



Curriculum and Calendar – 2018

Special 2018 Dates:

- *March 21 and 22: Student Karaoke Party
- *Family Picnic: May 2018
- *Summer Life Skills Program and Overnight: TBA
- *Student Cooking Show: October 2018

Quarter 1: Jan. 31 and Feb. 1- Mar. 21 and Mar. 22

Theme: Practicing a Healthy and Fit Lifestyle

Topics covered: Fitness and health maintenance for adults with Down syndrome with guest teacher; healthy snack and meal prep apps; germ awareness and avoiding illness; fitness buddies with the DU Women's Lacrosse Team; tour of DU fitness center; fitness apps on the iPad; student karaoke party

Registration and payment due to RMDSA office staff by: **1/24/18**

Quarter 2: Apr. 4 and Apr. 5- May 23 and May 24

Theme: Mastering the Basics: Increased Independence in the Community and at Home

Topics covered: Planning for and using public transportation; personal safety and ways to access safety resources; Personal budgeting and budgeting apps; home cleanliness and maintenance; dressing and planning for an outing; Scheduling and time management; apps for self-care and hygiene; and finding and accessing community resources.

Registration and payment due to RMDSA office staff by: **3/28/18**

Quarter 3: Aug. 22 and Aug. 23- Oct. 10 and Oct. 11

Theme: Nutrition and Cooking for Lifelong Wellness/HVE Cooking Show

Topics covered: Review of nutrition basics; sugary drink activity; exploring new foods and recipes with the DU cooking club; using the iPad for finding and following recipes; student directed cooking videos on the iPad; student-planned cooking show/final presentation

Registration and payment due to RMDSA office staff by: **8/15/18**

Quarter 4: Oct. 24 and Oct. 25- Dec.19 and Dec. 20

Theme: Mastering the Basics: Social Skills and Managing Friendships and Relationships

Topics covered: Greetings and conversation skills; phone etiquette; navigating friendships; starting and maintaining relationships; appropriate manners for different environments; conflict resolution and apologizing; understanding and controlling your emotions.

Registration and payment due to RMDSA office staff by: **10/17/18**