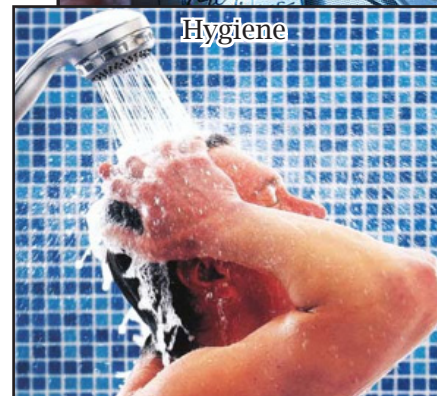




Mesa Developmental Services'

C College L for Living



College for Living



Welcome to College for Living, a series of courses for adults with developmental disabilities offered through Mesa Developmental Services' Supported Living Services (SLS) Department.

The purpose of these educational offerings is to improve the life skills and social skills of all participants so that each person will feel more confident and more independent. Our goals align with MDS' mission and vision for all people served:

"... we promote, within caring environments, opportunities that nurture personal growth, improve self-esteem, support community inclusion and advance the independence of those served. Our vision is for every person we serve to be included in all facets of the community, free to exercise the greatest degree of personal independence and empowered to pursue individual goals and dreams."

Courses will be offered on a regular basis. Calendars for upcoming course dates are available from Mesa Developmental Services. Classes are taught by SLS staff and are mostly classroom/group activities-based but may include field trips applicable to the subject. Each class must have a minimum of four students. Advance registration is required.



Capernaum Club- This is a chapter of Young Life, a Christian social club. Activities include music and crafts. This group meets at 1st Presbyterian Church located 3940 27½ Road.

Friendship Club- Friendship Club is also a Christian social club associated with New Life Christian Church, 1350 North 7th Street. Activities include fellowship, singing worship songs and learning a weekly bible lesson.

People 1st- This group meets once a month on Saturdays, at one of the city parks during warm weather months and at MDS, 950 Grand Avenue, fall and winter. This is a self advocacy and social group that is run by people with developmental disabilities. People 1st promotes respectfully recognizing people with disabilities as people first, not a diagnosis, i.e. *"the disabled"*. Meetings are usually pot luck with \$3 per year dues. Music and dancing are typically a staple meeting activity.



Drama Club-Drama Club participants practice and perform plays, puppet shows, and musicals. They have public performances and entertain at nursing homes.

Senior Peer Companion Program- Group participants volunteer at local nursing homes to provide companionship and social interaction with the residents. We will be doing many activities at nursing homes including reading to the elderly, playing board games, painting, doing various crafts, etc.

Special Olympics Car Wash- periodically holding a car wash to raise money for Special Olympics.

Farmers Market Special Olympics Booth- We will be selling toys and other items at the Farmers Market and will have some of our athletes run the booth with supervision from staff. This will be a great opportunity for our athletes to learn people skills, money counting, sales and to get out into the community.

Adopt-a-Park- We will have various parks around the community that we will go to on a regular basis and clean-up. This will be a fun activity to get out in the community and provide a needed service.

Adopt-a-Trail- We will have various trails around the community that we will go to on a regular basis and clean up. This will be a fun activity to get out into the community and help make our trail system more attractive.

Aktion Club- Aktion Club is sponsored by Kiwanis International and locally by the Kiwanis Club of Grand Junction and Golden K Kiwanis. It is a community service organization for people with



disabilities. Meetings are held the first and third Thursday of every month, 3:30 - 4:30 at MDS, 950 Grand Avenue. Dues are \$5 per year and fifty cents per meeting to cover cost of refreshments. Each meeting consists of a business meeting conducted by the officers and an educational program. Two fund raisers are held per year with proceeds donated to local children's programs as decided by the membership.

College For Living Course Descriptions

Cooking Class- Learn how to make nutritious meals, proper cooking hygiene, reading recipes, measuring ingredients and developing social skills. This class is offered every other week.



Hygiene Class I- Experience fun, easy and proper techniques for consistence in oral hygiene.

Hygiene Class II- Fun, easy and proper general hygiene techniques for consistence in generalized body hygiene. The last class will be at a facility

Life Skills I Money Management- This class will focus on developing a budget, income, shopping on a budget while utilizing sales and coupons, paying bills and saving for big ticket items you are wanting to purchase.

Life Skills II Generalized Math Skills- This classes will teach how to count numbers and money, adding and subtracting, using a calculator, as well as number identification including developing time skills.

Get Active! Swimming- This is a 4 week class that will focus on exercise, movement, safety and fun in the water. Swimsuit and towel are required.

Get Active! Walking- This course will focus on getting your heart rate up, keeping a steady pace and enjoying nature at it's best. Please bring water bottle, comfy shoes, and sunscreen.



Week 1- Connected Lakes

Week 2- Crystal Mines on Monument

Week 3- Botanical Gardens

Week 4- Audubon Trail

Get Active! Cycling- Exercise, learn bike/road safety and bike maintenance, while enjoying different scenery.



Relationship Course I- Basic intimacy and relationship boundaries. The course will be focused on beginner boundary setting such as hug, far away hug, handshake, wave and stranger space.

Relationship Course II- Building relationships, understanding how you move from stranger space through all the levels to hug.

Transportation- How to use public transportation safely and effectively to

increase independence in the community.

Home Living Skills / Laundry- Learn laundry skills including sorting, washing, drying, folding and putting away.

Home Living Skills / Cleaning- Proper cleaning techniques, proper cleaning supplies to use, understanding the importance of cleaning and maintaining a clean household.

Gardening- How to properly pot and care for plants, the basics of gardening, what it takes to make a plant grow, and enjoying the outdoors.

Yard Maintenance- Basic yard equipment, how to properly care for and maintain that equipment, watering, fertilizing, weeding, and maintaining your lawn.



Community Connections

Recycling- We will be going into the community asking businesses if we can put some recycle bins at their locations. We will be responsible for emptying out those bins on a regular basis and we will keep all of the profit from recycling products. The businesses will receive no cost, no hassle recycling services and we will have income for activities!

Farmers Market- Attending the Farmer's Market on a weekly basis to get out into the community, listen to great music and look at all the vendors. This will be every Thursday from 6-8pm. Please bring money for any snacks or souvenirs you might want.



Basic Knitting- Class will teach basic stitches. Participants will complete a scarf in basic knitting patterns. Participants must provide yarn and one set of knitting needles.

Basic Crocheting- Class will teach basic stitches. Participants will complete a scarf in basic crochet patterns. Participants must provide yarn and one crochet hook.



Dog Walking- We will be volunteer dog walkers at Royce-Hurst Humane Society. This is a great volunteer opportunity and the participants will enjoy learning the responsibilities of caring for a dog.