

FALL 2025

ENRICHMENT CATALOG



SEPTEMBER 02 - DECEMBER 19, 2025

IMPORTANT INFORMATION

- The Fall session is from September 2nd - December 19th.
- Once you are enrolled in an enrichment program, enrollment fees will not be refunded.
- The Cooking Skills and Social Skills programs are pre-assigned. All other enrichment programs are optional.
- All optional enrichment programs are pending until we reach a minimum number of participants enrolled.
- The sign-up form is an interest form only. We will confirm your enrollment in selected programs after reviewing your form and finalizing the schedule.

PRE-ASSIGNED ENRICHMENT (NO SIGN-UP NECESSARY)



COOKING SKILLS



Learn to make tasty recipes while practicing kitchen safety and cooking skills. Measure, mix, and cook with friends, and enjoy the food you create!

DETAILS:

- **1-2 Assigned Sessions per Participant:**
 - Mondays - Thursdays: 5:00pm - 7:00pm (including dinner)
 - Thursday: 11:30am - 1pm (including lunch)
- **Instructor:** Hailey Ng
- **Location:** Willow Commons



SOCIAL SKILLS



Have fun while strengthening your social skills. Practice small talk, reading body language, handling disagreements, and knowing what to say in different situations. This class helps you strengthen your relationships, work with others, and feel confident in social settings.

DETAILS:

- **1 Assigned Session per Participant:**
 - Tuesdays: 4:30pm - 5:30pm
 - Thursdays: 7:00pm - 8:00pm
 - Fridays: 4:00pm - 5:00pm
- **Instructor:** Behavior Team
- **Location:** Willow Commons

OPTIONAL ENRICHMENT (SIGN-UP AVAILABLE)



ART



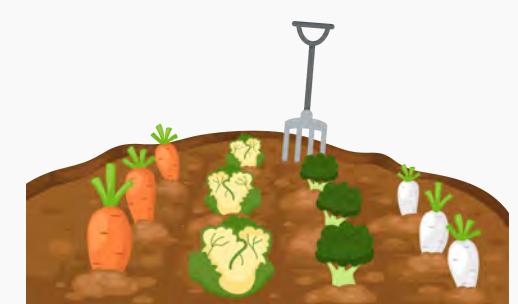
Make art using paint, clay, and everyday materials! Projects could include canvases, vases, coasters, and musical instruments. This class is a fun way to be creative, express yourself, practice skills with your hands, and feel proud of your creations.

DETAILS:

- **2 Sessions Offered:**
 - Mondays: 4:30pm - 6:00pm
 - Tuesdays: 9:00am - 10:30am
- **Instructor:** Shazia Jang
- **Location:** Willow Commons



GARDENING: IT'S GARDENING THYME



Let's get growing! We will explore all of the parts of a plant that we can eat and enjoy together throughout the fall. Each week, we'll plant edible vegetables, herbs, and flowers, make fun garden-inspired art, try simple garden recipes, and observe the wildlife at Willow Commons.

DETAILS:

- **1 Session Offered:**
 - Tuesdays: 1:00pm - 2:00pm
- **Instructor:** Brook Coffee
- **Location:** Willow Commons



JOURNALING: STARS AND STORIES: JOURNALING YOUR UNIVERSE

Discover the power of journaling and how it can help you grow and support your emotional wellbeing. You'll have the opportunity to reflect on your life, build self-advocacy skills, and practice mindfulness through creative writing and fun activities.

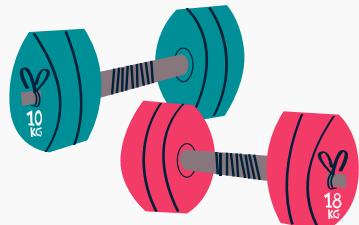
DETAILS:

- **1 Session Offered:**
 - Wednesdays: 10:00am - 11:00am
- **Instructor:** Sydnee Crosby
- **Location:** Willow Commons



OPTIONAL ENRICHMENT

(SIGN-UP AVAILABLE)



GROUP WORKOUT



Exercise together in a fun and supportive class! Try stretches, strength training, balance activities, cardio and more to build fitness, stay healthy, and feel energized. All activities can be adapted for different abilities.

