



**BUILDING BRIDGES THROUGH MUSIC, INC  
PROJECT NO LIMITS**

Greetings everyone!

It gives me great pleasure to announce the launch of our newest program **Project No Limits**. The program provides fun and interesting non-credit classes for adults with intellectual and developmental disabilities. The classes will run on a semester basis during the winter, fall and summer seasons.

Our ten (10) week pilot program will offer ten classes this semester starting February 7, 2012 through April 13, 2012. Classes will be held Tuesdays, Wednesdays and Thursdays between the hours of 6pm and 8pm. Each class will be one hour, once per week. There will be classes offered in the following areas:

- **Workforce Development, Personal and Social development;** geared at preparing each candidate for employment in the community; help them choose job interests and learn and practical skills for community integration and mainstreaming.
- **Performing, Creative and Expressive arts.**

At least one recreational activity during the course of the semester, along with an end of semester presentation ceremony and dance. In the event that there is no class due to inclement weather or for what-ever reason, each individual will be advised via telephone as well as an announcement on the local cable network.

As per policy, individuals will be limited to one class from each of the three categories (personal and professional development, performing arts and creative and expressive arts) – no individual will be allowed to participate in more than three classes per semester.

Enclosed are courses descriptions and schedule of each class; registration form; medical fact sheet and medical release form which must be completed by all participants before admission to the program. Currently forms and schedules are also available on our website [www.buildingbridgesthroughmusic.org](http://www.buildingbridgesthroughmusic.org) under our programs tab.

We encourage involvement and participation in each class by all participants, hence we advice program directors, staff and house managers to assist individuals in selecting classes of interest. You are asked to choose a first and second choice from each category; in the event that your first choice is full (**first come, first serve**) then you will be given your second choice. Each class is \$65.00 for the semester, payable with check or money order. Payment is expected at the time of registration to secure a place in the selected class.

Please **Make checks payable to Building Bridges Through Music**. Classes fill up fast and registration is already underway so please mail forms as soon as possible.

Any questions regarding the classes or registration process, Project No Limits or Building Bridges Through Music, Inc can be directed to Andre Bennett, Project No Limits Program Director or Mrs. Doreen Murray, Building Bridges Artistic Programs Director at 781-479-8327 or via email at [andre\\_bennett84@yahoo.com](mailto:andre_bennett84@yahoo.com) /[dmurray@bbtmusic.org](mailto:dmurray@bbtmusic.org). We will respond within 24hrs.

Respectfully,

Andre Bennett,  
Program Director PNL



## BUILDING BRIDGES THROUGH MUSIC INC.

### PROJECT NO LIMITS Course Descriptions

*10-week session beginning Tuesday February 7 – Friday April 13.*

*All classes will be held at our office location 25 Exchange Street, Lynn MA on the 3<sup>rd</sup> floor.*

#### **1. Speech and Improv.**

Participants will learn how to express themselves in new ways. They will enjoy working with other participants as they learn to deliver short speeches as well as tap into their inner actors and actresses, doing improvisations, reading scripts and acting.

**Day/Time: Thurs 7 – 8pm**

Instructors: André Bennett/Cathy Bradley

#### **2. Music and Movements**

This class is geared at providing individuals with fine entertainment, as they get into singing with our classically trained, accomplished and decorated musician. Participants will have the opportunity to learn how to play various musical instruments and have a great time while learning.

**Day/Time: Tues. 6 – 7pm**

Instructors: Virginia Makkers/Andre Bennett  
Assistant: Sashjenelle Ince

#### **3. Melodies with Malynda**

This karaoke type class is designed to give individuals a forum to unleash the singer from within. Learn to sing with singer Melinda Sykes. You will have the opportunity to get up in front of the class with the aid of a karaoke machine and sing your favorite songs from the BGs to Justin Bieber.

**Day/Time: Tues. 6:30 – 7:30pm**

Instructor: Malynda Sykes  
Assistant: Cathy Bradley

#### **4. Aerobic Dance**

READY? OK!! This class is designed to whip participants in shape by doing all the right moves. With a professionally trained and certified fitness guru, students will work out to different Richard Simmons routine each week.

**Day/Time: Weds 6 – 7pm**

Instructor: Doreen Murray  
Assistant: Sashjenelle Ince

#### **5. Scrapbook making**

Create your own scrap book, capturing memorable moments with family and friends. Students will be guided by the instructor as they cut, paste and decorate pictures into their scrap books. Scrapbooks are provided, but students need to bring their own pictures, postcards, souvenirs, mementos or other items they want to include in their scrapbooks.

**Day/Time: Thurs 6 – 7pm**

Instructor: Elsie Johnson  
Assistant: Malynda Sykes



## 6. Crafts

Individuals will use colorful decorations to create beautiful hand crafts and seasonal decorations. The instructors will work closely with students and guide them along the way as they personally hand craft items and objects of interest to them. Supplies will be provided.

*Day/Time: Tues 7 – 8pm*

Instructor: Cheryl Scott

Assistant: Elsie Johnson

## 7. Visual Expression/Paint Media

This class provides individuals with the opportunity to explore various ways of expressing themselves through several art mediums in a calm, therapeutic environment.

*Day/Time: Weds 7 – 8pm*

Instructors: Cheryl Scott/Elsie Johnson

Assistant: Andre Bennett

## 8. Social Readiness

Learn skills that will be very useful in successful community integration as well as interacting with friends and staff. Skills such as social graces, getting along with others as well as honing and maintaining personal space and still acknowledge and respect other people's space.

