



## **Curriculum and Calendar – 2018**

### **Special 2018 Dates:**

\*March 21 and 22: Student Karaoke Party

\*Family Picnic: May 2018

\*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 DS with guest trainer Sarah Mann; healthy snack and meal prep apps; fitness buddies with the DU Women's Lacrosse Team; fitness apps on the iPad; healthy snack recipes; health maintenance strategies; 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; 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**