

# Independence Network

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## TERM 4 2021-22 COURSE CATALOG

March-May

2022

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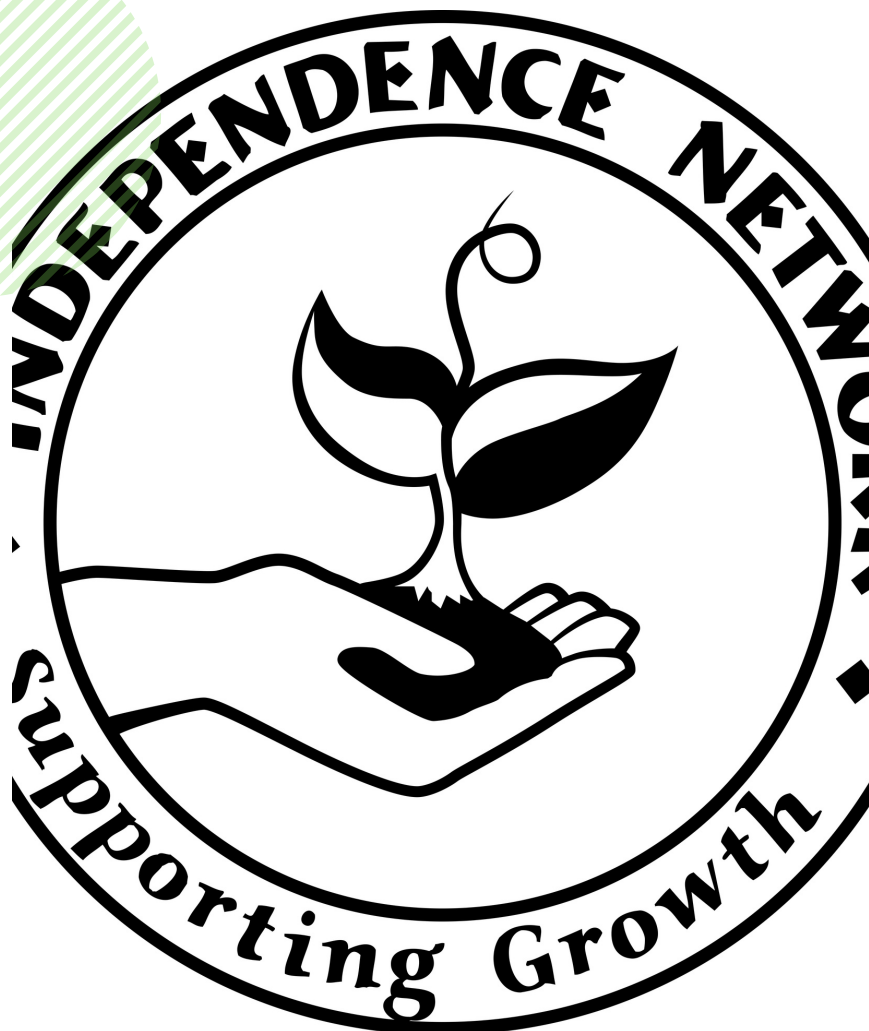
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# What's New in Term 4?

## New Classes

James will be leading a new class, Adventures with James. This class will take students out into the community two days a week and will include visits to various locales as well as volunteer opportunities.

Brian will be leading two classes that will be exclusively for online students. The classes will focus on money skills and literacy. Brian will also be teaching a history of movies class that will be for both online and in-person students.

## In-Person and Online Classes

We will continue to offer both in-person and online classes this term but will begin phasing out online options next term. Due to their nature, some classes will only be offered either in person or online. Classes that are only offered in person are marked with an asterisk (\*). Classes that are only online will have "online" in the title.

## Exercise Classes

Our students love exercising with Ed! When signing up for an exercise class, please make sure it fits your student's needs. The three classes offered on Mondays and Wednesdays are tailored to various abilities--mobile, seated and active. The Friday online class is both for those who would like to participate in seated and standing positions.



## Program Description

Our priority is to provide students with high-quality options that will support their individual development. Students will have the opportunity to choose from a variety of classes and also have the opportunity to work on individual skills or tasks to further their personal growth. There will be classes held from 10-11, 11-12 and 1-2 on Mondays through Thursdays. On Fridays, we will have a class from 10-12 and several classes offered from 1-2. All classes will meet twice a week, except for classes held on Fridays. There will be Monday/Wednesday classes, Tuesday/Thursday classes and Friday classes.

