

## 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/](http://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!*

**You MUST arrive to class ON TIME. Students arriving 10 minutes after the start of class must wait in the hallway until their next class to avoid disturbing other students, as well as teachers.** 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 ACED, 215 W. Pershing R., 5th floor, Kansas City, MO 64108. 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 do not send cash. 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 ACED 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 10 minutes after the start of class, you will be seated in the hall, and will not be admitted to class. Staff or parents must stay until the beginning of the next hour.

### New Students

If you have never attended ACED classes, return the registration form with your fees to the ACED office and call us at 816-235-1754 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, return the registration form with your fees to ACED, 215 W. Pershing R., 5th floor, Kansas City, MO 64108.

### Weather

**If classes are cancelled due to inclement weather, a recorded message will be on the voice mail on the ACED office number 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 our ACED office:

816-235-1754 (Avila and Graceland)

816-235-5678 (UMKC)

**Enroll online at [www.ihd.umkc.edu/aced/](http://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 9, 16, 23, 30, October 7, 14**

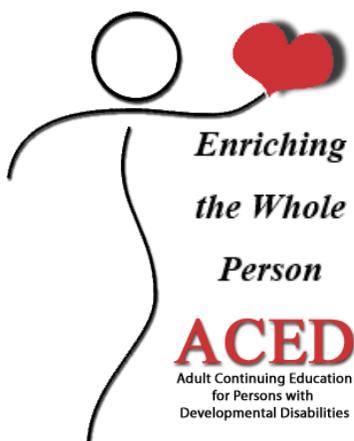
UMKC classes will be held on the UMKC Volker campus, 800 E. 52nd Street, Kansas City.

**October 28, November 4, 11, 18, December 2, 9**

Graceland University classes will be held on the Graceland campus 1401 W. Truman Rd., Independence.

**October 28, November 4, 11, 18, December 2, 9**

## Fall 2017 Classes



Classes begin September 9



Classes begin October 28

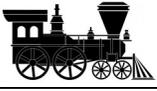


Classes begin October 28

Join Our Email List at <http://eepurl.com/cLs89T>



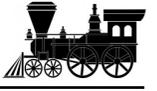
Like us on Facebook at [www.facebook.com/acedprogram](http://www.facebook.com/acedprogram)



**9:00 to 10:00 a.m.**

Classes marked with an asterisk (\*) indicate classes offered on the Graceland University campus

**10:10 to 11:10 a.m.**



**\*Less is More**

Up for a challenge? Try cooking with five ingredients or less! Made famous by Dana, *The Minimalist Baker*, the art of cooking using just the essentials has taken the world by storm! Can you make tacos with only five ingredients? Let's find out!

**\*Carpool Karaoke**

If you are a fan of *James Corden's Carpool Karaoke*, then you will love this class. Sing along with your favorite pop idols such as Elton John, Justin Bieber, Madonna and more while doing a little "chair dancing"!

**\*Conspiracy Theories**

Did we REALLY land on the moon? Did Amelia Earhart's plane REALLY crash as the historians claim it did? Are aliens living among us? Let's discuss in this interactive class and look at history in a new way!

**\*Totally Twisted**

Make your designs POP using some wood, nails, a hammer and some string! 3-D string art is a new way of creating magnificent wall hangings that will WOW your houseguests!

**Mad Hatter Tea Party**

Discuss natural remedies, essential oils and which plants to use or avoid in nature, all while sippin' on some delicious tea! We'll discover the hidden health benefits of herbs you probably have in your kitchen, and try using essential oils to safely boost your health!

**Larping—Live Action Role Playing**

Learn to fight like a medieval soldier and weave tales of adventure in far-away lands. Build your own weapons and make your own costumes for play. A good hobby is about fun, a great hobby, like Larping, is about dreams!

**In Love with Lettuce**

Why not go beyond iceberg lettuce? Have you tasted oak leaf lettuce or radicchio? This class will also teach you how to save money by preparing your own croutons and salad dressing. Let's build a salad bar in your fridge!

**\*Life Hacks & First Aid**

Overcome pesky little obstacles that make everyday life difficult. Discover a new use for *Doritos* and a way to keep your cat off your keyboard. Invent a new hack and name it after yourself!

**\*Games Galore!**

Board games, yard games, carnival games and more! Enjoy an hour of games that bend your brain, make you work as a team, and get you moving. We'll play some of your favorite classic games, and learn several new games as well!

**\*ACED Adventure!**

Raising money for your favorite charity can be fun and creative, plus giving you the best feeling in the world because you are helping others. Find the cause that's right for you. *(If you want to go on an ACED-sponsored trip this class is a pre-requisite. Certain criteria will apply.)*

**\*Locks, Docks, and Rocks**

Study how ships and sea life (including invasive species) move through the Great Lakes. Build a lighthouse, listen to a song about a shipwreck, and read about how foghorns save lives. Taste a pasty and tell a Yooper joke. What is a Yooper anyway?

**Once Upon A Time...**

Writing a story can be a great way to test your imagination. But, what if the story is about you? What events would be important? What secrets would you never share? *(Personal boundaries will be discussed.)*

**Hidden Figures**

The movie, *Hidden Figures*, brought to life the story of three women who worked for NASA and helped put a man on the moon. Why had we never heard of them before? Come explore other "hidden" figures behind America's great successes.

**Anything But A Plant**

How many 'things' can you think of that grow and are NOT plants? Create delicious GROWABLE candies, grow a geode, and more in this cool science class!

**11:20 to 12:35 p.m.**

**\*Murder on the Orient Express**

An ancient mystery must be solved! Where will you find the answers? Come join us as we travel to the Pyramids, the Great Wall of China, the Notre Dame, or the rivers of Venice, without ever leaving your chair! Discover languages such as Egyptian hieroglyphics. See a real mummy, a Greek sarcophagus and discover what secrets lie beneath their tombs. This class will look at nearly-lost languages and practice art forms that vanished over time.

**\*Monet Magic**

In 1874, a new art form shocked the world, it was filled with light and color. Impressionism became the "newspaper of the soul". We will learn how to paint in the style of the Impressionists and complete our education with a visit to the new Bloch exhibit at the Nelson-Atkins Museum of Art.

**\*City Slickers**

Kansas City millionaires shaped this town. William Rockhill Nelson helped fund an art museum, J.C. Nichols developed neighborhoods and America's first shopping center, Thomas Swope donated the land for a park and George Kessler created boulevards which, to this day, still define Kansas City. Who were K.C.'s millionaires? How did they make money? Why did they feel it was so important to make Kansas City more than just another Cowtown? *(A bus tour of homes will be included.)*

**\*Tennis, Anyone?**

Are you the next Serena Williams or Andre Agassi? Tennis is a fun way to get and stay in shape. We will teach you all the basics, such as how to serve, volley and keep score. You could play like a pro!

**Bed & Breakfast**

Have you ever thought about becoming the owner of a bed and breakfast? Having the right personality can sometimes lead to success. You will create a checklist for a start-up, interview an owner, and visit a charming bed & breakfast.

**Beware the Barbed Wire**

Do ranchers still wear cowboy hats and ride horses? Do they wear ball caps and ride around in utility vehicles? We will look at modern-day ranches and discover what it is like to run a ranch today. Enjoy a fun game of horseshoes!

**All Aboard II**

You may find yourself rumbling into Kansas City's Union Station in this class! Trains have captivated the American imagination since the first transcontinental track was completed in 1869. We know the history of trains through stories, paintings, and photographs that captured the romance of train travel in America. We will have a guest speaker from a model train club.