

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 (UMKC)

816-235-1754 (Avila and Graceland)

Enroll online at www.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.

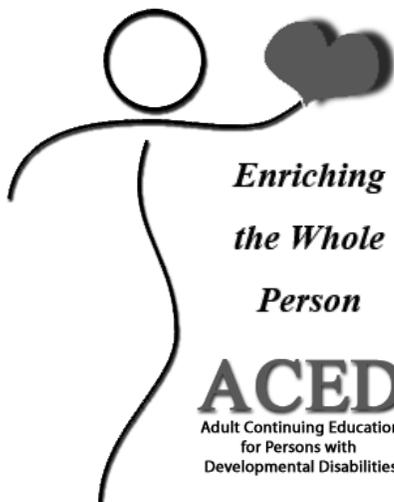
January 21, 28, February 4, 11, 18, 25

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

March 4, 11, 18, 25, April 1, 8

Graceland University classes will be held on the Graceland campus 1401 W. Truman Rd., Independence. **March 4, 11, 18, 25, April 1, 8**

Spring 2017 Classes



Classes begin January 21



Classes begin March 4



Classes begin March 4

9:00 to 10:00 a.m.



10:10 to 11:10 a.m.

***As the World Turns**

WANTED — BAD ACTORS & ACTRESSES!

Acting for a soap opera is over-the-top! If you are a bad actor, you can be REALLY bad! The stories are so silly you may have trouble keeping a straight face!

***Healthy Lunches**

Once you've tried these lunches you will never go back to your old habits! Each lunch is packed with flavor. Try Hawaiian Veggie Burgers or Crunchy Tuna Wraps. Or how about Spicy Black Bean Burritos or Pizza Burgers—each 400 calories or less!

***House of Blues**

From Chuck Berry to Fitz and the Tantrums, rock and roll music has influenced pop culture since the 1950s. Come share your favorite songs, listen to new tunes, and sing and dance along with the ACED Rock and Roll Club!

***Exercising with Dick and Jane**

Jane Fonda and Richard Simmons ruled the 1980s with their "new" way to exercise to music! These workouts are still some of the best around and will get you into shape faster than you can say "Sweatin' to the Oldies!"

Please Touch the Art!

Use Pinterest to find projects which mix and match different textures, shapes, and sizes. You will be awestruck to know how egg shells, rocks and wood can be turned into magical home accessories, which can instantly brighten up your room, with just one creative touch.

The Morning Newspaper and Coffee

You read something on Facebook or hear a story on the news. Is it fact or fiction? Is it real? Are you able to ask questions that will give you the information you need? Can you express your view without hurting others? This class will wake you up each week with fresh brewed coffee and lively debate!

Anaconda Team Building

It will take some talented teamwork to cross the river with the anaconda waiting for its next meal. Be prepared to share your opinion, actively listen, and support others in this team building class. Skills easily transfer to any workplace!

***Harry Potter**

Are you still anxiously awaiting your acceptance letter from Hogwarts School of Witchcraft and Wizardry to be delivered on your doorstep by an owl? Travel through a magical journey unlike any other! Harry Potter is here with magic hats, wands, glasses, and lightning bolt scars!

***Pots & Planters**

Become a "Master Gardener" in just 6 weeks! You will create 6 new planters for your home, balcony or patio. Included will be herbs, flowers, vegetables, and gifts!

***Painless Penny Pinching**

Starting with math and snacks, we will continue with eating on \$4 a day (is it possible?), collecting coins and loose change, and end with the best tips ever on saving money. We will pinch so much, we will be leaving a thumbprint on Abraham Lincoln!

***Gear Heads**

Create a brooch with old watch parts. Design a lamp using old tools. We will use old clothes and mechanical items to express ourselves through art.

Let's Hit the Road!

If you haven't had a chance to ride K.C.'s new streetcar, this is the class for you. We will also explore travel by train, bus, car, and motorcycle. Plan your next vacation around a favorite or new form of transportation.

Officially Amazing!

If you have heard of the Guinness Book of World Records, then you are ready for the ACED Book of Records! Who runs the fastest? Who jumps the highest? Who has the smallest feet? Who is the best speller? Come create the ultimate book bursting with records made by ACED students.

Goosebumps

Haunted masks, living dummies, cursed tombs, and an evil camera? If you're a fan of things that go bump in the night, you're bound to find a story you love in the Goosebumps book series. But beware, these spooky adventures are likely to leave you with a few goosebumps of your own!

11:20 to 12:35

***Pompeii, Pasta, and Pavarotti**

What do these three words have in common? Italy of course! Experience a volcanic eruption and explore a city frozen in time. Play with shapes and create a new noodle with your choice of name. And don't forget to sing a few lines of opera with Pavarotti during the activities.

***Don't Spread that Cold!**

Wash germs right out of your life! We will experiment with new shampoos, try new face scrubs and test tooth pastes. You will be introduced to new and easy ways to do laundry, clean house, and keep your home in tip-top shape. **Human sexuality will be included in this class.**

***Fortune Hunter**

Hidden treasures and scheming pirates. It all starts with a mysterious old key and note about location details to hidden treasure. We are all set to trace the fortune using Google maps to locate treasure or snap chats to preserve ground zero pictures. Become a modern day pirate.

***Winner, Winner, Chicken Dinner**

You can't lose! Chicken is economical, low in fat, and adapts to a variety of cooking techniques. Whether it's comforting chicken noodle soup, filling stew with dumplings or spicy Chinese stir fry, every dinner can be a winner. Go home with 6 new recipe cards to keep and use over and over again!

Self-Defense

Be prepared and learn basic self-defense! Being aware of your surroundings is very important. Practice using everyday items to protect yourself against danger. This class will be informative, easy, and fun! It will also help you firm and tone your body!

Tiny Treasures

Spring brings tiny natural treasures such as delicate wildflowers, new nests with tiny eggs, chicks, ducklings, fairy gardens, and fairy houses. We will be making a tiny treasure for Easter or Mother's Day. We will also take time to visit "Treasures of the Kings" found in miniature room settings during the reign of King Louis the 15th and King Louis the 16th.

Support the Troops!

Have you ever wondered why the U.S. is ranked as having the most powerful military in the world? Be able to identify a Navy or a Marine uniform. Discover how our military travels around the world, and even guards the President! Explore how military weaponry marvels and medical advances help us in our daily life today.

Only the first 4 classes each hour are offered at Graceland University Campus.