

## Goodwill Supported Recreation and Education Class Descriptions

Class	Class Description	Time Duration	Class Offered
Apartment Maintenance	Learn ways to maintain your home. Need to live independently.	1.5 Hours	1x per yr.
Basic Cooking Class	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.	2 Hours	1x per month
Bell Choir	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.	1 Hour	1-2x per month
Car Safety	This class is still in the development stage.	TBD	TBD
Cooking Dinner Class	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.	2 Hours	1-2x per month
Cooking Lunch Class	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.	2 Hours	1x per month
Countries of the World	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.	1 Hour	1x per month
Fitness	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.	1 Hour	4 to 5x per month

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Happiness Class	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.	1.5 Hours	1x per month
Health Matters	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.	1 Hour	1x per month
Money Management	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.	TBD	TBD
Nutrition Class	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.	1.5 Hours	Quarterly
Self-Defense Class	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.	1 Hour	2x per month
Healthy Living Classes	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.	1-3 Hours	1-4x monthly