

ACED Program

Adult Continuing Education for Persons with Disabilities

UMKC Institute for Human Development

A University Center for Excellence in Developmental Disabilities

Fees: \$8/one six-week class
\$16/two six-week classes
\$24 for three six-week classes

Enroll: www.ihd.umkc.edu/aced/
816-235-1754



Adult Continuing Education for Persons with Disabilities (ACED):

- Offers adults the opportunity to attend non-credit classes in an educational and social environment.
- Is designed to teach independent living skills, provide life-enhancing experiences and foster self-determination.
- Is offered by the University of Missouri-Kansas City's Institute for Human Development, a University Center for Excellence in Developmental Disabilities, Avila University and Blue Springs School District with funding from the Developmental Disability Services of Jackson County-EITAS.

NEW! ACED Ally (Friends of ACED students) Program. ACED introduces its new Ally Program! If you have a friend who wants to take a class with you, your friend may enroll online in the Ally Program. One class each hour offers two spots for Ally members. Cons information is under the class description.

Registration. Must be at least 16 years of age and a Jackson County resident to participate. Pre-registration is required. Sign up immediately as classes fill up quickly on a first-come, first-served basis.

- **New students:** If you have never attended ACED classes, **please enroll online.** You will be contacted for an interview.
- **Returning students:** If you have attended ACED before, simply enroll online.

Attendance and Certificate of Completion. You **MUST** arrive to class **ON TIME.** We expect each student to attend five out of six class days. Minimum enrollment is required to offer a class. A certificate of completion will be given to students who complete five of the six Saturdays. Special recognition will be given for perfect attendance.

Enrollment/Payment. You may enroll online at www.ihd.umkc.edu/aced and pay with a credit card or send your check or money order by mail when you register online. Mail to **ACED**, P.O. Box 523, 6320 Brookside Plaza, Kansas City, MO 64113. You may bring a check or money order the first day of class. **PLEASE do not mail or bring cash to campus.**

Refund policy. If you withdraw from classes, credit will be given the following semester. To withdraw from a class, please call ACED at 816-235-1754. **No cash refunds are possible.**

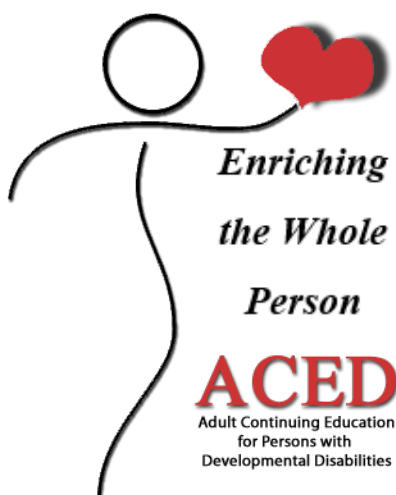
Weather. If classes are cancelled due to inclement weather, you will be notified via robocall to the number you have provided in your enrollment. A recorded message will be on the voice mail on the ACED office number at 816-235-1754 after 8 a.m.

Robocalls. Robocalls are used to inform students, parents and staff of bad weather, upcoming field trips and special events. Please provide a cell phone number for robocalls. If you are using a landline, it must have a working answering machine.

REMINDER: Parents and staff are not allowed in classes **unless they are enrolled in the Ally Program.** The main goal of ACED is to encourage independence for our students. A parent or staff in the classroom can be disruptive for students and teachers. This extends to all field trips unless the student has physical disabilities. Prior permission **MUST** be given by the ACED director.

CLASSES ARE HELD ON SATURDAY MORNINGS.

REQUIRED: Students new to ACED must be interviewed by ACED staff. Please call the ACED office at **816-235-1754** to schedule an interview.



Fall 2023 Classes

Classes Begin Sept. 9 (Avila) and Nov. 4 (Blue Springs)

Avila University

11901 Wornall Rd., Kansas City, MO

- **WHEN: Sept. 9, 16, 30; Oct. 7, 14, 21**

Blue Springs South High School

1200 S. E. Adams Dairy Parkway, Blue Springs, MO

- **WHEN: Nov. 4, 11, 18; Dec. 2, 9, 16**



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

NO classes at UMKC this semester! Sign up at Avila or Blue Springs South!

COLLECT PUSHpins! If the class is marked with a pushpin, you'll receive a wearable pin at graduation!
Classes marked with "A" are part of the new Ally Program.


9 – 10:10 a.m.

