

Adult Day Services *Classes* at a glance

Listing of classes that have been offered in the Adult Day Services program. Clients participate in an interest survey to determine what classes they would like to participate in.

Animal & Science - To provide the opportunity to discover and research a variety of different animals and their habitats. The group may have visits or take outings to area rescue animal centers occasionally and explore the benefits that animals bring to one's life. The group will also have the opportunity to trial different science experiments and see the reaction through cause and effect.

Around the World - To provide an awareness of different cultures around the world, the group will explore a variety of customs in different countries. The group will select an interested country and explore celebrations, popular foods and ways of living in that particular area.

Band - To provide opportunities to learn and play a variety of instruments in the accompaniment of peers and staff. The group will explore different music types and genres, along with gaining an understanding of keeping rhythm with a group.

Body Works - To provide a fun upbeat environment to exercise and encourage active/assistive range of motion through the rhythm of music. The group will explore the healthy benefits of physical fitness, healthy eating and the importance of stress reduction.

Brain Games - To test and challenge your knowledge, memory and communication skills in a variety of mind stemming games. The class usually forms teams to play the games, which encourages peer interaction and problem solving skills.

Ceramics - To develop skills and knowledge of equipment and techniques used to successfully complete ceramic projects. The class allows for each client to choose a project, color of glaze or paint to use and paint through completion with/without the use of adaptive equipment or assistance. Classes may have the opportunity to explore the use of a pottery wheel and see the process from start to finish. Each client will be given the chance to mold the clay between their fingers or with the use of other adaptive equipment. Once the clay has been placed in the kiln, the group will have the chance to paint or glaze their projects to take home.

Computer - To gain the basic understanding of computer equipment, programs and adaptations that are appropriate for each individual. The staff will assist with identifying and developing maximum independence with computer/program start up with or without adaptations.

Courage Karate - This specialized class is instructed by a Fourth Degree Black Belt instructor and co-owner of Courage Martial Arts. This class is designed to teach martial arts in a safe, positive, open, respectful and fun filled environment. Each individual will discover their focus, confidence, discipline and self-esteem know no bounds.

Creative Cooking - To participate in the planning and preparation of simple meals and snacks, using a variety of adapted kitchen utensils, microwave, toaster, skillet and other small appliances that do not require a full kitchen. The class is designed to promote further independence and demonstrate a variety of healthy meals that can be created through the use of small kitchen appliances. The class will be responsible for finding recipes, putting together a grocery list, gathering supplies needed and working together to complete the recipe.

Exercise - To maintain and improve strength, muscle tone, endurance and flexibility each client will have their own tailored exercise follow through. The class is designed to meet the needs of each individual to allow the opportunity for range of motion, stretching, getting out of their wheelchair and into a different position. The use of a prone stander, gait trainer, bike, scooter is also available when appropriate for each individual.

Exploring Song & Dance - To promote an awareness of different musical genres and dance styles, the group will be given the opportunity to select and explore music that was celebrated over the decades along with the dances that were created during those times. Song and dance promotes confidence, self-esteem and the opportunity to build social skills, all while promoting rhythm and movement.

Garden & Science - To learn the basic process of gardening, look at the identification of plants and herbs and enjoy the sensory and leisure education components of gardening. The group will design and care for the raised outside garden beds from start to finish, along with planting and maintaining the indoor greenery. During the colder seasons or rainy days the group will explore the world around them and gain an appreciation of cause and effect through different science experiments and create outdoor art projects to decorate the garden.

Gross Motor Games - To participate in a variety of activities that promote the use of gross motor skills. The class will learn specific skills to participate in each activity and use adapted equipment when needed to encourage full involvement in each activity. Some of the games include bowling, basketball, bean bag target toss, yard games and tee ball.

Health & Nutrition- To gather an understanding of a healthy lifestyle and its daily importance. The group will explore the benefits of a healthy mind and body as well as build self-esteem, self-awareness and peer interactions.

Industrial Arts - To develop self-expression and creativity by using a variety of tools and/or materials to build different projects and abstract art pieces. The class will increase self-esteem through task completion and expand leisure opportunities. The staff will facilitate and maintain safety skills at all times while using different equipment.

Jewelry Making & Hair - To provide the opportunity for social interaction among peers, try out new and different hairstyles, nail polish and create a variety of jewelry to have and share with others. The group will explore the concept of seasonal colors and how to use them appropriately with their wardrobe.

Kitchen - To participate in the planning and preparation of healthy meals and snacks, using a variety of kitchen adaptations. The group will gain general knowledge of nutrition, the food pyramid, portion size, label reading, measurements, creating a grocery list and locating recipes. Specific classes may include gluten-free, low sodium, healthy eating, sensory based, and/or recreational.

Life Skills - To strengthen current skills and learn new skills regarding community safety, resources, grocery and cooking skills, telling time, transportation, and decision making. The group will focus on a particular topic and practice the skills within the community.

