



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
ENROLL ONLINE AT www.ihd.umkc.edu/aced/
816-235-1754

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.**

Attendance

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. Staff or parents must stay until the beginning of the next hour. 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. Minimum enrollment is required to offer a class.

Enrollment/Payment

You may enroll online and pay with a credit card. You may also send your check or money order by mail as soon as you register online.

PLEASE DO NOT SEND CASH. Please mail to ACED, 5030 Cherry Street, Room 120, Kansas City, MO 64110. You may also 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.

New Students

If you have never attended **ACED** classes, please enroll online. You will be contacted to schedule an interview.

Returning Students

If you have attended **ACED** before, simply enroll online.

Weather

If classes are cancelled due to inclement weather, you will be notified via robocall to the number you have provided us. A recorded message will be on the voice mail on the ACED office number at 816-235-1754 after 8:00 a.m.

ENROLL ONLINE AT WWW.IHD.UMKC.EDU/ACED/
Masks may be required.

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.

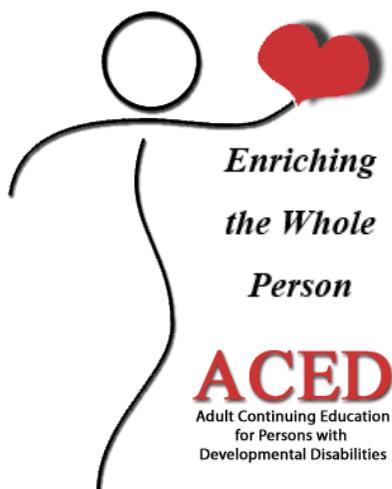
Avila University classes will be held on the Avila campus, 11901 Wornall Rd., Kansas City.

Class Dates: September 11, 18, 25, October 2, 9, 16

Fall 2021 Classes



Classes begin September 11



Like us on Facebook!



Christmas Gifts

Get started on Christmas gifts early for family, friends, and co-workers. Create unique gifts that have your personal touch.

After COVID

Feelings of isolation, being lonely, and stressed out are just a few effects from the COVID pandemic. In this class we will talk about ways to cope and offer support to each other. Tea and coffee and an occasional sweet will be available.

Opposites

Opposites attract? Well, maybe they do. Let's look at all opposites...living in a cold climate vs. living in a hot one...going up in an airplane compared to scuba diving...being very young or being very old. Games, a few crafts and art will be included.

Nascar

Are you a racing fan? If you are, you are not alone. Millions of people attend car races every year. They have favorite drivers and love the crowds. We will look at this sport and get to know how the races have become one of the America's favorite pastimes!

Portraits, Still Life, Flowers III

Create an image of a bowl of fruit or your favorite photo of a friend. This popular class is being offered for the 3rd time! Mrs. Jarrett will continue her popular drawing and painting lessons. New artists welcome!

All about Harry! (Class required for upcoming trip, but others may join!)

Harry Truman the 33rd President of the United States and our hometown hero! The Truman Museum has just finished a year-long renovation and we will visit! For the Washington D.C. trip, the theme will be President Truman and WWII. Anybody can join us, even if you are not going on the trip.

Just Dance

Get on your feet and dance! We will try country line dancing, jitterbug, twist, and just plain jumping around. A great hour of movement and you can create your own signature "moves."

Zoology

The Kansas City Zoo has been renovated and it is time to visit! Discover the animals that we have at our zoo including Koalas. We will talk about when they eat, when they sleep, and how they live. Don't forget the hippos, giraffes and lions too!

Farmhouse Decor

Chip and Joanna Gaines have inspired a movement across the nation...Farm House Décor! Make beautiful, original creations for your home.

Students as Teachers

Always wanted to try teaching? We will practice teaching our favorite subjects to others. **ACED** will buy your supplies for your lesson and guide you to give you the skills to teach a class! Don't worry! You'll be a pro!



11:30 to 12:30 p.m.

Halloween, Myths & Legends

Let's jump into Halloween and discover the myths and truths about old legends. This is not for people who scare easily! Discover places in Kansas City that claim to be "haunted!" (This class may have some scary content.) Halloween crafts will be included.

Fitness Boot Camp

Want to get in shape for the holidays? It's Boot Camp time! This class will include a variety of workouts... something different every week.

Kindness While You Shop

From cutting in line to rude behavior, shopping has become 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!

Healthy Eating

Practice portion control and movement every day! All you need to do is repeat good habits! You also might find that some bad habits that need to be changed. What is the correct AMOUNT of food for breakfast, lunch, and dinner? Does walking every day help us stay healthy? Join us and find out the keys to a healthy lifestyle and test new recipes!

Jewel Art

Make cool art using jewels that shine! From animals and flowers your creation is all yours. Work with brilliant colors and shapes and discover your colorful personality!

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