

FALL 2024 COURSES

Thrive

Unique non-credit courses developed for adults with intellectual disabilities to support their ability to function more independently at home, at work, and in the community.



Frederick Community College

Thrive

PROGRAM CATEGORIES

Frederick Community College (FCC) believes learning is a lifelong adventure and welcomes all students. We offer a variety of classes for individuals with intellectual and developmental disabilities to explore the arts, learn life skills, and enjoy recreational activities. Thrive classes are designed for students age 16 to adult and promote well-being and skills development through fun and creative activities. Our instruction allows for functional independence that transfers into the home, community, and workplace. Whatever you decide to pursue, we have a class for you.



ART & MUSIC EXPLORATION

Join us to discover inspiring creative techniques while celebrating the joy of music and expressing your creative side. Our talented instructors will guide you through the artistic process as you explore your natural abilities, gain new skills, and create your own original works of art and music.



LIFE & SOCIAL SKILLS

With independent living and enjoying your time with family and friends as the main focus, this selection of classes highlights activities designed to expand your knowledge and abilities, develop your social skills, and increase your levels of independence. Featuring important ways to take care of yourself, stay safe, and have fun, the knowledge you gain is designed to help you both in and outside your home and in your community.



RECREATIONAL ACTIVITIES

Designed to deliver fun and unique social and recreational experiences, these engaging opportunities often include a wide variety of activities throughout the year.



ART & MUSIC EXPLORATION

SPA196 Art from Around the World

Explore and celebrate various cultures from around the globe by creating projects representative of those regions. Discuss your opinions about what you find appealing in art and how each culture is expressed differently than others through their art traditions. You'll feel like you have traveled all over the globe as you learn about different people and places by exploring their art and craft traditions.

Instructor: Kelsey Ray | ID#: 27397 | 12 sessions | Total: \$160

Wed, 9/11 - 12/4 (*No Class 11/27*) | 11:00 a.m. - 12:00 p.m. | Conference Center/E125

SPA206 Garage Band

Learn a variety of instruments and play popular music. You will work together with your peers to select a song to learn. Then, you will work together to deconstruct the music and learn to play it on FCC's instruments. Rehearsals involve learning basic music skills as you collaborate and interact with other musicians.

Instructor: Megan Dewing | ID#: 27395 | 6 sessions | Total: \$125

Tue, 9/10 - 10/15 | 6:00 - 7:30 p.m. | Conference Center/E123

SPA207 Musical Exploration

Learn about musical styles like jazz, rock, country, soul, or R&B to learn what makes them distinct from each other. Then, work with your class to create your own music. You will play a variety of instruments as you learn new songs and write your own music with friends.

Instructor: Megan Dewing | ID#: 27400 | 6 sessions | Total: \$125

Tue, 10/29 - 12/10 (*No Class 11/26*) | 6:00 - 7:30 p.m. | Conference Center/E123

Register for classes at frederick.edu/Thrive



SPA203 Seasonal Crafts

Express your creative side and make some artwork to decorate your living space. Maybe make a gift for a friend or family member in this class designed to promote following directions and using your imagination at the same time.

Instructor: Kelsey Ray | ID#: 27398 | 12 sessions | Total: \$160

Wed, 9/11 - 12/4 (No Class 11/27) | 1:00 - 2:00 p.m. | Conference Center/E125



LIFE & SOCIAL SKILLS

SPA199 Creative Social Skills

Activities in this creative, interactive, and confidential group will be driven by the strengths, interests, needs, and requests of the participants. Explore topics including how to deal with personal feelings, differences in communication styles, relationships, your personal rights and responsibilities, making safe choices and decisions, dealing with change or loss, and topics of timely interest. You will collaborate with your peers to participate in a variety of creative activities to express yourself and learn about others.

Instructor: Pamela Noble | ID#: 27399 | 12 sessions | Total: \$140

Wed, 9/11 - 12/4 (No Class 11/27) | 4:30 - 5:30 p.m. | Conference Center/E134

NEW! SPA218 LEGO® Engineering Adventures

This class introduces students to engineering design skills. Learn about the steps that are involved in defining a problem, brainstorming solutions, and testing and refining prototypes to improve their ideas. Enhance your observation skills by gathering information about a problem and modifying a solution to meet the needs of others. Students will help a story character by recounting experiences using relevant facts and descriptive details. This will help to develop collaborative conversation skills.

Disclaimer: The programs conducted by Frederick Community College are not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO Group.

Instructor: Jennifer Bolling | 6 sessions | Conference Center/E125 | Total: \$180

ID#: 27431 | Thu, 9/12 - 10/17 | 4:00 - 5:30 p.m.

ID#: 27433 | Thu, 10/31 - 12/12 (No Class 11/28) | 4:00 - 5:30 p.m.

