



DISCOVERY CENTER ADULT PROGRAMMING

FALL SCHEDULE

Effective Week Beginning November 1, 2021











	Class Times: 10:00 am- 12:45 pm	Lunch 12:45 pm- 1:15 pm	Class Times: 1:15pm – 4:00pm
Monday Classes	Cocoa & Planning Class (11am – 12:45pm) Staff Contact: Amanda and Christine Activity Cost: \$0-5 Class Size: 5	Lunch	Bowling Club Staff Contact: Amanda Activity Cost: \$8 per class Class Size: 10 Plus
Tuesday Classes	Let's Get Up and Move Staff Contact: Christine Activity Cost: \$0-3 per class Class Size: 10 Plus	Lunch	Cooking Class Staff Contacts: Christine & Amanda Activity Cost: \$5 per class Class Size: 5
Wednesday Classes	Walking/Outdoor Adventures Staff Contact: Amanda Activity Cost: FREE Class Size: 10 Plus	Lunch	Gaming Staff Contact: Christine Activity Cost: \$10-20 Class Size: 10 Plus
Thursday Classes	Cocoa & Current Events Staff Contacts: Christine & Amanda Activity Cost: \$5 per class Class Size: 10 Plus	Lunch	Bowling Club Staff Contacts: Christine & Amanda Activity Cost: \$8 per class Class Size: 10 Plus
Friday Classes	Baking Class Staff Contacts: Christine & Amanda Activity Cost: \$5 per class Class Size: 5	Lunch	<div>Builder's Club (1:15-4:00) Staff Contact: Amanda Activity Cost: \$5 per class Class Size: 6</div> <div>All Agency Events Staff Contact: Amanda Time: TBA Activity Cost: TBA Class Size: TBA</div>



The Discovery Center
 Hope Community Resources
 650 W International Airport Road, Anchorage, AK 99518
 Front Desk: 907-433-1700
 Website: <http://www.hopealaska.org/discoverycenter>

*** Please see class descriptions on reverse side of schedule ***

FALL 2021 CLASS DESCRIPTIONS
AURORA - Adults United by Relationships, Opportunity, Recreation, and Adventure

	<p>Cocoa & Events Planning Day: Monday Time: 11am - 12:45pm Cost: \$0-5</p>	<p>This class will grab a drink and or snack and put the planning into our participants hands. Participants will meet weekly to generate event ideas. They will then generate a plan of action, assign tasks, and execute their plan down to every detail. Those participating in the planning class will assist in executing the events which will be held throughout the month. This class is a chance for you to have your voice heard and to help in planning fun events that all your friends can attend. The goals of this class include communication, community involvement, cooperative experience, personal expression, education, individual achievement and socialization.</p>
	<p>Bowling Club Day: Monday & Thursday Time: 1:15pm-4pm Cost: \$8</p>	<p>In partnership with Jewel Lake Bowl, the Bowling Club meets every Monday and Thursday. Bowling is a very popular recreational and competitive activity enjoyed by individuals of all abilities. It is an indoor activity with minimal equipment adaptations and is easily accessible across the country. The goals of this class include community involvement, communication, individual achievement, and education (learning the rules of bowling), taking turns and praising peers.</p>
	<p>Let's Get up & Move Day: Tuesday Time: 10am- 12:45pm Cost: \$0-3</p>	<p>Class participants have the opportunity to learn how to move their bodies in different ways. The class will be able to try out different types of exercises, go to various places including the Dome, YMCA, etc. The goal of this class is to get up and move.</p>
	<p>Cooking Club Day: Tuesday Time: 1:15pm - 4pm Cost: \$5</p>	<p>This class will try a different recipe each week. The class will head to the store and shop for the needed ingredients, looking at the prices, and budget. After shopping, the class will learn how to read a recipe, chop, measure, kitchen safety, and nutrition. The goals of this class include understanding food preparation and kitchen safety, following a recipe, working together as a group to create a recipe.</p>
	<p>Walking/Outdoor Adventures Day: Wednesday Time: 10am-12:45pm Cost: FREE</p>	<p>This group will alternate weekly between going to The Dome to walk the track and trying various outdoor adventures- including hiking, snowshoeing, biking, etc. The goals of this class are to work on communication, socialization, increased physical endurance, community navigational skills, community involvement, cooperative experience, personal expression and physical fitness.</p>
	<p>Gaming Fun Day: Wednesday Time: 1:15pm-4pm Cost: \$10-20</p>	<p>In partnership with local gaming establishments like Dave and Busters and Shockwave, participants will have the opportunity to go as a group and have fun gaming with peers. These experiences will assist in building coordination, being a team player, and how to win and lose with elegance. Anyone who likes computer games or doing something comparative in nature will love this class. The goals of this class include communication, community involvement, cooperative experience, personal expression, education, individual achievement and socialization. Please see the monthly calendar for locations.</p>
	<p>Cocoa & Current Events Day: Thursday Time: 10am-12:45pm Cost: \$5</p>	<p>The class participants have an opportunity to engage in current events conversation over a warm beverage and explore several different coffee shops in town – from the Chocolate Lounge to SteamDot. Class participants have an opportunity to engage in conversation about local, national, and global current events. The goals of the program are to work on learning more and discussing the current events in our world, developing independence and comfort when ordering a drink from a barista while staying within a budget, and continue building friendships and working on socialization with peers and community members.</p>
	<p>Baking Class Day: Friday Time: 10am-12:45pm Cost: \$5</p>	<p>This class will try a various types of baking recipe each week, including savory or sweet food. Can be cookies or a casserole. The goals of this class include understanding food preparation and kitchen safety, following a recipe, working together as a group to create a recipe.</p>
	<p>Builder's Club Day: Friday Time: 1:15pm-4pm Cost: \$5</p>	<p>This class will provide participants the opportunity to work on various projects throughout the fall – both big and small. Activities will range from multi-week projects such as making a community library and creating pottery to stand alone activities in which practical and/or decorative products will be made to take home. This class will focus on artistic expression, attention to detail, and the use of various tools and techniques based on each project.</p>
	<p>All Agency Day: TBA Time: TBA Cost: TBA</p>	<p>This is not necessarily a class but a space holder for events to be developed by the Events planning group on Mondays. This space will be for special events, special outings, and agency wide evets that everyone will be invited to. Please see the monthly calendar for the planned events and attend as desired.</p>
	<p>Lunch 12:45-1:15</p>	<p>This will be a time, that the Discovery Center will be at the center, having lunch, if you are here for the day, this will be the designated lunch break time, or just here for a morning or afternoon activity this is a good time for drop offs or picks up.</p>