In addition, each day will start off with 30 minutes dedicated to furthering each student's personal growth. Students may choose to work on skills such as spelling, reading or math or they may choose to engage in class jobs such as laundry, attendance or calendar reporting. Students will be able to choose which staff member they would like to work with during their personal growth time.

## Daily Schedule

### Mondays and Wednesdays

- Arrival 9:15-9:30
- Personal Growth 9:30-10:00
- Class 10:00-11
- Class 11-12
- Lunch 12-1
- Class 1-2
- Departure 2-2:15

### Tuesdays and Thursdays

- Arrival 9:15-9:30
- Personal Growth 9:30-10:00
- Break 10:00-11
- Class 11-12
- Lunch 12-1
- Class 1-2
- Departure 2-2:15

### Fridays

- Arrival 9:15-9:30
- Personal Growth 9:30-10:00
- Class 10-12
- Lunch 12-1
- Class 1-2
- Departure 2-2:15



## Program Objectives

Santa Clara Adult Education's mission is to empower adults of all ages to succeed in an ever-changing world. The goal of Independence Network is to provide high-quality programming that will prepare and empower adults with disabilities to progress toward reaching their individual goals of independence, personal fulfillment and community inclusion.

Our programming focuses on teaching independent living skills, community integration skills, functional academics, healthy living skills and leisure time skills.

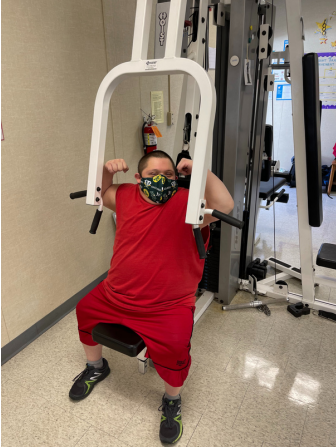
Program Learning Outcomes:

- Students will communicate effectively both verbally and nonverbally.
- Students will interact appropriately with others in a variety of environments including vocational, social, and community settings.
- Students will maintain or increase their levels of independence in areas that are applicable to the individual.
- Students will access and use resources, information and technology from a variety of sources within the community as independently as possible.
- Students will be afforded the opportunity to improve and/or maintain their health and wellness, including gaining skills that will improve their quality of life and allow them to pursue their personal goals.

## Course Objectives

Depending on the classes they select, participants will be able to demonstrate the following:

- Improved skills in functional reading, writing, math and computer use
- Improved understanding of money concepts
- Communication skills to facilitate interpersonal relationships, interactions in the community and self-advocacy
- Problem solving skills to facilitate interpersonal relationships, interactions in the community and independence
- Consumer skills that allow for increased independence when shopping or making decisions in an independent living setting
- Ability to plan and prepare a meal, including making a shopping list and preparing ingredients
- Listen to and follow instructions
- Work independently or collaboratively to complete a task
- Use decision-making skills
- Use resources to increase independence
- Develop interest in leisure time activities
- Understand healthy living concepts such as fitness, stress-reduction and nutrition



## Monday/Wednesday Classes

### **Mobile Exercise with Ed (10-11)\***

Students in this class will participate in exercises that strengthen their bodies to improve their function in everyday life. Students will learn exercises that increase their bodies' mobility. Exercises will include stretching, toning and coordinated movements.

***This class is geared toward students who can stand and walk.***

Course objectives:

- Increase mobility, cardiovascular health and muscle tone
- Gain an understanding of healthy living practices, including fitness activities, stress-reduction and nutrition

Life skills: self-awareness, self-control, communication, gross motor skills, resilience, promote independence through movement, encourage a healthy lifestyle

\*In person only

### **Online Money Skills and Functional Math with Brian (10-11)**

This class supports students' development of money and math skills that will help them as they navigate everyday situations.

Course objectives:

- Know how to identify and use various forms of money and payment
- Develop money sense skills
- Understand how to use basic math concepts in everyday life

Life skills: problem solving, decision making, self-advocacy, communication

## Monday/Wednesday Schedule at a Glance

9:30-2

Adventures with James\*

10-11

Mobile Exercise\*

Multimedia Art\*

Online Money Skills and Functional Math

11-12

Seated Exercise

Multimedia Art\*

Online Literacy

10-12

Meal Preparation

1-2

Chapter by Chapter Book Club

Active Exercise\*

History of Movies

\*Only available in person



### **Adventures with James (10-2)\***

Go on an all-day outings with James to explore museums, parks and other local areas of interest. Students will also be able to participate in volunteer opportunities with non-profit organizations. This is a great class for those looking to get out and about and try new things.