Math and Money Skills - To identify and develop necessary skills to manage money. The group will identify currency and their values, skills necessary to make consumer purchases and explore banking processes. The group will also work on building their math skills at each individual level. The class will have the opportunity to oversee the vending machines in the agency which will include collecting and counting the money and counting and reloading the machine with needed supplies.

Media & Games - To have the opportunity to work in a team environment, building social skills and play a variety of different games through the use of the Wii, projector and/or computer, iPads or board games. The class will encourage range of motion through the use of the Wii controllers, game pieces and/or reaching and accessing a switch.

Men's Group - To provide an opportunity for peer interaction and to build social skills. The group will explore a variety of activities to participate in as a whole and discuss a variety of healthy lifestyle topics.

Music & Movement - To provide a fun and musical experience with the assistance of a music therapist from Expressive Therapies. The group combines movement and music to empower each individual and to enrich joy and self-expression.

Music Appreciation - To promote an awareness of musical styles, artists, composers and instruments while enjoying a variety of musical media. The group will be given the opportunity to play a variety of instruments and explore personal music preferences.

Newsletter - To develop and maintain computer skills and increase communication, individuals will independently pick their own topics to write about and decide which article they would like to submit into the CP Newsletter quarterly. The class encourages peer interaction, creativity and increase self-esteem through task completion.

Newsroom - To collaborate as a team to plan and write a script to record and submit each week or biweekly. Clients will be given an opportunity to try different specific positions (weather person, sports anchor, joke of the day, interviewer, camera person, cue card person, etc.). Completed news segments may be placed on the agency wide television monitors or on the CP face book page to share.

Painting - To promote appreciation of painting and drawing styles and techniques. The staff will assist with identifying and developing ways to encourage maximum independence with or without adaptations, to allow each client to create their own style of artwork.

Pinterest - To research a variety of ideas and crafts from the popular website pinterest.com and create the items as a group. The group will gather a list of supplies needed to create the crafts and take an outing to gather supplies when needed.

Reading Comprehension - To explore a variety of methods for writing and reading based on personal abilities, interests and needs. The group will identify adaptations necessary to participate and look at a variety of media and resources available to assist. The group will work on letter identification, identifying words and strengthening their reading skills at all levels and abilities.

Sensory - To create an environment that promotes sensory stimulation and/or integration through functional activities. The staff will explore and develop opportunities that motivate, reinforce and engage each client through the use of different sensory items and equipment.

Service Learning - To give back to the community and to explore the benefits of volunteering. The group may have the opportunity to go into community sites and share their experiences at CP and educate about disability awareness. The group may also make items and then deliver them to local nursing homes, fire stations and other community events. They may make and sort through items for different community drives to gather items for homeless shelters, animal shelters and to send items to soldiers that are overseas. The group may also volunteer to assist the agency with a variety of tasks such as collect and shred the confidential papers of the agency, assist aquatics with folding their quarterly brochures, make cards and banners on the computer, label items for kitchen classes and much more.

Snoezelen - To provide gentle sensory stimulation through the use of sights, sounds, textures and aromas all in a safe, calm and relaxing environment. The word "Snoezelen" is a combination of two Dutch words meaning to Relax and to Explore. It is a leisure exploratory activity directed by the client. The sensory stimulus is meant for the client to enjoy and to make choices to create the environment they prefer. Staff will facilitate to create an emotionally safe and empowering environment within a small group setting. The opportunity for range of motion, stretching, getting out of their wheelchair and into a different position is also available.

Sports of All Sorts - To develop new leisure activities and introduce equipment used to participate in a variety of sports. The class will learn specific skills and knowledge involved within each sport and explore adaptive equipment to be successful. The activities will encourage fine and gross motor participation, stretching and reaching.

Swim - To provide the opportunity to relax, have fun and be more independent through the use of a therapeutic pool. Individuals benefit immensely from the warm water (92 degrees). Through the use of floatation equipment, clients are able to be independent in the water and experience the sensory input the water provides. The pool is an excellent environment to work on standing, walking, relaxation, range of motion and sensory needs.

Textures & Textiles - To explore different materials, sensory textures and fabrics to create unique artwork and/or functional items. The group will work together to complete a piece of artwork or item, taking turns through their own abilities and sharing in the satisfaction of task completion. Different adaptations will be used to be successful to complete each project.

Videography - To explore photo shop and video making programs to create fun photos or videos to share. The group will be given the opportunity to learn the steps to taking a picture or video and identify adaptations necessary to be successful. This class may work on creating annual year books of fun pictures captured throughout the program or end of the year videos. The group may also explore the filming of fun advertisements or write and film a short movie.

Women's Skill Building- To explore emotions and increase self-esteem while providing the opportunity for peer interaction and work on social skills. The group will discuss topics such as stress management, coping skills and create a better sense of self awareness.

Yogabilities - To explore the benefits that yoga has to offer through both physical postures and breathing techniques. Each pose will be modified or adapted to meet the needs of each client and may be performed with the active assistance of the instructor. Yoga can improve flexibility, strength, balance, posture and overall well-being.