<table>
<thead>
<tr>
<th>Class</th>
<th>Class Description</th>
<th>Time Duration</th>
<th>Class Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apartment Maintenance</td>
<td>Learn ways to maintain your home. Need to live independently.</td>
<td>1.5 Hours</td>
<td>1x per yr.</td>
</tr>
<tr>
<td>Basic Cooking Class</td>
<td>This class covers basic cooking recipes with a focus on staff and student working together. The focus is also helping students find adaptive ways in working in the kitchen. Students and staff will enjoy the food prepared at the end of class. The class is taught by an OT. Supplies provided: recipes and ingredients. Anyone with any ability can attend.</td>
<td>2 Hours</td>
<td>1x per month</td>
</tr>
<tr>
<td>Bell Choir</td>
<td>Students learn and practice with hand bells which they ring to music and color cards. Need to be able to differentiate colors and start/stop ringing when colors change.</td>
<td>1 Hour</td>
<td>1-2x per month</td>
</tr>
<tr>
<td>Car Safety</td>
<td>This class is still in the development stage.</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Cooking Dinner Class</td>
<td>Students learn cooking skills and healthy eating habits. Need to be able to follow a recipe, measure, mix, etc. Student should be familiar with a stove, microwave and knives.</td>
<td>2 Hours</td>
<td>1-2x per month</td>
</tr>
<tr>
<td>Cooking Lunch Class</td>
<td>Students learn cooking skills and healthy eating habits. Need to be able to follow a recipe, measure, mix, etc. Student should be familiar with a stove, microwave and knives.</td>
<td>2 Hours</td>
<td>1x per month</td>
</tr>
<tr>
<td>Countries of the World</td>
<td>Each month two countries are covered. The main topics reviewed are: population, culture, location, government, language and religion. Supplies provided: Passport and Country Stickers. Anyone with any ability can attend.</td>
<td>1 Hour</td>
<td>1x per month</td>
</tr>
<tr>
<td>Fitness</td>
<td>Each student is setup with a workout program to follow based on their ability. There are 6 weight machines, elliptical, treadmill, walking path and several bikes. A fitness release is required prior to the first workout. Anyone with any ability can attend.</td>
<td>1 Hour</td>
<td>4 to 5x per month</td>
</tr>
<tr>
<td>Class</td>
<td>Description</td>
<td>Duration</td>
<td>Frequency</td>
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<tr>
<td>Happiness Class</td>
<td>Students learn how food affects their mood, importance of choosing happiness, gratitude, sleep patterns, acts of kindness and more. Anyone with any ability can attend.</td>
<td>1.5 Hours</td>
<td>1x per month</td>
</tr>
<tr>
<td>Health Matters</td>
<td>This class focuses on ways to become and stay healthy. Topics range from healthy food, exercise, mental health, attitude and seasonal health. The group is intended to be a support system. Class materials provided. Anyone with any ability can attend.</td>
<td>1 Hour</td>
<td>1x per month</td>
</tr>
<tr>
<td>Money Management</td>
<td>Students learn ways to spend less and save more. Need to be responsible for your own spending habits and control at least portions of your money.</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Nutrition Class</td>
<td>Students will be taught by a Registered and Licensed Dietician. Students will learn the effects of food and how it affects your health. Must be able to understand/read nutrition labels.</td>
<td>1.5 Hours</td>
<td>Quarterly</td>
</tr>
<tr>
<td>Self-Defense Class</td>
<td>Class instructors lead the class doing different self-defense techniques. There are also floor exercises. A waiver form is required for this class. Must be able to stand/sit and do cardiovascular activity for 30 minutes.</td>
<td>1 Hour</td>
<td>2x per month</td>
</tr>
<tr>
<td>Healthy Living Classes</td>
<td>Students will have an opportunity to participate in holistic health and wellness programs such as cooking and nutrition, exercise, wellness and stress management while in the community.</td>
<td>1-3 Hours</td>
<td>1-4x monthly</td>
</tr>
</tbody>
</table>