Course objectives:

- Explore the Bay Area
- Interact with others in the community

Life skills: communication, interpersonal skills, self-awareness, gross motor skills, fine motor skills

\*In person only

### **Multimedia Art with Razan (10-11 and 11-12)\***

In this class, you will make unique artwork and art pieces using a variety of mediums including paint and pastels, while learning basic concepts of art and artist techniques. You will also learn to up-cycle everyday items into works of art.

Course objectives:

- Express oneself through art
- Follow step-by-step instructions

Life skills: communication, decision making, problem solving, resilience, self-awareness, fine motor skills

\*In person only

## Monday/Wednesday Classes Continued

### **Seated Exercise with Ed (11-12)**

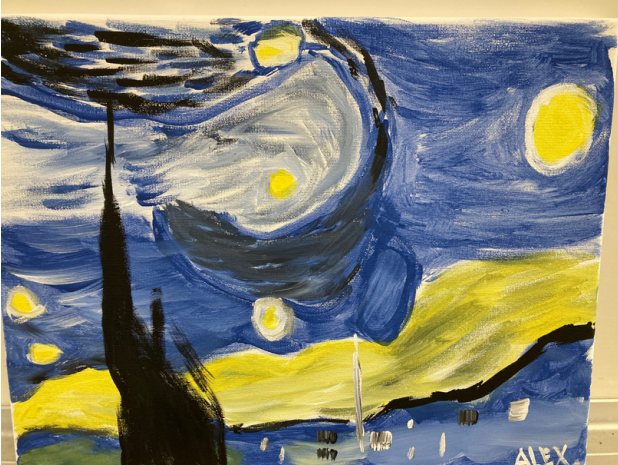
Students in this class will participate in exercises that strengthen their bodies to improve their function in everyday life. Students will learn exercises that increase their bodies' mobility. Exercises will include stretching, toning and coordinated movements.

***This class is geared toward students who would like to exercise from a seated position.***

Course objectives:

- Increase mobility, cardiovascular health and muscle tone
- Gain an understanding of healthy living practices, including fitness activities, stress-reduction and nutrition

Life skills: self-awareness, self-control, communication, gross motor skills, resilience, promote independence through movement, encourage a healthy lifestyle



### **Online Literacy with Brian (11-12)**

Students will work with pictures, applications and videos to work on forms of expression and communication. The class will include spoken, written and signed basic language skills. The class will meet the student where they are and help them find tools to be more independent.

Course objectives:

- Improve communication

Life skills: communication, decision making, self-awareness, interpersonal skills, self-advocacy

## Monday/Wednesday Classes Continued

### **Meal Preparation with Yvonne (10-12)**

Food is a universal language that everyone speaks! In this class we will learn about the importance of nutrition when choosing and making your meal. We will learn to plan for the meals we make and then shop for the items we want to cook. We will be taking walks to our local fruit stand and market as needed. Planning and shopping will be on Mondays and cooking and eating will be on Wednesdays.

Course objectives:

- Follow step-by-step instructions
- Use appropriate kitchen safety procedures
- Make healthy food choices
- Work individually or collectively to complete a task
- Understand the various steps involved in meal planning
- Table setting and kitchen clean up
- Shop for ingredients

Life skills: interpersonal relationships, self-control, communication, fine motor skills, critical thinking, problem solving, decision making, self-awareness

**Active Exercise with Ed (1-2)\***

Students in this class will participate in various forms of active exercise.

Depending on student interest, the class will include weight training, indoor sports and outdoor sports.

***This class is geared toward students who want to participate in exercise that will make them sweat!***

Course objectives:

- Increase mobility, cardiovascular health and muscle tone
- Gain an understanding of healthy living practices, including fitness activities, stress-reduction and nutrition

Life skills: self-awareness, self-control, communication, gross motor skills, resilience, promote independence through movement, encourage a healthy lifestyle

\*In person only

**Movie History with Brian (1-2)**

We will explore movie making starting with the first black and white films and moving on through talkies, color, and other advancements that have led to the movies we see today. We will also look at potential future types of movies such as virtual reality and holograms.

