



# DISCOVERY CENTER ADULT PROGRAMMING

## SPRING SCHEDULE

Effective Week Beginning January 2, 2019

	Class Times: 9:00am – 12:00pm	Class Times: 12:00pm – 3:00pm	Class Times: 3:00pm – 6:00pm
<b>Monday Classes</b>	<b>Alaska on the Go Volunteer Club</b> (Downtown Food Bank) Activity Cost: FREE 	<b>Bowling Club</b> (Jewel Lake Bowl) Activity Cost: \$4 per class	
<b>Tuesday Classes</b>	<b>Swimming Class</b> (Anchorage YMCA) Activity Cost: \$3 per class	<b>Fitness Class</b> (BFit & Well Gym) Activity Cost: FREE  <b>Cooking Class</b> (Hope Café) Activity Cost: \$5 per class 	<b>Happy Hour</b> (Various Anchorage Community Based Restaurants) Activity Cost: \$20 per class
<b>Wednesday Classes</b>	<b>Souper Wednesday</b> (Hope Café) Activity Cost: FREE 		<b>Introduction to American Sign Language (ASL) Class</b> (Loussac Library) Activity Cost: FREE 
<b>Thursday Classes</b>	<b>Cocoa &amp; Current Events</b> (Various Coffeehouses) Activity Cost: \$5 per class  <b>Rock Climbing</b> (Alaska Rock Gym) Activity Cost: \$13 per class 	<b>Bowling Club</b> (Jewel Lake Bowl) Activity Cost: \$4 per class	
<b>Friday Classes</b>		<b>Sports &amp; Games</b> (The Center) Activity Cost: FREE	<b>Baking Creations Class</b> (Hope Café) Activity Cost: \$5 per class 










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

**Class Information:**  
 Schedule subject to changes and Class sizes are limited.  
  
 Some activities have an associated activity fee that is paid prior to participating.

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**Please see our A.U.R.O.R.A class descriptions on reverse side of schedule**  
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## Spring 2019 CLASS DESCRIPTIONS

