

ACED Program Information
Fees— The fee is \$8 per class, \$16.00 for two classes and \$24.00 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 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. You may bring check or money order on the first day of class. **Do not bring cash payments to campus.**

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 hallway, 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 before the start 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, you will be notified via robocall to the number you have provided us via your enrollment. A recorded message will be on the voice mail on the ACED office number at 816-235-1754 after 8:00 a.m.

Questions? Call our ACED office:
816-235-1754

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.

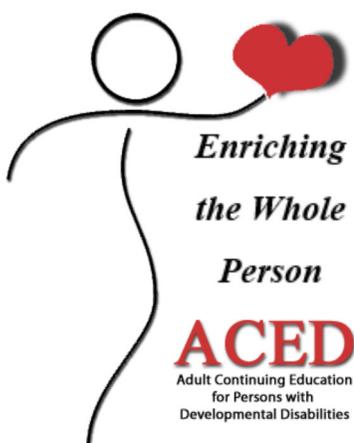
Class Dates: **February 1, 8, 15, 22, 29, March 7**

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

Class Dates: **March 14, 21, 28, April 4, 18, 25**

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

Class Dates: **March 14, 21, 28, April 4, 18, 25**



Spring 2020 Classes



AVILA UNIVERSITY
Be Inspired.

Classes begin February 1



Classes begin March 14



GRACELAND UNIVERSITY

Classes begin March 14



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



9:00 to 10:10 a.m.

10:20 to 11:20 a.m.



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

Harry Potter Cook Book

As a Master Chef at Hogwart's, you must be able to cook all the favorite dishes including "Kreacher's French Onion Soup" and "Nine Recipes for the Goblet" for students who are busy learning their spells. There will be no magic to help you!

Back to the Past

Join us as we take a trip back to the past. Explore what life was like during the roaring '20s, the American Revolution or the time of Little House on the Prairie. Learn about flapper girls or when the button-up shirt was made. Let history come alive!

Amazing Scents and Smells

You will find scented candles and soap are easy and cheap to make. Discover flowers and shrubs which will make our garden and house smell amazing. Finally, a little fragrance goes a long way. Applying lotion or perfume properly can help you make the most of the scents. Come away from this class with tips for your home and yourself to smell good all day!

Book Club

Share and discuss different books while enjoying morning tea or coffee. Bring in your favorite book for everyone to see. There will be a book swap to share books you may no longer want to keep. (You do NOT need to know how to read!)

Snack Boards

Are you having a party, family gathering, or tailgate party? A snack board is a spin on a traditional cheeseboard and is the new favorite way to graze. Create the ultimate, crowd pleasing snack boards using new ingredients, techniques, and colors schemes each Saturday.

Portraits, Still Life, Flowers, Cartoons

Become a still life artist or paint portraits. Create your own image of a bowl of fruit or your favorite photo of a friend.

Kindness While You Shop

From cutting in line to rude behavior, shopping is becoming downright tricky. How do you get in and out of the store, buy what you need, stay on budget, and keep your cool? This class will prepare you to shop with ease and keep you smiling! (Not offered at UMKC or Avila)

Make it with Clay

Build new and different practical and decorative objects with clay, then choose the finishing colors to paint your unique pieces. Need inspiration? A field trip to the Nelson-Atkins Museum to view ceramics and pottery will help you to create art made of clay.

Chocolate around the world (Yum-Yum)

Let's make and eat chocolate! Do we need to say more? 

Let's Dance!

Take a journey into the world of dancing. Each week try a new dance...country line dancing, waltz, hip hop, swing, and the Lindy Hop! So put on your dancing shoes and let's dance!

The "Me" Journal

"Have you ever been on television?" "Can you describe your childhood neighborhood?" or "Which movie had the strongest impact on your life?" You will choose questions that you want to talk about and we will collect them to help you write a book about you. Human sexuality will be discussed.

Bill Nye the Science Guy!

Do you ever fancy yourself as the next Bill Nye, the science guy? Let's have some fun with Changing a flowers color, Milk art, Bouncy eggs and Bouncy bubbles you can hold in your hand. Amaze your friends because many of the experiments will look like pure magic.

Something Creepy out there!

What is something that creeps you out? Is it ghosts, zombies, time travel or something you just can't explain? Come and find more things out about things that creeps you out! (Class could contain scary images.)

Six Continents in Six Weeks

Take an imaginary trip around the world with ACED! You will study six continents including each culture, art, and food. Get to know the people of the world and discover how much we have in common. Not offered at UMKC or Avila)

11:30 to 12:30 p.m.

Star Wars

Calling all rebel forces to fight off the Galactic Empire. Come train to be the next Jedi Master. Find out about your favorite characters and discover a Galaxy Far Far away.

Theme Craft Contest

Looking for a little friendly competition? Each week create to your own craft using a suggested theme! Use your imagination and available supplies to make a creation. Prizes will be awarded each week by the judges.

For the Love of your Pet

You will be making treats and crafts that your animal would love. If you don't have a pet you can donate to your local animal shelter to help a pet in need.

Camping or Glamping?

Do you like to "rough it" or do you prefer to be pampered? Would you pitch a tent or enjoy an air-conditioned RV? Discover your personal vacation style, including bed and breakfasts, motels and hotels. AND tips for being a good travel companion. (An overnight camping trip will be planned for those students who would like to participate.)

Instant Pot Cooking

Cooking with an Instant Pot allows you to make quick and tasty meals for yourself and your family. This new invention can be used as a slow cooker or can speed up a traditional recipe and make a meal in half the time! You will be an experienced cook with 6 new recipes for your instant pot at home.

Art in Alaska

Experience the beauty of the Northern Lights thought art. Study polar bears, whales and caribou and fall in love with seals. Explore through experiments with ice, communities affected by climate change, and everyday life in Alaska. Create a personal action plan to help the environment and follow climate-change activist Greta Thunberg. (Not offered at Avila)

Workout during Commercials

Don't sit in front of the TV! Get into shape during the commercials! We will practice short, in-one-spot exercises that can be done in front of the TV or in the office during work. You will burn calories throughout the new year! (Not offered at UMKC)



Classes marked with a pin are part of the pin-collecting program. Students will receive a pin at graduation.