

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!

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 Avila University and 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 Rd., 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 Rd., 5th floor, Kansas City, MO 64108.

Weather

If classes are cancelled due to inclement weather OR you are scheduled for an upcoming field trip, you will be notified via robocall to the number you have provided us on your enrollment. A recorded message will be on the voice mail on the ACED office number at 816-235-1754 for inclement weather. Please call after 8 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/

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.

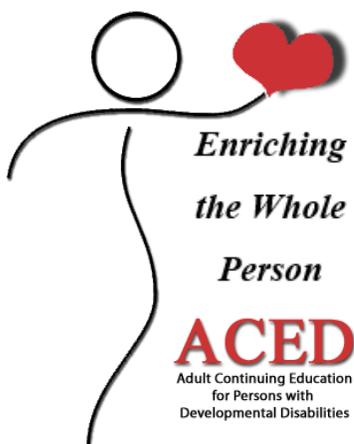
September 8, 15, 22, 29, October 6, 13

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

October 20, 27, November 3, 10, 17, December 1

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

October 20, 27, November 3, 10, 17, December 1



Fall 2018 Classes



Classes begin September 8



Classes begin October 20

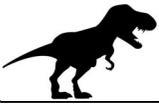


Classes begin October 20

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



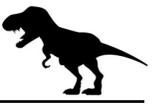
Like us on Facebook at www.facebook.com/acedprogram



9:00 to 10:10 a.m.

Classes marked with an asterisk (*) indicate classes offered on the Graceland and Avila University campus, all classes will be will be offered at UMKC

10:20 to 11:30 a.m.



***The Soundtrack of Your Life**

Ever wonder what it would be like to be a rock star for a day? Step into the shoes of rockers like Bob Dylan and The Beatles, then record music of your own! You'll have the chance to record a song with the help of professional recording artists and get your hands on real, working instruments!

***What is Your Breakfast IQ?**

Think you know all things breakfast? First, let's test to see if you can make the smarter, healthier choices. We'll calculate caffeine, study sugar, and do some taste testing. Occasionally, we will even vote for a vegan breakfast.

***Gifts for Holiday Giving**

Be prepared for this holiday season with a variety of gifts to give your family and friends. Create your own hand-made gifts for Halloween, Thanksgiving, and Christmas. You will choose from several holiday-inspired examples of crafts and art.

***Mysterious Islands**

What is an island exactly? Close your eyes and picture an island. What do you see? Discover hidden attractions and unusual things to do on an island. What types of mysterious wildlife live in the middle of the ocean? Find out if you are suited to live on an island. Design your ideal, imaginary island!

***Let's Grill Out**

Nothing says football season in Kansas City like a hot dog off the grill at your favorite tailgate party. In "Let's Grill Out," you'll get expert advice from guest speakers about the basics of becoming a grill champion, including the supplies you'll need, and how to prepare your seasonal favorites, like hot dogs, hamburgers, steaks, and even kabobs!

***#Metoo and Tea**

Wondering what all the controversy is about? Start your mornings off with tea and a lively discussion of the #metoo movement, its ramifications in popular culture, and why it affects you. Learn about the definitions of sexual harassment, how to report it, and what to do if you see it happening. An important class for women AND men.

Teddy Bear Quilts

Old baby clothes with stains come alive in an adorable teddy bear baby quilt. We will need people handy with scissors, willing to learn to use a sewing machine, sew on buttons, and artists with a "good eye" for color. (Quilts will be donated to lost children.)

11:40 to 12:30 p.m.

***Don't Burn the Kitchen Down**

Run! Jump! Skip! Grab all of your ingredients for your meal before the timer goes off and the kitchen catches on fire! In this exercise class, you'll be focused on getting your heart pumping and breaking a sweat to avoid the fierce flames of doom! (this is an exercise class, NOT a cooking class)

***Mr. Rogers Breaks Barriers**

From the time "Mister Roger's Neighborhood" first appeared in 1968, to its final episode more than 30 years later, it seemed like the perfect feel-good children's TV show. However, the show proved groundbreaking because Rogers showed a fearlessness in tackling topics that were often ahead of their time! Get to know Mr. Rogers and his make-believe neighborhood, as we cover interesting topics of our own!

***Planet vs. Plastic**

Recently, a whale died from eating 64 pounds of plastic trash. Would you like to advocate for wildlife and clean beaches? Reduce your own single-use plastics, create an action plan, and participate in unique and fun activities to save the planet.

***Disney Self Defense**

Learn Kung Fu like Mulan. Sword fight like Peter Pan. Build your strength like Hercules and escape down the rabbit hole like Alice in Wonderland in this fun workout class! Learn how to defend yourself against the bad guys like your favorite characters, while building your strength at the same time!

***Cirque Du Soleil**

The spotlight will shine on the art of designing and performing circus acts. This active class will introduce you to entertaining an audience. Magic tricks, costuming, and make-up lessons will be included. Come prepared to participate!

***Digital Storytelling**

Imagine a world where you are in the story, talking to the characters, exploring the setting, and affecting the plot. Interactive fiction on the computer will make stories come alive for you in ways a book cannot. Anyone can be an author!

Mindfulness and Meditation

Do you want to learn new methods for helping yourself focus and concentrate? All can be found in the practices of Buddhism, an ancient Indian religion founded on the teachings of the Enlightened Buddha. In this class, you'll learn about how the things we say and do can affect our attitude and happiness, and how we can improve our outlook on life through the art of silent, contemplative meditation.

***Jurassic Park**

Travel back to a time where dinosaurs roamed the Earth over 252 million years ago! You'll dig deep into the history of dinosaurs, fossils, and even come face to face with the life-sized 3D giants! Learn what it's like to be a Paleontologist who studies dinosaur bones, and even dig for your own!

***Makeup for the Theater**

Transform yourself into your favorite fantasy character! Make yourself look extra scary like an evil villain or create a look that's sweet like a fairy! Learn how to walk, talk and act to bring your character to life. (This class is a continuation of our summer theater class—anyone can enroll!)

***Elephant Tusks and Trunks**

Nearly everyone has a fond memory of an elephant, whether it was a visit to the zoo or circus, or from a favorite childhood story. Discover fun facts about these gentle giants. Complete the activity, "If An Elephant Followed Me Home" and interview an elephant zookeeper.

***Royalty and Relics**

What did a King and Queen wear during the Middle Ages? What were the Crusades? Is the finger bone of John the Baptist really in Kansas City? In "Royalty & Relics," learn all about the ways of life in the Middle Ages, the kind of armor a knight would wear, and why the Crusades were so important.

***Feng Shui Your Room**

Discover new and inspired ways to decorate your room! We will look at your room's layout and discover the best way to arrange your furniture to give you the most usable space. Create your own theme and choose colors that make you feel at home. We will also be making some decorative arts to enhance your space!

***The American Indian**

We all have images in our minds of Native Americans... headdresses, feathers, teepees. But, the truth is that few Indians live like that today. Discover what it means to be an American Indian in the modern world. View their art and watch traditional dances at the Haskell University Art Fair.

India's Colorful Culture

Are you excited to know about India, the country of diversity known for different cultures, traditions, languages and arts? Join us in cooking Indian recipes and making popular sand art known as 'Rangoli', in which different patterns are created using colored sand or flower petals.