



Curriculum and Calendar – [2018-2019]

Colorado College, Worner Center, Room 213 (5-7 PM)

Special Dates:

***Holiday Potluck: December 19, 2018**

***End of the Year Celebration: May 15, 2019**

Quarter 1: August 29 - October 17

Theme: Self-Advocacy and ME!

Topics covered: Advocacy at home and community, role plays for unexpected situations, student led class lessons/projects, understanding one's own skills/abilities, safety, guest speaker.

Registration and payment due to RMDSA office staff by: Tuition Deposit (\$100) due August 30; remainder due by September 13 before class.

Quarter 2: October 24 - December 19 (No class November 21)

Theme: Community Life

Topics covered: Money management (cash and debit/credit cards), time management, planning events/outings, using community reading and writing skills, community involvement and leisure activities, CC Student Buddies.

Registration and payment due to RMDSA office staff by: Tuition Deposit (\$100) due October 25; remainder due by November 8 before class.

Quarter 3: January 23 - March 13

Theme: Independently at Home

Topics covered: Routines- starting and ending each day, time management and responsibilities, making plans to host friends, meaningful leisure time, home and internet safety.

Registration and payment due to RMDSA office staff by: Tuition Deposit (\$100) due by January 24; remainder due by February 7 before class.

Quarter 4: March 27 - May 15

Theme: My Healthy and Fit Lifestyle

Topics covered: Delicious nutrition- healthy and tasty food choices, creating easy and nutritious snacks, Natural Grocers class and tour, guest speakers, outdoor recreation, fun exercise routines.

Registration and payment due to RMDSA office staff by: Tuition Deposit (\$100) due March 21; remainder due by April 4 before class.