



DISCOVERY CENTER ADULT PROGRAMMING

SPRING SCHEDULE

Effective Start Date: January 2, 2020

	Class Times: 9:00am – 12:00pm	Class Times: 12:00pm – 3:00pm	Class Times: 3:00pm – 6:00pm
Monday Classes	Alaska on the Go Volunteer Club (Downtown Food Bank) Activity Cost: FREE 	Bowling Club (Jewel Lake Bowl) Activity Cost: \$4 per class	
Tuesday Classes	Swimming Class (Anchorage YMCA) Activity Cost: \$3 per class	Fitness Class (Body Renew - Midtown) Activity Cost: FREE Cooking Class (Hope Café) Activity Cost: \$5 per class 	Happy Hour (Various Anchorage Community Based Restaurants) Activity Cost: \$20 per class
Wednesday Classes	Zumba Class (Our Lady of Guadalupe) Activity Cost: \$3 per class 	Outdoor Adventures (Anchorage Community) Activity Cost: FREE	Introduction to American Sign Language (ASL) Class (Loussac Library) Activity Cost: FREE 
Thursday Classes	Cocoa & Current Events (Various Coffeehouses) Activity Cost: \$5 per class	Bowling Club (Jewel Lake Bowl) Activity Cost: \$4 per class	
Friday Classes		Builder's Club (Discovery Center) 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.	*** Please see our A.U.R.O.R.A class descriptions on reverse side of schedule ***

Spring 2020 CLASS DESCRIPTIONS

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

	<p>Cooking Class 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>Swimming Class 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>VOLUNTEER</p>	<p>Alaska on the Go Volunteer Club 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>Bowling Club Day: Monday & 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>Introduction to American Sign Language Class 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>Happy Hour 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>Cocoa & Current Events 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>Zumba Class Day: Wednesday Time: 9am - 12pm Cost: \$3</p>	<p>NEW! The class participants have the opportunity to take part in an inclusive community hosted Zumba class weekly. Zumba is a fitness/dance class that combines Latin and International music with dance moves. Zumba routines incorporate interval training, alternating between fast and slow rhythms, as well as some resistance training. Zumba dance moves can be modified so that all participants have the chance to enjoy the class. The goal of this class includes communication, community involvement, physical activity, personal expression, and individual achievement.</p>
	<p>Outdoor Adventures Day: Wednesday Time: 12pm - 3pm Cost: FREE</p>	<p>Join friends for an opportunity to explore Alaska throughout the year. What better way to enjoy Alaska than to get outdoors year round! This class will provide participants with the opportunity to join in outdoor adventures year round to include: geocaching, kayaking, fishing, snowshoeing, ice skating, engaging in outdoor sports common to Alaska, and sledding. The goals of this class are to work on communication, socialization, increased community navigational skills, community involvement, cooperative experience, personal expression, and education.</p>
	<p>Body Renew Day: Tuesday Time: 12pm - 3pm Cost: Free</p>	<p>In partnership with Anchorage's "Body Renew" in Midtown, 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>Builder's Club Day: Friday Time: 12pm - 3pm Cost: \$5</p>	<p>NEW! This class will provide participants the opportunity to work on various projects throughout the spring – both big and small. Activities will range from multi-week projects where the group works together to create a chosen project 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>