

### ACED Program Information

**Fees— The fee is \$6 per class, \$12.00 for two classes and \$18.00 for 3 classes**

**Fees include all 6 weeks of classes**

[www.ihd.umkc.edu/aced/](http://www.ihd.umkc.edu/aced/)

#### 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.

#### Please Read Carefully!

Classes marked with an **asterisk (\*)** indicate classes offered on the MCC-Blue River campus. 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. Please return registration form to the appropriate campus. Minimum enrollment is required to offer a class. You may enroll online and send your check or money order by mail as soon as you register. Please mail to the address on the registration card.

#### 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 the campus at which you are enrolled.

#### 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.

#### Attendance

It is your responsibility to come to class and be on time.

#### New Students

If you have never attended **ACED** classes, return the registration form with your fees to the appropriate campus and call the **ACED** office in which you are enrolling to schedule an interview. **ALL interviews must be conducted and student paperwork completed before the first day of class.**

#### Returning Students

If you have attended **ACED** classes, return the registration form with your fees to the appropriate campus.

#### Weather

If classes are cancelled due to inclement weather, a recorded message will be on the voice mail at your campus. Please call after 7 a.m. on the day of the class to confirm the status of your classes.

#### Questions? Call your ACED office:

816-604-2187 (MCC-Longview & Blue River)

816-235-1754 (UMKC)

**Enroll online at [www.ihd.umkc.edu/aced/](http://www.ihd.umkc.edu/aced/)**

### 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, MCC-Longview and MCC-Blue River, with funding from the Developmental Disability Services of Jackson County~EITAS.

### Classes are held on Saturday mornings.

MCC-Longview classes will be held on the Longview campus, 500 SW Longview Road, Lee's Summit.

**September 6, 13, 20, 27, October 4, 18**

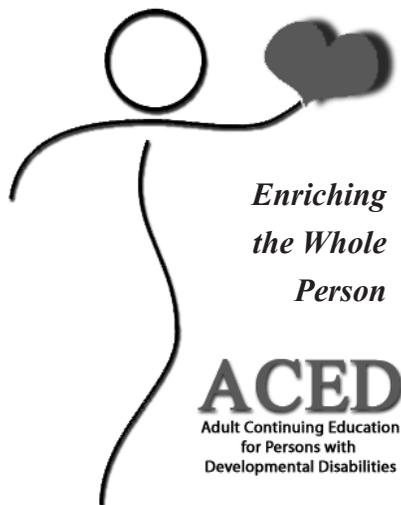
UMKC classes will be held on the UMKC Volker campus, 800 E. 52nd Street, Kansas City.

**October 25, November 1, 8, 15, 22, December 6**

MCC-Blue River classes will be held on the Blue River campus, 20301 E. 78 Highway, Independence.

**October 25, November 1, 8, 15, 22, December 6**

## Fall 2014 Classes



Metropolitan  
Community College

Classes begin September 6

Longview

**UMKC**

Classes begin October 25



Metropolitan  
Community College

Classes begin October 25

Blue River

---

---

**9:00 to 10:00 a.m.**

**10:10 to 11:10 a.m.**

**\*Pilates**

Who can do Pilates? Well, you of course! Learn some new movements, gain flexibility as well as better posture and balance. Enhance your mind while strengthening your body. Get your heart rate pumping and learn the fundamentals of Pilates.

**\*Unlikely Friends**

We will share stories that will touch your heart. You will have an opportunity to meet animal visitors up close and personal. We will discover surprising facts while we compare animals to people.

**\*Star Wars Returns**

Get set for a bold new direction. Your forces are under attack. Your mission is to blast through enemy forces and take out their command ship. From computer games to crafts, such as a death star piñata, "May the force be with you!"

**\*Pickles for Christmas?**

Sing along with Olaf from the movie "Frozen". Explore Christmas in different countries and share your favorite family memories and traditions. "Bo Nada, Mele Kalikimaka, God Jul, Merry Keshinish!"