Course objectives:

- Learn about the history of movies

Life skills: communication, develop interest in leisure activities

**Monday/Wednesday Classes Continued****Chapter by Chapter Book Club with Yvonne (1-2)**

This course will enable you to listen to chapter books you have always wanted to read. Your instructor will read through an entire chapter book over the length of the course. We will discuss and examine each chapter as we read them. Examples of books: Harry Potter series, Artemis Fowl series, Call of the Wild, Chronicles of Narnia series, James and the Giant Peach, Indian in the Cupboard, Shane and/or any suggestions you might have.

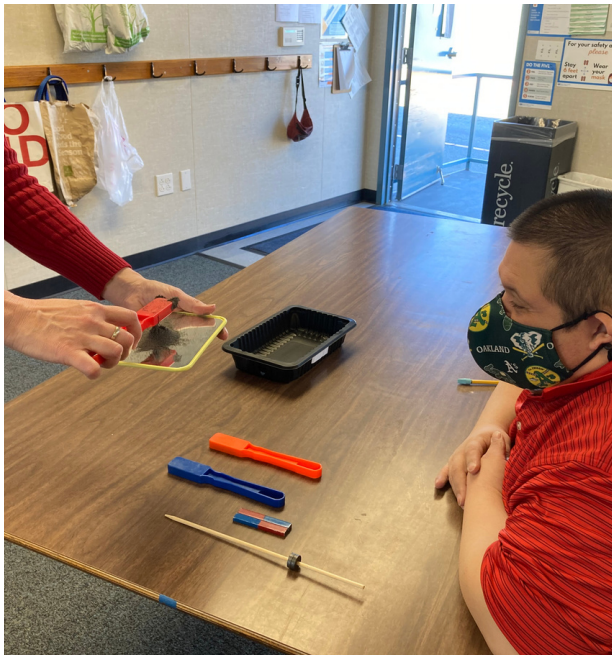
Course objectives:

- Understand the basic elements of a story
- Explore a variety of books and authors
- Improve listening and speaking skills

Life skills: interpersonal relationships, communication, critical thinking, problem solving, decision making, self-awareness







## Tuesday/Thursday Classes

### **STEM: Experiments, Inventions and Creations with Teresa (11-12 and 1-2)\***

Do you enjoy experimenting, building things and discovering how things work? Then please join us for some fun and learning about STEM! What is STEM? STEM stands for Science, Technology, Engineering and Math. It's a hands-on activity class full of experiments and exploration where we will build things, learn how stuff works and even invent new creations. Sample projects can include working with Legos, building bridges, working with magnets, creating towers, egg drop carriers and so much more!!!

We will work together to understand more about the world around us. Don't worry if you've never done any of this before, no experience is required.

Course objectives:

- Make predictions and draw conclusions
- Understand cause and effect
- Gain a better understanding of the world around us

Life skills: problem solving, communication, fine motor skills, decision making, critical thinking

\*In person only

## Tuesday/Thursday Schedule at a Glance

9:30-2

Adventures with James\*

10-11

Money Skills and Functional Math\*

11-12

Online Money Skills and Functional Math  
STEM\*

10-12

Meal Preparation

1-2

Crafty Crafters

STEM\*

Drama\*

History of Movies

\*Only available in person





## Tuesday/Thursday Classes Continued

### **Meal Preparation with Yvonne (10-12)**

Food is a universal language that everyone speaks! In this class we will learn about the importance of nutrition when choosing and making your meal. We will learn to plan for the meals we make and then shop for the items we want to cook. We will be taking walks to our local fruit stand and market as needed. Planning and shopping will be on Tuesdays and cooking and eating will be on Thursdays.

Course objectives:

- Follow step-by-step instructions
- Use appropriate kitchen safety procedures
- Make healthy food choices
- Work individually or collectively to complete a task
- Understand the various steps involved in meal planning
- Table setting and kitchen clean up
- Shop for ingredients

Life skills: interpersonal relationships, self-control, communication, fine motor skills, critical thinking, problem solving, decision making, self-awareness

### **Money Skills and Functional Math with Brian (10-11\* and online 11-12)**

This class supports students' development of money and math skills that will help them as they navigate everyday situations.