*Day/Time: Weds. 6:30 – 7:30pm*

Instructor: William Crosby

Assistant: Andre Bennett

## 9. Healthy Living

In this class the topics will be centered on leading a healthy lifestyle. Class discussions, hand-outs, activities and games will be used to cover topics such as proper nutrition, USDA food pyramid, healthy meals and snacks, regular exercise, and good hygiene.

*Day/Time: Thurs 6:30 – 7:30pm*

Instructor: Fay Blake-Bennett

Assistant: William Crosby

## 10. Workplace Readiness

Learn skills that can help you be successful at work. Skills such as getting along with co-workers, dealing with stressful environments and accepting and respecting people's differences in appearance, views and beliefs. This class will use role play, discussions, picture charts and writings.

*Day/Time: TBA*

Instructors: William Crosby/Fay Blake-Bennett

Assistants: Andre Bennett/Cathy Bradley



**BUILDING BRIDGES THROUGH MUSIC INC.  
PROJECT NO LIMITS**

Please complete this registration FORM and mail it along with check or money order to:

*Building Bridges Through Music - Project No Limits  
25 Exchange Street, Lynn, MA 01901*

*Winter Semester 2012*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I: \_\_\_\_\_  
 Street \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home#: \_\_\_\_\_  
 ( \_\_\_\_\_ ) \_\_\_\_\_ D.O.B \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 High School \_\_\_\_\_ School \_\_\_\_\_  
 Graduate?  Yes  No name: \_\_\_\_\_ Year: \_\_\_\_\_  
 Email: \_\_\_\_\_

Employer Name: \_\_\_\_\_ Agency # \_\_\_\_\_  
 Employer Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Agency Name: \_\_\_\_\_ Agency # \_\_\_\_\_  
 Agency Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Gender: Male ( ) Female ( ) T-Shirt Size: Sm. ( ) Med. ( ) Large. ( ) XL ( )  
 Ethnicity (optional) Black ( ) White ( ) Hispanic ( ) Asian ( ) Native American ( ) Other:  
 Emergency Contact: \_\_\_\_\_ Tel.# \_\_\_\_\_ Relationship: \_\_\_\_\_

- **Project No Limits is offering the following 10 classes beginning February 7 – April 13, 2012**
- **Students may only register for one class per category and may not register for more than 3 classes in total.**
- **Enclose check for \$65 per class payable to Building Bridges Through Music/PNL**
- **Circle your first choices and list your second choices in the column provided**

	Performing Arts	Creative & Expressive Arts	Personal & Professional Development
	<b>Tues.</b>	<b>Weds.</b>	<b>Thurs.</b>
<b>Time</b>			
<b>6:00 -7:00pm</b>	— Music & Movement	— Aerobic Dance All the Right Moves	— Scrapbooking
<b>6:30 -7:30pm</b>	— Melodies with Malynda	— Social Readiness	— Healthy Living
<b>7:00 – 8:00pm</b>	— Crafts	— Visual Expressions	— Speech & Improv.
<b>Choices</b>			Workplace Readiness
<b>1. (J)</b>			<b>Day/Time: TBA</b>
<b>2. (list)</b>			



**BUILDING BRIDGES THROUGH MUSIC INC.  
PROJECT NO LIMITS**

**Medical Fact Sheet**

*(Please print clearly and make sure you sign the release form on the reverse side)*

Name: \_\_\_\_\_ D.O.B: \_\_\_\_/\_\_\_\_/\_\_\_\_

Describe Disability:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Guardian (if applicable) \_\_\_\_\_

Guardian's Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Guardian's Phone # \_\_\_\_\_ Email \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_ PCP Tel#: \_\_\_\_\_

PCP Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Health Insurance Company: \_\_\_\_\_ Policy#: \_\_\_\_\_

Dentist Name: \_\_\_\_\_ Address: \_\_\_\_\_

Behaviors of which staff should be aware:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List medications:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Allergies:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List medical complications staff should be aware of:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**BUILDING BRIDGES THROUGH MUSIC INC.  
PROJECT NO LIMIT**

**RELEASE FORM FOR PARTICIPANTS**

*(Signed release form is required before individuals may participate in Project No Limits)*

I, the undersigned, represent and warrant that, to the best of my knowledge and belief, I/my ward am/is physically and mentally able to participate in Building Bridges Through Music's Project No Limit. I understand that if I/my ward have/has Down syndrome, I/s/he cannot participate in any sports or events which by their nature result in hyperextensions, radical flexion or direct pressure on the neck or the upper spine (that is, gymnastics, alpine skiing, diving, equestrian), unless a full radiological examination establishes the absence of Atlantoaxial Instability.

If a medical emergency should arise during participation in any Project No Limit program/class, and I am not able to give my consent, for whatever reason and none of my direct support staff is present at that time, I authorize the directors/coordinator, instructors and/or organizers to take whatever measures that are necessary and which they deem advisable to protect my/my ward's health and well being, including but not limited to first aid, ambulance transport, and/or hospitalization.

I have read and fully understand the provisions of the above release and/or have explained the provisions to my ward. I understand that, through my signature of this release form, I am agreeing to the above provisions on my own behalf or on the behalf of my ward, and hereby give permission for my ward to participate in Building Bridges Through Music's Project No Limit program.

I for myself, my heirs, executors and administrators, waive and release any and all claims for damages I have against the sponsors, organizers and any individual, group or organization associated with Building Bridges Through Music and Project No Limit, their successors and assigns and will hold them harmless for any and all injuries suffered in connection with Building Bridges Through Music/Project No Limit.

I have read and agree with the Program's Policies found on the registration form.

\_\_\_\_\_  
Signature of participant (if own guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Guardian (if applicable)

\_\_\_\_\_  
Date