










COMMUNITY ENGAGEMENT PROGRAM: DISCOVERY CENTER

ADULT PROGRAMMING

Effective: September 6, 2022

<p>Monday Classes</p>		<p>Lunch</p>	<p>Better Life 1pm - 4pm Staff Contact: Activity Cost: \$8 Class Size: 10 Plus</p>	
<p>Tuesday Classes</p>	<p>Let's Get Up and Move 10am - 12:15pm Staff Contact: Activity Cost: Will Vary Class Size: 10 Plus</p> 	<p>Lunch</p>	<p>Cocoa and Connect 1pm - 4pm Staff Contact: Activity Cost: \$8-10 per class Class Size: 10 Plus</p>	
<p>Wednesday Classes</p>	<p>Photography Class 10am - 12:15pm Staff Contact: Activity Cost: \$0-10 Class Size: 10 Plus</p> 	<p>Lunch</p>	<p>Community Engagement 1pm - 4pm Staff Contact: Activity Cost: Will Vary Class Size: 10 Plus</p>	
<p>Thursday Classes</p>	<p>Cocoa & Connect 10am - 12:15pm Staff Contacts: Activity Cost: \$8-10 per class Class Size: 10 Plus</p> 	<p>Lunch</p>	<p>Bowling Club 1pm - 4pm Staff Contacts: Activity Cost: \$8 per class Class Size: 10 Plus</p>	
<p>Friday Classes</p>	<p>Baking Class 10am - 12:15pm Staff Contacts: Activity Cost: \$8 per class Class Size: 5</p> 	<p>Lunch</p>	<p>Creative Arts 1pm - 4pm Staff Contact: Activity Cost: Will Vary Class Size: 6</p>	

FALL 2022 CLASS DESCRIPTIONS

	<p style="text-align: center;">Better Life</p> <p>Day: Monday Cost: \$8</p>	<p>This class will provide an opportunity to make better/healthier food choices as well as learn about basic budgeting. We will enjoy a meal together, sometimes eating at a restaurant to practice better food choices, social/public etiquette, and money management and other times we will cook a meal together at the Discovery Center. On the days the class cooks, we will go to the store as a group, practice shopping using coupons and comparing prices and then head back to the Discovery Center to cook and enjoy a meal together. Please bring money with you for the days that we go out to the restaurant. A monthly schedule will be provided.</p>
	<p style="text-align: center;">Let's Get up and Move</p> <p>Day: Tuesday Cost: Will Vary</p>	<p>This class will explore different types of exercising. The group will go to various locations to exercise including The Dome, YMCA, Planet Fitness, classes in the Discovery Center to try different type of exercises.</p>
	<p style="text-align: center;">Photography</p> <p>Day: Wednesday Cost: FREE</p>	<p>This class will give participants an opportunity to learn how to capture the moment with a camera. After learning how to use a camera, the class will go around the Anchorage bowl to capture shots of various objects, landscapes, and buildings. They will learn about perspectives and pictures. The class will download their photos and talk about what they are seeing and why that moment was special. Peers will be able to see and discuss each other's photos. The class will create a display to showcase their photos. Photography will be outside and inside, so please have appropriate gear, including boots, gloves, hats, coats, raincoat, and rain boots. The Photography Class may, at times, join the Outdoor Adventurers class.</p>
	<p style="text-align: center;">Community Engagement</p> <p>Day: Wednesday Cost: Will Vary</p>	<p>This class will give the group an opportunity to get out in the community and explore. The class will visit Dave and Busters, Chuck E Cheese, cafes, local events, gardens, and to be able to explore new places in Anchorage. The goal of this class will to converse with peers, staff and community members, and to try new things.</p>
	<p style="text-align: center;">Cocoa & Connect</p> <p>Day: Tuesday & Thursday Cost: \$8-10</p>	<p>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 Steam Dot. 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;">Bowling Club</p> <p>Day: Thursday 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 style="text-align: center;">Baking Class</p> <p>Day: Friday Cost: \$8</p>	<p>This class will try a new recipe each week covering both savory and sweet foods. We will be baking everything from casseroles to cookies. 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;">Creative Arts</p> <p>Day: Friday Cost: \$5- 20</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. The group will have the occasional opportunity to go into the community to try different art techniques at studios.</p>
	<p style="text-align: center;">Let's Have Lunch 12:15-1:00</p>	<p>This is a time for participants coming in and going for morning and afternoon classes. This is a time to eat lunch with friends and socialized, there is opportunities for coloring and/or games. This is a great time for pick up and drop off.</p>