



HVE Curriculum and Calendar- 2017

Special 2017 Dates:

*DU Men's Hockey Game HVE Outing: Jan. 28 at 7pm

*HVE Family Summer Picnics: May 24 and May 25

*Holiday Family Potlucks: Dec. 13 and Dec. 14

Quarter 1: February 1/2 to March 22/23

Theme: **Friendships and Relationships: Communication and Boundaries**

Topics covered: Born This Way viewing and discussion; Basic self-defense skills; Dating and romantic relationships; conversation buddies activity with DU students, social activity

Registration and payment due to RMDSA office staff by: Jan. 26th

Quarter 2: April 5/6 to May 24/25

Theme: **Fitness for Fun and Health**

Topics covered: Pedometer challenge, healthy meal out, dance fitness with the DU dance team, 10 min. daily work out, fitness apps, healthy plate activity, healthy meal prep with the DU cooking club, guest speaker on Down syndrome specific health needs

Registration and payment due to RMDSA office staff by: Mar.30th

Quarter 3: August 16/17 to October 4/5

Theme: **Artful Expression and Creativity- 3rd Annual HVE Art Show and Short Film Reception**

Topics covered: Multimedia (HVE Short Films) with DU film majors, Print media, Watercolor, Collage, Masks, adult coloring books

Registration and payment due to RMDSA office staff by: Aug. 10th

Quarter 4: October 18/19 to Dec 13/14

Theme: **Self Care and Personal Goal Setting**

Topics covered: personal hygiene, daily chores checklist, dental hygiene guest speaker, Guest speaker on mental health, technology for organization and self-care apps

Registration and payment due to RMDSA office staff by: Oct.12th