

ACED Program Information

Fees— The fee is \$7 per class, \$14.00 for two classes and \$21.00 for 3 classes

Fees include all 6 weeks of classes

www.ihd.umkc.edu/aced/

Registration

You must be at least 16 years of age and a Jackson County resident to participate. Preregistration is required. **Walk-in registrations will not be accepted.** All student paperwork must be completed before student will be allowed to attend classes. Sign up immediately upon receiving your brochure; first come, first served. Classes fill up quickly.

Please Read Carefully!

Classes marked with **an asterisk (*)** indicate classes offered on the Graceland University campus. Please take a look at your calendar, as we expect each student to attend 5 out of 6 class days. If this is not possible, please choose a different campus. Please return all registration forms to the UMKC campus. Minimum enrollment is required to offer a class. You may enroll online and send your check or money order by mail as soon as you register. Please mail to the address on the registration card.

Refund Policy

If you withdraw from classes one week before classes begin, credit will be given for the next semester. To withdraw from a class, please call UMKC at 816-235-1754. No cash refunds are possible.

Certificate of Completion

A certificate of completion will be given to students who complete 5 of the 6 Saturdays. Special recognition will be given for perfect attendance.

Attendance

It is your responsibility to come to class and be on time. If you arrive more than 15 minutes after the start of class, you may be seated in the hall, and will not be admitted to class.

New Students

If you have never attended **ACED** classes, return the registration form with your fees to the UMKC campus and call the **ACED** office to schedule an interview. **ALL interviews must be conducted and student paperwork completed before the first day of class.**

Returning Students

If you have attended **ACED** classes, return the registration form with your fees to UMKC.

Weather

If classes are cancelled due to inclement weather, a recorded message will be on the voice mail at UMKC at 816-235-1754. Please call after 7 a.m. on the day of the class to confirm the status of your classes.

Questions? Call your ACED office:

816-235-5678 (Avila and Graceland)

816-235-1754 (UMKC)

Enroll online at www.ihd.umkc.edu/aced/

What is ACED?

Adult Continuing Education for Persons with Developmental Disabilities (**ACED**) offers adults the opportunity to attend non-credit classes in an educational and social environment. The **ACED** program is designed to teach independent living skills and provide life-enhancing experiences. **ACED** is offered by the UMKC Institute for Human Development, a University Center for Excellence in Developmental Disabilities, Avila University and Graceland University, with funding from the Developmental Disability Services of Jackson County-EITAS.

Classes are held on Saturday mornings.

Avila University classes will be held on the Avila campus, 11901 Wornall Rd., Kansas City.

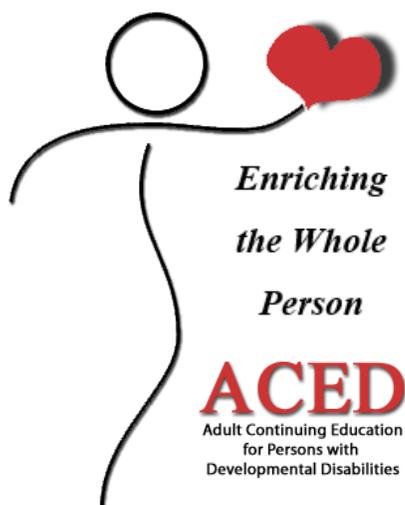
September 10, 17, 24, October 1, 8, 15

UMKC classes will be held on the UMKC Volker campus, 800 E. 52nd Street, Kansas City.

October 29, November 5, 12, 19, December 3, 10

Graceland University classes will be held on the Graceland campus 1401 W. Truman Rd., Independence. **October 29, November 5, 12, 19, December 3, 10**

Fall 2016 Classes



Classes begin September 10



Classes begin October 29



Classes begin October 29



9:00 to 10:00 a.m.



10:10 to 11:10 a.m.



***Yetis- Real or Fiction?**

A yeti is a large, white, hairy creature resembling a human or a bear, said to live in the Himalayan mountains. Does it really exist? No one is sure. You will create a mini yeti and caregiver's manual. We will also study other animals who live and survive quite well in snow and ice.

***Vision Quest**

Improve your reading skills the fun way — making Vision Boards! Gather images and words describing all your hobbies, money goals, travel dreams, and people that you admire. Be inspired and get motivated!