SPA217 Money Magic

Independence depends on a person's ability to make good decisions with their resources. In this course, students will explore a variety of topics related to personal finances. Peer support and information sharing give the opportunity to discover new ideas and perspectives. Each class will provide information and then offer an opportunity to respond to the participant's current needs.

Instructor: Pamela Noble | 6 sessions | Student Center/H248 | Total: \$125

ID#: 27430 | Wed, 9/11 - 10/16 | 6:00 - 7:30 p.m.

ID#: 27432 | Wed, 10/30 - 12/11 (*No Class 11/27*) | 6:00 - 7:30 p.m.



RECREATIONAL ACTIVITIES

SPA176 Table Games

Fine tune your game playing skills for a family or friends game night! Learn to read and follow the directions, identify the goals, and apply strategies to the game. Whether working as a team with classmates, or focusing on personal game winning success, learn new vocabulary, accept challenges, and celebrate a win, even if the win is just having fun!

Instructor: Kelsey Ray | 6 sessions | Conference Center/E125 | Total: \$115

ID#: 27396 | Wed, 9/11 - 10/16 | 9:30 - 10:30 a.m.

ID#: 27401 | Wed, 10/30 - 12/11 (*No Class 11/27*) | 9:30 - 10:30 a.m.

Register for classes at frederick.edu/Thrive





DISABILITY ACCESS SERVICES ACCOMMODATION PLANS

Important Information

Do you need an accommodation for your disability?

Will you need to bring a personal care aide or assistant to class with you?

Do you need a sign language interpreter?

If you answered yes to any of the questions above, registration **MUST** be completed using the new accommodation process. frederick.edu/thrive



HOW DO I SCHEDULE AN APPOINTMENT WITH DISABILITY ACCESS SERVICES?

Once a student has registered for their class(es), they can schedule their appointment through the FCC Disability Access Services office located in Annapolis Hall or they can submit a request at frederick.edu/DAS.

Students will be asked to provide additional information and upload requested documentation to confirm disability status and will have a meeting with Disability Access Services to discuss the accommodation plan.

Please keep in mind that if you registered for additional Thrive classes AFTER your initial meeting with Disability Access Services and would like your personal care aide or assistant to accompany you in those classes, you **WILL** need to contact Disability Access Services to renew your accommodation plan and confirm that you will use the same personal aide. In addition, if you need sign language interpreting, please submit your request at least two weeks ahead of time by emailing Interpreting@frederick.edu. You will need to include the classes you are registered for, and what days and times they occur. Disability Access Services will make every effort to schedule interpreting with less than five workdays notice but cannot guarantee an interpreter will be available if the student doesn't provide Disability Access Services with enough notice.

Disability Access Services & Interpreting Services



Disability Accommodations • Disability Resources
American Sign Language Interpretation



Scan to Request Accommodations

frederick.edu/DAS • 301.846.2408 • disabilityservices@frederick.edu



FALL 2024 REGISTRATION OPENS MONDAY, JUNE 10, 2024.

Register for classes today.
Scan the QR code or visit
frederick.edu/Thrive

Questions?

Contact us at Thrive@frederick.edu or 301.846.2661

FALL 2024 COURSES | BROWSE BY WEEK

TUESDAYS

Garage Band	9/10 - 10/15	6:00 - 7:30 p.m.
Musical Exploration	10/29 - 12/10	6:00 - 7:30 p.m.

WEDNESDAYS

Table Games	9/11 - 10/16	9:30 - 10:30 a.m.
Art from Around the World	9/11 - 12/4	11:00 a.m. - 12:00 p.m.
Seasonal Crafts	9/11 - 12/4	1:00 - 2:00 p.m.
Creative Social Skills	9/11 - 12/4	4:30 - 5:30 p.m.
Money Magic	9/11 - 10/16	6:00 - 7:30 p.m.
Table Games	10/30 - 12/11	9:30 - 10:30 a.m.
Money Magic	10/30 - 12/11	6:00 - 7:30 p.m.

THURSDAYS

LEGO® Engineering Adventures	9/12 - 10/17	4:00 - 5:30 p.m.
LEGO® Engineering Adventures	10/31 - 12/12	4:00 - 5:30 p.m.



Frederick Community College

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Frederick Community College (FCC) prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Under the ADA and Section 504, FCC makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. For FCC employees needing accommodations, including interpreting, please email humanresources@frederick.edu. For students and others with accommodation needs or questions, please call 301.846.2408, or to request sign language interpreter services, please email interpreting@frederick.edu. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. Requests must be made at least five workdays before a scheduled event to guarantee accommodations. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least 21 calendar days in advance. Requests made less than 21 calendar days in advance may not be able to be guaranteed.