise activities. The locations and activities are determined by a monthly calendar that is mailed to consumers and is also available at [www.TrendlineConsulting.org](http://www.TrendlineConsulting.org)

(STARTS 1/9/2023 AND RUNS  
CONTINUOUSLY THROUGH THE YEAR)  
M, W, F 3:45PM-5:00PM

## SELF AWARENESS & COPING



Consumers will learn to better manage their emotional and mental health as they learn about themselves and practice valuable coping skills. They will learn about their rights, strengths and weaknesses, communication styles, learning styles, and self-talk tendencies while learning to manage stress, emotions, and difficult life events.

T, R 4:00pm-5:00pm

## COOKING



Consumers will spend the first few weeks of class learning basic kitchen safety and cooking guidelines on their way to earning their “Food Safety” certification cards. They will then learn to make a different meal each week. Every Tuesday will include introductions to new recipes with high levels of support, while Thursdays will be test days for each cooking team.

T, R 4:00pm-5:00pm



## CREATIVE WRITING



Consumers will learn different genres of writing and experience samples of each. Sessions will include activities that promote brainstorming, collaboration, creative thinking, and story development. Consumers will try their hands at writing pieces either individually or in small groups. How will your story begin?

T, R 2:45pm-3:45pm

## GARDENING



Consumers and team members will work together to plan, sow, and care for three gardening beds that contain flowers, fruits, and vegetables. Along the way they will learn about plant growth stages, photosynthesis, plant types, and garden arrangements. Consumers will get to keep the items that they harvest.

T, R 2:45pm-3:45pm

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**RUNS CONTINUOUSLY**

M, W, R 3:45PM-5:00PM

## SUPER SLEUTHS



Consumers will learn about mysteries and get experience searching for clues and drawing conclusions through a wide variety of board games (Guess Who, Clue, etc.), movies, online escape rooms, mock court cases, and real-life who-done-it mysteries. The semester will end with either a mystery dinner or a trip to an actual escape room to test out our Super-Sleuthing skills.

T, R 4:00pm-5:00pm

## DESIGN PROS



Consumers will learn to balance color, space, contrast, depth, and texture as they are exposed to basic aspects of interior and clothing design. Sessions will include hands-on experience making wall art, candles, flower arrangements, and body scrubs. Consumers will also pick paint, furniture, and accent pieces as they design a mock room.

T, R 4:00pm-5:00pm

## OUTDOOR ADVENTURES



Consumers will learn camping basics such as setting up tents, outdoor cooking, and weather safety while they enjoy hiking, camp-side meals and music, kayaking, and fishing. Each day will include transportation to and from a local nature spot, a meal, and a related adventure. The semester will include five Friday sessions.

F 9:00am-2:00pm

5/5, 5/12, 5/19, 5/26, 6/2, 6/9 (make-up)

### LEGO MANIA



Consumers will work together during each session to build a working Lego train and scene. This is a great opportunity to practice teamwork, visual-motor skills, sequential planning, and fine motor strength and coordination. The final product will be on display for all to see.

T, R 2:45pm-3:45pm

### HOLIDAY THEATER



Consumers, staff, and local talent work together to bring to life a favorite classic just in time for the holidays. Participants will continue to learn about basic aspects of set design, staging, and acting and will produce a local performance that no one will soon forget. The stage awaits! What will your role be?

T, R 2:45pm-3:45pm

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RUNS CONTINUOUSLY

M, W, R 3:45PM-5:00PM

### STRANGE SCIENCE



Consumers will take a dive together into the weird and wacky world of science as they answer questions like “how far can an egg drop without breaking?”, “can a potato really light up a lightbulb?”, “how do rockets work?”, and “who can build the best catapult?” Every few sessions will bring a new concept or challenge to explore within this hands-on course.

T, R 4:00pm-5:00pm

### GAMING



From board games to video games, playing the winning hand to trying your hand at virtual reality...there is something for everyone in this class. Exploding Kittens? Unstable Unicorns? Mario and Bowser? Quest Beat Saber? Join your peers for lots of fun and good sportsmanship as you learn to play at least 20 different board games, card games, and video games.

T, R 4:00pm-5:00pm



## LIFE SKILLS



## UNIVERSITY