***Choose a Cruise**

Thinking about taking a cruise? What's included in the price? Do I want an inside room or a room with a view? The Caribbean? Alaska? Europe? We will explore different cruises that are offered, and design our own perfect vacation.

***Sharknado!**

Sharknados? A zombie attack? Could it happen? Probably not. But a disaster? Yes, it can happen any time. If you have a disability, getting the kind of help you need might be tricky. Know what to do and get a free bug-out bag. Be prepared just in case sharks DO fall from the sky!

Recycling Blue Jeans

Give new life to your old blue jeans and other household items by giving them a touch of art. We are on a mission to recycle with the help of the *5 & Dime* book.

Indian Dandiya

"Dandiya" is an energetic folk dance from India that uses sticks to perform a choreographed "Sword Dance." These dances portray stories from the past. You will find yourself drawn into these colorful and energetic dances as you swirl around and burn calories at the same time!

Dress For the Occasion

Help!! What do I wear? Explore modern do's and don'ts of proper attire. This class will tap into your creativity as a fashion designer through drawing and experimenting with paper patterns.

***Kitchen Marvels, Gadgets and Toys**

See what all the fuss is about! Try the George Forman Grill, a coffee press, and a double boiler! We will experiment with recipes using small appliances that are common and uncommon in the kitchen.

***A Scandinavian Christmas**

It isn't Christmas in Norway and Sweden without krumkake, a thin crisp cookie made in a special iron. You will also paint wooden dala horses, create "tomtars" (gnomes), and find out why ladies wear candles in their hair.

***Happy 100th Birthday National Parks!**

"Boil, boil, toil and trouble, fire burn, and cauldron bubble." Is it a good idea to wander off the boardwalk in Yellowstone National Park, or try to take a selfie with a bison? Lets find out! We will explore some National Parks and create our own artwork to celebrate America's natural treasures!

***900 PBJ's**

Put a smile on a chimp's face! Chimps are more similar to humans than not. They play, laugh, enjoy toys, and eating with friends and family members. They can even learn sign language. Help us plan a service project!

W.A.I.T. (Why Am I Talking?)

Find out what the experts, for example doctors, fitness trainers, and hair stylists, wish you would ask them! Improve your focus and get people's attention when you speak up!

Whispers From the Past

Genealogy is the study of family history and lineage. Come look through old photos and find the stories about the members on your family tree. Who knows? You might come face to face with someone who looked just like you!

Home Explosion Projects

I'm moving! Now what do I do? Plan a move, determine your style of home and decorate! Use textures and colors to bring your walls to life. Make "I'm moving" cards to notify friends and family (and ACED!) about your new digs.

11:20 to 12:35 p.m.

***Meet Me At the Marriott**

Explore and develop the art of customer service as you get a behind-the-scenes look at unique and exiting careers in the hotel industry. Discover how all the jobs which combined make a hotel run 24-7. Do you have what it takes to work at a hotel?

***Chinese Ribbon Dancing**

The art of Chinese ribbon dancing has been performed for more than 1,000 years. Using long, colorful ribbons in synchronization takes practice and precision. You will soon captivate your friends and family with this ancient, but elegant form of dance.

***CQ (Curiosity Quotient)**

If you loved "Minute to Win It," this class is for you! Compete against yourself, with a friend, or on a team. Fast and fun facts. Class will be loud and wild! Come ready to play!

***Not Just Dogs**

Come meet the author of "Hero to the Rescue". Engage with dogs through reading to a doggy friend, practicing First Aid for dogs, and training a dog. We will visit a shelter and possibly a center which offers agility training for dogs and their owners.

Using Your Zoodle

Are you the recipient of more zucchini than you can use from your overly ambitious neighbor gardener? Zoodles are thin strips of zucchini which can be used in place of noodles, rice, and more. Delicious and free of wheat, zoodles are a ton of fun!

Pokémon Go and Wii Fit

Use technology and get in shape while having the time of your life! Pokémon Go is sweeping the world and everybody is out walking as they catch critters in this interactive video game played on your phone. When the weather keeps us indoors, we will play games with Wii Fit.

Streets of K.C.

Cities are unique. They each have their own character and patterns. Celebrate art, marathons, food trucks, and block parties. Understand how hidden doorways, lighting, air conditioning, paint colors, green space, and building heights can make a neighborhood safe or dangerous. How do the homeless survive and what causes gun violence? Let's hit the streets and see what makes Kansas City tick.