

Virtual Classroom Schedule June 1st, 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
9:00 - 10:30		9:00 - 10:30		9:00 - 10:30		9:00 - 10:30		9:00 - 10:30	
Art Class Instructor: Loralee <i>This is an activity course involving the use of various mediums to create art. At this time this is a lecture and demonstration class.</i>	Math Instructor: Eva Dawn <i>This class will focus on how we use numbers and math in the world around us, and to increase math skills.</i>	Life Skills Instructors: Peggy & Jane <i>Participants will utilize exercises to identify their current skills, work on developing tools to add to their skill base, and plan how to use their life skills toward living a more independent life.</i>	Music Instructor: Loralee <i>This is a discussion and activity course involving listening to various genres of music. A selection of instruments will be periodically presented to allow each student a "hands on" learning experience.</i>	Global Ecology Instructors: Jacob & Scot <i>Participants will learn how living things rely upon each other to survive in their environment. The class will also stress the importance of helping to keep the Earth clean through waste management.</i>	World Cultures Instructor: Sherry & Jane <i>Participants will explore and celebrate their own cultures and gain an appreciation of their connection to different groups of people in the world through study of the cultures of others.</i>	Communication Skills Instructors: Peggy & Jane <i>Participants will learn how to improve their communication skills through modeling, group games, play-acting and more; areas of study will include verbal, written, body language, etc.</i>	Communication Technology Instructor: Ted <i>A look through history and arriving in present day at how people have communicated with one another.</i>	Pop Culture Instructor: Ted <i>We will study various niches of art & media culture, and analyze their history, evolution, and their popularity within the masses.</i>	Story Writing Instructors: Eva Dawn <i>Participants will be given the opportunity to write their own stories. They may choose to write their own individual stories, or to write stories as a group.</i>
Classroom A&B	Classroom E	Classroom E	Classroom A&B	Classroom E	Classroom A&B	Classroom E	Classroom A&B	Classroom E	Classroom A&B
11:00 - 12:15		11:00 - 12:15		11:00 - 12:15		11:00 - 12:15		11:00 - 12:15	
Horticulture Instructor: Sherry <i>Participants will learn how to grow their on food and why food is important to their health.</i>	Animals! Instructor: Scot <i>These classes will teach participants about different animals around the world, what makes them unique, as well as threats to their habitats and survival. The first series of classes will focus on the animals of Africa.</i>	Disability/Sexuality & Relationships Instructor: Alva <i>A class to explore the intersections of disability, sexuality, and identity as an individual and in a relationship</i>	Creative Expressions Instructors: Sherry & Jane <i>Participants will learn about different forms of being creative from learning how the brain functions to using different types of medium to express their creativeness.</i>	Treat Yo Self Instructor: Sherry <i>Participants will participate in activities which help them to take care of themselves</i> Classroom A&B	Life Hacks Instructor: Jacob <i>Life Hacks will look at how we can make no so fun tasks FUN-tastic! C'mon and Hack your Life!</i> Classroom E	Know Your Rights! Instructor: Maureen <i>The participants will learn about the rights and obligations of citizenship at the local, state, and national levels, with a focus on civil and voting rights. It will also look at the history of our nation as a democracy.</i>	Astronomy: Exploring Outer Space & Beyond Instructor: Scot & Jacob <i>A historical study of outer space and the latest trends of tourist space travel, galaxies, astronauts, and characteristics of the planets.</i>	Fashion Exploration Instructor: Jacob <i>Fashion history and the intersection in society, religion, politics, identity and social movements. An introduction course of the development and purpose, as well the intention behind fashion trends.</i>	Science/Biology Instructors: Scot & Lavon <i>This class will provide a general framework for biological science. By the end of this class, you should be able to (1) think like a scientist, (2) determine if something is a living thing, and (3) learn how biology relates to everyday life.</i>
Classroom E	Classroom A&B	Conference Room	Classroom A&B	Priscilla in Mexico Instructor: Priscilla <i>Vanomos! Priscilla will be talking about anything Mexico from its popular street foods to its gentle pace of life and dive into Mexico's rich and vibrant culture through Priscilla's lens as an American living and interacting with locals and learning Spanish.</i>		Dining Room	Classroom A&B	Classroom A&B	Classroom E
1:30 - 2:30		1:30 - 2:30		1:30 - 2:30		1:30 - 2:30		1:30 - 2:30	
The Arts in Our Culture & Society Instructor: Jacob <i>The participants will learn about art through history and its intersectionality with society, religion, politics, race & identity, and social movements</i>	Men's Group Instructors: Ted/Mildred <i>A safe space for participants to say anything they would like without their discussions leaving the room; as much as possible, have the participants dictate the subjects that become our weekly topics for discussion.</i>	Newsletter Instructors: Peggy & Stephanie <i>Participants will learn the about the format of a newsletter and will research and create an article of their choice with assistance as needed.</i>	Women's Group Instructors: Lavon & Loralee <i>A discussion group that includes role playing activities, self-esteem development, effective communication of needs, and self-advocacy through boundary-setting, which assist in everyday situations.</i>	Movies & Film Instructor: Kelda <i>Participants will learn through different class series about film, how it was invented and has evolved, key themes, and its ability to shape society and history.</i>	Story Telling Instructor: Andre <i>Participants examine and discuss issues and examples of storytellers with disabilities. The course concludes with a storytelling festival where you perform what you have learned.</i>	Self-Advocacy Instructor: Peggy <i>Participants will develop skills to help them become more responsible for their own life trajectories through the examination of their personal skill sets, exploration of their life desires, and development of a plan for achieving their goals.</i>	DIY Crafts Instructors: Loralee & Jane <i>We all have creativity that needs to be expressed. In this class you will design unique items for yourself or to give as a gift candle making, decorating items and more.</i>	Adaptive Yoga Instructor: Lin <i>A gentle adaptive yoga class that focuses on yoga moves that can be performed in out of a wheelchair</i>	Sports Talk Instructor: Ted <i>We will discuss the most current and pervasive topics from the world of sports, driven predominantly by the interests of the participants with some emphasis on local sports teams and news.</i>
Dining Room	Conference Room	Classroom E	Conference Room	Classroom E	Classroom A&B	Classroom E	Classroom A&B	Wellness Room	Classroom A&B

2:45 - 3:45

The Hang Out
 Moderated by the Program Counselors
 Do you just want to hang out and talk to your friends from Ability Now? Join The Hang Out. This is your chance to talk about anything you want in this chat room. Lavon will serve as moderator, but the conversation is up to you.