DETAILS:

- **2 Sessions Offered:**
 - Wednesdays: 8:30am - 9:30am
 - Fridays: 8:30am - 9:30am
- **Instructor:** FitTRAC coaches
- **Location:** Portola Valley Ranch Gym



SPANISH



Learn Spanish in a fun and supportive class! Through songs, movement, games, and role-play, you'll practice everyday words and real-life conversations. Topics include greetings, feelings, family, weather, and more. You'll also explore Latine culture through music, holidays, traditional foods, and stories. This class helps you express yourself, connect with others, and enjoy using Spanish in daily life.

DETAILS:

- **1 Session Offered:**
 - Thursdays: 5:00pm - 6:00pm
- **Instructor:** Salvador (Tita) Calonje
- **Location:** Willow Commons



DIGITAL PHOTOGRAPHY



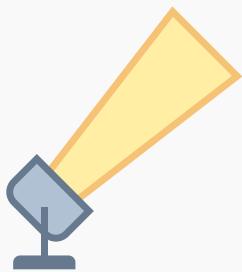
Learn how to take great photos and share your own view of the world! You'll explore using a camera, taking pictures indoors and outdoors, and practicing skills like framing, lighting, color, portraits, and action shots. Each week includes time to learn new ideas and time to practice taking pictures.

DETAILS:

- **1 Session Offered:**
 - Fridays: 10:00am - 11:30am
- **Instructor:** Daniel Nader
- **Location:** Willow Commons

OPTIONAL OFF-SITE ENRICHMENT

(SIGN-UP AVAILABLE)



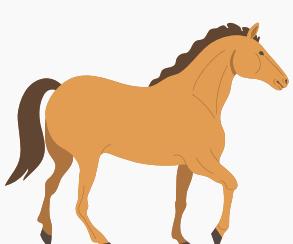
PVTC - THEATRE



Have fun acting, playing theatre games, and working with others to create and perform your own play or musical. This class helps you build creativity, teamwork, and communication skills.

DETAILS:

- **1 Session Offered:**
 - Wednesdays: 4:15pm - 5:45pm
- **Fall Session Dates:** September 3 - November 5 (10 weeks)
- **Instructor:** PVTC Staff: Jack Brudos
- **Location:** Portola Valley Theatre Conservatory



NCEFT - HORSE THERAPY



Spend time with horses, nature, and art in a supportive, fun environment. Licensed therapists and horse handlers guide activities that help you practice mindfulness, cope with stress, connect with peers, and reflect on your feelings. *New participants will need to complete an assessment.

DETAILS:

- **1 Session Offered:**
 - Fridays: 10:00am - 11:30am
- **Fall Session Dates:** Setpember 5 - October 24 (8 weeks)
- **Instructor:** NCEFT staff: Carolyn Green, LMFT
- **Location:** National Center for Equine Facilitated Therapy

BONUS OPTIONAL ENRICHMENT

(SIGN-UP AVAILABLE)



GAME MASTERS



Have fun playing board games, card games, and group activities with friends! Practice teamwork, taking turns, and friendly competition while enjoying a social evening.

DETAILS:

- **2 Session Offered:**
 - Tuesdays: 7:00pm - 8:00pm
 - Wednesdays: 7:00pm - 8:00pm
- **Location:** Willow Commons

PENDING ENRICHMENT

(MAY BECOME AVAILABLE SOON)



CERAMICS



Learn timeless techniques to create objects in clay that can be sculptural, functional, wearable, or decorative. Participants will be encouraged to make things that express their personal styles and interests. The finished pieces will be glazed and fired to a temperature that ensures the piece will last for many years to come even if they are outdoor pieces.

DETAILS:

- **Thursdays:** 3:30-4:30pm
- **Location:** Woodside Priory School



TENNIS



Learn to hit, serve, and rally in a fun tennis class! Practice skills, improve coordination, and play games at the Portola Valley Ranch Tennis court.

DETAILS:

- **Day & Time are not finalized**
- **Location:** Portola Valley Ranch Tennis Court



BAND



Take part in band sessions and receive individual instruction while learning songs, rhythms, and playing instruments. Create music, try new sounds, and perform together as a group.

DETAILS:

- **Day & Time are not finalized**
- **Location:** Willow Commons