- **Lewis and Clark in Missouri.** Transport yourself back in time to the start of Westward Expansion and take a journey with Lewis and Clark. You will virtually step in their shoes in Kansas City and practice skills they had to know. Hear the real story of Pocahontas and their amazing journey.
- **(A) Different from Me—How to Get Along.** Meeting all kinds of new people and strengthening your relationships helps make your life happier. Even people who have different interests and viewpoints can add positively to your life. We will role-play, practice talking over snacks and learn skills for supporting and connecting with others. (Ally cost \$25.)
- **Bingo.** Play bingo games and win prizes! Practice different types of games and improve your skills and make new friends. Be ready to join a local bingo game!
- **📌 Decorating for the Holidays.** Make new decorations for your holiday home. Create a holiday candle, tree skirt, winter wreath, and new ornament. Be creative and get into the holiday spirit. 
- **Weight Watchers.** Managing a healthy weight is a lifestyle. We will talk about healthy habits, try delicious foods and learn about Keto and Mediterranean diets. Each week you'll have a take home tip or recipe to try! A weekly weigh-in will help you stay focused.
- **Getting Involved in Your Community.** Learn how to do fun and inexpensive activities in Kansas City. We will set goals for seeing more of the city and participating in local recreation to discover new social activities and take part in community traditions.
- **Candy Making for the Holidays.** Learn the tasty science of making candy for Fall and Winter holidays. You will learn to make homemade caramel, Rolo "Turtles", and marshmallow ghosts. Taste and share your treats with friends and family.

10:20 – 11:20 a.m.

- **📌 All About Football.** The Chiefs are defending their Super Bowl championship. Get involved with your community by planning football activities. We will talk about the games, players and strategies, and plan to join family or friends at a restaurant for the game.
- **Getting What You Want – Learning to Self-Advocate.** Set a goal and reach it. Learn what self-advocacy is, how to surround yourself with people who will encourage you and how to take steps to reach your goal and celebrate your success!
- **(A) Holiday Food Celebrations around the World.** Taste the delights of holiday traditions around the world. What do they serve as a holiday tradition in Greece, Mexico and South America, Iceland, France, Italy, England and India. Try the food and hear the folklore and tales from miles away. (Ally cost \$80). 
- **Famous Places.** Travel virtually to famous places and learn the stories behind the monuments. We will view pictures, videos, and hear stories about Mount Rushmore, Eiffel Tower, Statue of Liberty and others.
- **Frame It Up!** Learn at least four ways to frame your photos – making fabric frames, a photo collage, a twig frame and glass bottle frame. Make these for yourself or friends.
- **ACED's Got Talent!** It's your chance to be in the spotlight. Practice a song, write a monologue or juggle. Choose what you want to perform, and we will help you get ready. Then, you will perform for family and friends. 
- **Minute to Win It!** Have a laughing good time trying to complete this game in one minute. Make new friends and have rockin' fun with your classmates. You will laugh until your sides hurt!

11:30 a.m. to 12:30 p.m.

- **📌 Mission to Mars.** NASA has spent decades exploring Mars, and now you are taking the virtual journey. You will be part of a science team digging on Mars, flying a drone, driving a rover and orbiting the planet. Develop a strategy for getting samples back to Earth and learn about plans for further exploration.
- **(A) West Coast Swing.** Swing dancing is fun as well as great exercise. Learn six simple steps, and you will be twirling on the dance floor. Be ready for dances and outings this holiday season. (Ally cost is \$75)
- **Artwork with Buttons.** Buttons are colorful and delightful to make art. Make many different kinds of art from a picture frame to a coin purse. Decorate a holiday ornament. Exercise your imagination in this class. 
- **Disaster Stories.** Disasters happen every year, but what happened after the disaster? Post-traumatic growth is the new term used to explain how so many survivors go on to do great things. Learn the stories and be inspired by them.
- **Tai Chi.** Tai Chi is a practice that involves a series of slow, gentle movements and physical postures, a meditative state of mind and controlled breathing. Tai Chi originated as an ancient martial art in China. Become a master of Tai Chi and wake your muscles in the process. Perfect for beginning a healthy exercise program.
- **Taking Control of Your Emotions During Times of Change.** Ever felt like everything is out of your control? Learn how to control how you react to situations. We will talk about challenges, learn techniques for coping and calming, and we will practice helping others master these techniques.
- **Gifts in a Jar.** Think of all the ways you can turn jars into gifts. We will decorate jars for cookie giving, holiday/fair lights, takeaway salads, make-your-own soup, sand art and candy giving. Put your creativity to work and master the art of jar gifts! 