### AURORA - Adults United by Relationships, Opportunity, Recreation, and Adventure

	<p style="text-align: center;"><b>Cooking Class</b></p> <p>Day: Tuesday Time: 12pm-3pm Cost: \$5</p>	<p>The class participants have the opportunity to explore local grocery stores to purchase cooking class items for the week. Using a visual and written grocery list, the participants explore and navigate places such as Carrs Safeway, Fred Meyers, Sam's Club, Costco, and Wal-Mart just to name a few. The group works as a team, identifying needed ingredients, comparing and checking prices of items of both generic and name brand, as well as ensuring the quality and quantity of ingredients. The group has the opportunity to complete the transaction at the end of the shopping, as well as loading the cars, and then dating the groceries before placing in the refrigerator and learning about kitchen sanitation and safety. After purchasing the needed ingredients, the class will go to the Hope Café to create the recipe for the day. The class participants learn about different cultures associated with the recipe while also working on chopping, measuring, 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 style="text-align: center;"><b>Rock Climbing</b></p> <p>Day: Thursday Time: 9am-12pm Cost: \$13 per class</p>	<p><b>NEW!</b> In partnership with Alaska Rock Gym, class participants will have the opportunity to take part in many different climbing activities. Alaska Rock Gym offers bouldering, top ropes, and lead climbing, along with other exercise equipment and programs. While at Alaska Rock Gym, their staff will teach and coach Discovery Center participants on climbing technique, safety, and rope systems. Alaska Rock Gym will belay participants while on ropes and spot participants while bouldering for safety. The cost of the activity covers gear rental, a pass to climb, and Alaska Rock Gym staff that provide teaching, coaching, and safety. The goals of this class include: increase physical activity, fine and gross motor skills, safety skills, community involvement, and individual achievement.</p>
	<p style="text-align: center;"><b>Swimming Class</b></p> <p>Day: Tuesday Time: 9am - 12pm Cost: \$3</p>	<p>The class participants have the opportunity to swim at the YMCA every Tuesday morning. Swimming offers many benefits including strengthening the cardiovascular systems and the major muscle groups of both the upper and lower body. It also develops flexibility in the muscles and joints as the swimmer performs a wide range of motion against the water's resistance. It is an activity that keeps your heart rate up but takes some of the stress that is common in impact sports off the body. The goal of this class is to increase physical activity, and learn safety skills in and around water.</p>
	<p style="text-align: center;"><b>Alaska on the go Volunteer Club</b></p> <p>Day: Monday Time: 9am - 12pm Cost: Free</p>	<p>In partnership with various Anchorage non-profits, the Volunteer Club brings every background together in fellowship with opportunities to serve the community, build friendships, meet people, make an impact in the lives of others, and positively represent The Discovery Center. Examples of Volunteer Club Activities: Volunteering at the Anchorage food bank, Anchorage Soup Kitchen, animal shelter and more. The goals of this class include community involvement, cooperative experience, socialization, and time on task.</p>
	<p style="text-align: center;"><b>Bowling Club</b></p> <p>Day: Monday &amp; Thursday Time: 12pm - 3pm Cost: \$4</p>	<p>In partnership with Jewel Lake Bowl the Bowling Club meets every Monday and Thursdays. 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), and taking turns and praising peers.</p>
	<p style="text-align: center;"><b>Fitness and Sports &amp; Games</b></p> <p>Day: Tuesday &amp; Friday Time: 12pm - 3pm Cost: Free</p>	<p>In partnership with Anchorage's, "Bfit &amp; Well" and "The Center", these community recreation facilities support our participants to have the opportunity to enjoy and learn about various physical activities each week. From stretching and cardio to floor hockey, rugby, and volleyball to meditation and yoga. This goals of this class include education and exposure to physical activities, community involvement, creative and personal expression, and socialization.</p>
	<p style="text-align: center;"><b>Introduction to American Sign Language Class</b></p> <p>Day: Wednesday Time: 3p-6p Cost: Free</p>	<p>In partnership with Instructor, Paul, and the Loussac Library the class participants have the opportunity to learn a new language, a visual language – American Sign Language. If you have never signed before and want to learn, this is the class for you. This introduction class is fun and engaging and will have you learning basic signs in no time. This class will meet at the Loussac Library. The goals of this class include communication, community involvement, cooperative experience, personal expression, education, individual achievement and socialization.</p>
	<p style="text-align: center;"><b>Happy Hour</b></p> <p>Day: Tuesday Time: 3pm - 6pm Cost: \$20</p>	<p>Join friends for (non-alcoholic) dinner/happy hour at area Anchorage restaurants. The goals of this class are to work on independent money management, improve social skills by using appropriate dining etiquette, meet new friends in the community, and increase comfort in a restaurant environment. Participants should bring approximately \$20 to cover the cost of food and gratuity.</p>
	<p style="text-align: center;"><b>Cocoa And Current Events</b></p> <p>Day: Thursday Time: 9am - 12pm 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. The 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 style="text-align: center;"><b>Souper Wednesday</b></p> <p>Day: Wednesday Time: 9am - 3pm Cost: FREE</p>	<p>This class will provide participants the experience to create a soup a recipe to mastery from purchasing the ingredients at the store, to prepping and cooking the soup, to serving it to others and working on money transactions, to learning about kitchen sanitation and food preparation guidelines to include learning about first in first out and safe food temperatures. The goals of this class include cooperative experience, communication and socialization both with team members but to potential customers, time on task, and safety and sanitation skills in a kitchen.</p>
	<p style="text-align: center;"><b>Baking Creations Class</b></p> <p>Day: Friday Time: 3pm - 6pm Cost: \$5</p>	<p>Class participants have the opportunity to learn the basics and introduction to baking. From cookies and cupcakes to pies and cobbler. This class will explore making things from scratch! Goals of this class include education with measuring ingredients, daily life skills of creating something homemade, and cooperative experience creating something with a team of peers.</p>