**Secrets to Staying Young**

Come unlock the secrets of those "lucky" people who are active well into their 80's. Interview an older person, test the effectiveness of anti-aging products, practice mental aerobics, and develop new personal goals. Extend your warranty!

**Rockin' Rhythms**

Music not only touches people's souls, it aids in stress relief, improves productivity, body movement, coordination, and memory. Listen, touch, and play instruments of your own design and interact with some guest musicians. Guaranteed to keep you awake and feeling energized!

**Advocacy or I Am Not a Kitchen Appliance**

No one knows you better than yourself. Learn the steps needed to ensure you get the best outcome out of every situation. Speak up, get information, know your rights and responsibilities, and when to ask for help. Become your own self-advocate.

**\*Creating Solutions for Today's Problems**

Are you glued to the TV when there is a big storm? Do you love to discuss politics? Do you like celebrity gossip? Pick topics from today's headlines and offer practical solutions or maybe even write our political leaders.

**\*Upcycling**

An old shoe, books, picture frames, or even a light bulb, just about anything can be upcycled. Bring in your old items and give them new purpose. Allow your creativity to shine through and help the environment at the same time.

**\*Get Your Game Face On**

Have a passion for games and sports? Come play familiar board games and sports, or learn new ones! Rain or shine, this class will keep your mind and body active!

**\*Garden Fresh Vegetable Recipes**

This class will offer quick and simple vegetable recipes to get you out of the green salad rut. Let vegetables take center stage for a few days in your week. You won't even miss the meat.

**Tongue Twisters**

Let's get crazy with funny words and phrases. Rhyming words, funny sounding foreign words and words for food. Slang, word plays, antonyms, synonyms, and let's not forget Dr. Seuss. End the session with secret codes, auctioneering, a spelling bee, and some songs.

**Bachelor #1**

For guys and gals! Welcome to the life of a bachelor. Roses, mid-night parties, short recipes, dirty dishes, and lazy laundry days. Learn some new tips to help you think and create like a bachelor. Who needs curtains, who needs silverware, who needs more than one bathroom?

**Art in Nature**

Can you imagine walking through an art museum and not seeing any trees? No mountains or streams, sunrises or sunsets? No birds or horses? No boats on rough waves or relaxing landscapes? Nature is everywhere in art and has been for thousands of years. You will practice new techniques to create the textures, color, and sounds of the natural world.

---

---

**11:20 to 12:35 p.m.**

**\*Native American Culture**

Many familiar symbols that we take for granted originated with Native Americans. A few examples are cranberries, turkey, pumpkins, moccasins, canoes, and totem poles. Help choose topics which interest you. We hope to visit the Nelson-Atkins Museum and also meet a Native American guest speaker for more insight.

**\*Recipes from Grandma's House**

What is your favorite memory of your grandma? Was it her famous recipe for \_\_\_\_\_? Come reminisce and enjoy making and testing your favorite comfort foods.

**\*The American Royal**

The American Royal plays an important part in Kansas City history...and the history of Longview! Learn about the exciting world of show-horses, feed livestock, watch a rodeo or try some barbeque. Join us for the best field trip of the Royal season!

**\*Practical Reading**

Do directions confuse you? Do you have trouble reading medicine bottles or recipes? How about airport signs? Become an expert reader through practice, contests, and scavenger hunts. We will read our way towards independence.

**Goin' to the Chapel!**

Help plan a wedding! Create invitations, price flowers, pick a venue, find "the" dress or tux! Decide on food and a cake. Discover what decisions are involved, and how much it costs! How do you know when you've found "The One"? Then, be our guest at an actual wedding! A section on dating will be included.

**Mythical Creatures**

Unicorns, Bigfoot, The Yeti, and the Loch Ness Monster maybe even dragons. All these creatures are found in old legends, travelers' tales, folklore or bedtime stories. What's real? What's fake? You decide.

**Employee of the Month**

Come listen as our guests describe their job responsibilities and their vision of a great employee. Through role playing, practice the top ten ways to make your boss think you're wonderful. Learn tips to being happy at work, as well as how to get along with a dreadful boss.