Course objectives:

- Know how to identify and use various forms of money and payment
- Develop money sense skills
- Understand how to use basic math concepts in everyday life

Life skills: problem solving, decision making, self-advocacy, communication

\*10-11 is in person only  
11-12 is online only

### **Adventures with James (10-2)\***

Go on an all-day outings with James to explore museums, parks and other local areas of interest.

Students will also be able to participate in volunteer opportunities with non-profit organizations. This is a great class for those looking to get out and about and try new things.

Course objectives:

- Explore the Bay Area
- Interact with others in the community

Life skills: communication, interpersonal skills, self-awareness, gross motor skills, fine motor skills

\*In person only

### **Movie History with Brian (1-2)**

We will explore movie making starting with the first black and white films and moving on through talkies, color, and other advancements that have led to the movies we see today. We will also look at potential future types of movies such as virtual reality and holograms.

Course objectives:

- Learn about the history of movies

Life skills: communication, develop interest in leisure activities

## Tuesday/Thursday Classes Continued

### **Crafty Crafters with Yvonne (1-2)**

Enjoy creating? In this course we will make crafts with what we have in our craft cupboards! We will explore working with paper, glue, yarn, and other supplies that are in our cupboard. We will take any suggestions you might have as we create from our cupboards.

Course objectives:

- Explore a variety of crafting techniques
- Express oneself through the creation of crafts

Life skills: communication, fine motor skills, decision making, problem solving

### **Drama with Celia (1-2)\***

The imagination is where everything begins! Spark your imagination with this drama class. You'll explore your creativity through interactive storytelling and improvisational games. Build your self-confidence and learn to cooperate with others.

Course objective:

- Explore creativity and express oneself through acting

Life skills: gross motor skills, communication, self-awareness, interpersonal skills

\*In person only





## Friday Schedule at a Glance

9:30-10

Personal Growth\*

10-12

Social Skills\*

1-2

Gardening\*

Piano\*

Computers\*

Drawing

Online Exercise with Ed

\*Only available in person

### Drawing with James (1-2)

Students will follow step-by-step directions to draw characters from your favorite movies and shows. Students can join in person or online.

Course objectives:

- Learn to draw
- Follow direction

Life skills: self-control, fine motor skills, communication, self-awareness, self-advocacy

## Friday Classes

### Social Skills with Brian, Yvonne, James, Hiwet and Martha (10-12)\*

Students will come together to practice social skills in a large group setting. Activities in this class may include games, crafts, dancing, singing, performances, guest speakers and opportunities for social interaction. Students will also have the opportunity to lead activities during this time, if they wish.

Course objectives:

- Communicate effectively with others
- Interact appropriately in a social situation
- Use decision-making skills
- Increase fine and gross motor skills

Life skills: interpersonal relationships, problem solving, decision making, self-awareness, fine motor skills, gross motor skills, communication, self-control

\*In person only



### **Gardening with Yvonne (1-2)\***

We will take some time to get our garden ready for early spring planting. We will need to build a compost bin, turn soil, add fertilizer, mulch and plan for next season.

Course objectives:

- Build and maintain garden compost bins
- Participate in planning, building and care of worm garden
- Explore planting seasons
- Participate in mapping and planning out garden beds.

Life skills: self-awareness, self-control, communication, gross motor skills, interpersonal relationships, decision making

\*In person only

### **Computers with Brian (1-2)\***

Students will practice using different apps including the apps included with their school Gmail accounts.

Course objective:

- Gain computer skills

Life skills: self-advocacy, communication, problem solving

\*In person only

## Friday Classes Continued

### **Piano with Laura (1-2)\***

Students will learn the fundamentals of playing a piano. Students will meet in the piano room and use the book *Bastien Piano Basics* to learn to play. All levels are welcome.

Course objectives:

- Learn basic piano skills.

Life skills: self-control, fine motor skills, communication, self-awareness, interpersonal relationships

\*In person only

### **Online Exercise with Ed (1-2)**

Ed will lead participants in movements to stimulate both body and mind. Each session will be tailored to fit the needs and interests of the individuals enrolled.

Course objectives:

- Increase mobility, cardiovascular health and muscle tone
- Gain an understanding of healthy living practices, including fitness activities, stress-reduction and nutrition

Life skills: self-awareness, self-control, communication, gross motor skills, resilience