

**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 a check or money order to 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. 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/](http://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.

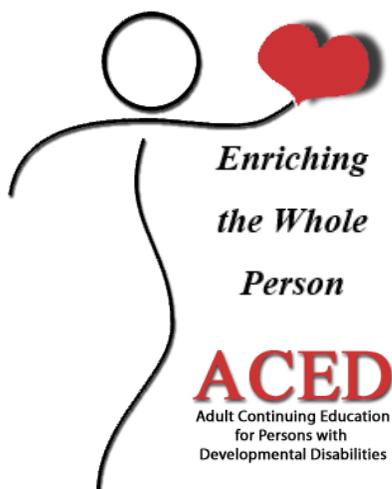
**Classes are held on Saturday mornings.**

**Graceland classes will be held on the Graceland campus 1401 W. Truman Rd., Independence.  
Class Dates: October 30, November 6, 13, 20, December 4, 11**

**Fall 2021 Classes**

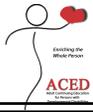
GRACELAND  
UNIVERSITY

**Classes begin October 30**



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 the 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.

**Instant Pot Cooking**

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.

**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!

**Six Continents in Six Weeks**

Take an imaginary trip around the world with ACED! You will study six continents including culture, art, and food. Get to know the people of the world and discover how much we have in common.

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

**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! We will discover places in Kansas City that claim to be haunted. (This class may have some scary content.) Halloween crafts will be included.

**Chocolate around the world (Yum-Yum)**

Dark Chocolate, Milk Chocolate, German Chocolate. How many kinds of chocolates are there? Let's make and eat chocolate! Do we need to say more?

**Students as Teachers**

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

**GRACELAND UNIVERSITY**

**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.

**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!

**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.

**Healthy Eating**

Practice portion control and movement every day! All you need to do is repeat good habits! 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 and make it shine! From animals to flowers your creation is all yours. Work with brilliant colors and shapes and discover your colorful personality.

**Broadway Musicals**

Musicals have changed. *The Greatest Showman*, *Wicked* and *Hamilton* are so different from old musicals. Come watch clips form musicals, hear the writers talk about how they thought up the story and who wrote the songs. You will be humming for the rest of the day!

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