

Life Skills Day

Date: 2/27/2026

Time: 11:30-2:30pm

Format: 3x 50-minute sessions, with short breaks between

Location: RRJHS

Minutes (Action Items **Highlighted in Bold** Throughout)

Class Status

1. How to Get What You Want (Goal Setting)
 - Jennifer Garrett is confirmed per Heather
 - **Paul will contact Jennifer** and share sample lesson plan (see lesson plan generation item for David below)
2. **AT RISK** - How to Set Your Body and Mind Up for Success (Wellness and Performance)
 - Rebecca Woodberry hasn't responded to Heather's outreach
 - **Paul to talk with his neighbor** (personal trainer) about participating in this or Sports Readiness session.
3. How Not to be a Jerk (Conflict Resolution)
 - Tom Swaninger is confirmed per Heather
4. **AT RISK** - Finding Meaning in How You Spend Your Spare Time (Volunteering)
 - Patrick Schweiss is busy with the film festival then, per Jennette
 - Idea - Maybe someone at the Humane Society? Jennette has reached out to Deb Haynes.
 - **Jennette is waiting until the weekend for a response from Deb.** If none, Paul to contact (he lives close by)
5. **AT RISK** - Earning Money / Starting a Small Business
 - Gwenn Ortmeyer has been unresponsive to Jennette's outreach
 - **Jennette to give Gwenn until Monday to respond.**
 - Backup plan - Brad Parker?
6. **AT RISK** - Cake / Cookie Decorating
 - Viki Ralston not interested, per Jennette
 - Jennette reached out to "Cream & Cake Couture" in Tlaquepaque (via website) but no answer yet
 - **Jennette to reach out to Kevin Fry to enlist help of Clark's baker / decorator**
 - Other ideas: include Layla's, Phil Ray @ Basha's
 - iv. Phil Ray @ Basha's
7. **AT RISK** - Fashion
 - Both Mimi Maher and Marcia Furst declined
 - Ideas:
 1. Candice Walter Dolan - Previous owner of Victorian Cowgirl... did a talk for Sedona Women on fashion for different body shapes
 - **Jennette to reach out to Candice**
 2. Owner of Twice Nice? Fashion with a thrifting angle...
8. Stock Market Investing & Personal Finance
 - Will Trizese is confirmed.

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- Note that Will has fingerprint clearance.
- 9. **AT RISK** - Video Editing
 - Cindy Wilmer was not comfortable per Marilyn (and didn't have ideas)
 - Jennette to contact Michelle Grimm (other Rotary club) - may be interested or have ideas.
- 10. First Aid Basics
 - Denny Preisser & Team (American Red Cross) are confirmed
 - Note that Denny has fingerprint clearance.
 - Paul to follow up with Denny** in January.
- 11. Decorating a Room - Jennette to contact Lindsey Potter
 - Lindsey Potter not interested per Jennette
 - Jennette spoke w/ Blackmar Furniture... they have an interior decorator (Thai Greenfield) who would like to volunteer
 - Jennette to contact Thai Greenfield and confirm**
- 12. **AT RISK** - Sports Readiness - Conditioning / Fitness / Skills Development
 - Peter Brock unavailable, per Marilyn
 - Ideas:
 1. Coach Galen may have ideas (unavailable himself)
 2. **Heather to reach out to Galen for ideas**
 3. **Paul to talk with his neighbor** (personal trainer) about participating in this or How to Set Your Body... session

Course Guides

Dave Potter to (re)generate course guides for all classes except for First Aid Basics.

Student Surveys

Marilyn confirmed that there are a couple stragglers remaining, but those will be done ASAP.

Marilyn to email Paul when all surveys are completed.

Other Discussion Items

Marilyn / Heather confirmed that 12 rooms are available. Class placement TBD based on needs for each space.

Next Meeting - Via Google Meet

1-2pm, Friday, January 30

Marilyn sent meeting invitation (completed)