

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.

SPRING 2023 COURSES



Thrive!

PROGRAM CATEGORIES

Frederick Community College (FCC) believes learning is a lifelong adventure and welcomes all students. It's the reason we offer a variety of classes for cognitively and developmentally disabled people and those who join them. Thrive classes are designed for students age 16-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.

Note: All spring 2023 classes will meet on campus in an in-person environment.



ACADEMIC SKILLS

Keep learning in classes designed to maintain your current academic skills while acquiring new ones. At FCC, we mix academics with fun and creativity to continue learning everyday.



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.



FOOD & COOKING

Let's get cooking ... and eating! Explore the world of food, from making delicious snacks and preparing meals to adding a little more flavor and trying new recipes. By learning how to prepare and cook food while keeping an eye on healthy eating, you will also be able to impress your family and friends by sharing your skills at home.



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

Hang out with friends on game night, dance to your favorite music, practice the art of yoga, or discover an interesting new hobby. Especially designed to deliver fun and unique social and recreational experiences, these engaging opportunities often include a wide variety of activities throughout the year.

ACADEMIC SKILLS

SPA198 Get Your Story Straight

Enjoy storytelling and connecting with others through the sharing of popular and personal stories. Get the chance to tell your own story with exciting details and the opportunity to get to know others by asking questions. Learn new vocabulary, improve your comprehension and be able to identify main ideas with supporting details in the story line.

Instructor: Courtney Stewart | ID#: 24575 | 12 sessions | Total: \$139
Wed, 2/8 - 5/3 (No Class 3/22) | 3:15 - 4:15 p.m. | Student Center/H239

NEW! SPA201 Academic Companion: English

Receive individualized support to improve your executive and academic skills while taking credit classes. Topics include how to interpret a syllabus, plan for long term projects, create a study plan, budget your time, and communicate with professors and peers. *This course is designed for any student taking ENGL100/101 who had an IEP/504 Plan during high school who are pursuing higher education at FCC, to support their ability to function independently and successfully in the classroom.*

Instructor: Courtney Stewart | ID#: 24574 | 12 sessions | Total: \$139
Wed, 2/8 - 5/3 (No Class 3/22) | 2:00 - 3:00 p.m. | Braddock Hall/B102

SPA197 What's that You Read?

Reading opens up your world to new places, people, and ideas. Improve your reading, vocabulary and comprehension skills through discussion, reading excerpts and brief writing exercises. Recognize important supporting details, identify the main idea, and follow the sequence of events to discover the end of the story.

Instructor: Richard Nalley | ID#: 24589 | 6 sessions | Total: \$69
Thu, 2/9 - 3/16 | 2:00 - 3:00 p.m. | Student Center/H209

NEW! SPA200 Math for Daily Life

Practice your math skills and learn new concepts in this class that combines creative activities with fundamental math exercises. Math can be a lot of fun and you will find ways to use it at home, work, and in the community. Bring your paper, pencils, and a calculator so that you can work out problems you might face in daily life.

Instructor: Richard Nalley | ID#: 24592 | 6 sessions | Total: \$69
Tue, 3/28 - 5/2 | 2:00 - 3:00 p.m. | Braddock Hall/B105



NEW! SPA204 Fun History Events

Did you know the history you learned might have some interesting details you didn't know about? You can research attention-grabbing events and find out there's always more to the story. Improve your reading comprehension skills as you explore the details of historical events you find interesting. Compare and contrast information to draw your own conclusions about what really happened.

Instructor: Richard Nalley | ID#: 24594 | 6 sessions | Total: \$69
Thu, 3/30 - 5/4 | 2:00 - 3:00 p.m. | Student Center/H239

ART & MUSIC EXPLORATION**NEW! 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: Amy Sullivan | ID#: 24572 | 12 sessions | Total: \$159
Mon, 2/6 - 5/1 (No Class 3/20) | 9:00 - 10:00 a.m. | Conference Center/E125

SPA120 Love to Draw!

Explore pencil sketching, charcoal, and pastels in this class for artists of all levels. Practice basic drawing skills, and tap into the creative half of your brain as you perform some right-brain exercises and stretch your skills. Draw from real life as well as from imaginative ideas you develop yourself.

Instructor: Richard Nalley | ID#: 24587 | 6 sessions | Total: \$89
Tue, 2/7 - 3/14 | 3:15 - 4:15 p.m. | Visual & Performing Arts Center/F118

NEW! 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#: 24573 | 6 sessions | Total: \$124
Tue, 2/7 - 3/14 | 5:30 - 7:00 p.m. | Conference Center/E126B

SPA196 Art from Around the World

Explore and celebrate 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#: 24578 | 12 sessions | Total: \$159
Wed, 2/8 - 5/3 (No Class 3/22) | 11:15 a.m. - 12:15 p.m. | Visual & Performing Arts Center/F118

SPA121 Painting with Acrylics

In this creative class, students will paint landscapes, mix acrylic paint, and learn about perspectives. Art supplies will be provided, however, if you'd like to bring your own materials, contact us for a list of specific supplies.

Instructor: Richard Nalley | ID#: 24590 | 6 sessions | Total: \$89
Thu, 2/9 - 3/16 | 3:15 - 4:15 p.m. | Visual & Performing Arts Center/F118

NEW! SPA208 Mixed Media Art Inspired by the Masters

The artist in you will be energized as you use mixed media to create works of art inspired by master artists. Through drawing, painting and sculpture, discover the works of featured artists such as Monet, O'Keeffe, van Gogh and Surrat as you make artwork based on their techniques.

Instructor: Kimberly Anderson | ID#: 24745 | 12 sessions | Total: \$159
Tue/Thu, 3/28 - 5/4 | 3:15 - 4:15 p.m. | Visual & Performing Arts Center/F118

NEW! 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#: 24580 | 6 sessions | Total: \$124
Tue, 3/28 - 5/2 | 5:30 - 7:00 p.m. | Conference Center/E126B

FOOD & COOKING

NEW! SPA205 Meal Prep Made Simple

Discover the joy of cooking when you prepare recipes created from scratch in this supportive, hands-on cooking class. Learn cooking basics, food handling, and kitchen safety as you create delicious dishes. Recipes will be provided so that you can recreate the meal at home.

Instructor: Amy Sullivan | ID#: 24585 | 12 sessions | Total: \$214
Mon, 2/6 - 5/1 (No Class 3/20) | 10:30 a.m. - 12:00 p.m. | Conference Center/E125

SPA192 Culinary Exploration: Baking

Students have the opportunity to explore cooking for different purposes, using a variety of techniques. The theme based classes allow the students to explore new cultures, dining traditions, and foods.

Instructor: Kelsey Ray | ID#: 24577 | 6 sessions | Total: \$144
Wed, 2/8 - 3/15 | 9:30 - 11:00 a.m. | Conference Center/E125

Culinary Exploration: Pan Frying

Students have the opportunity to explore cooking for different purposes, using a variety of techniques. The theme based classes allow the students to explore new cultures, dining traditions, and foods.

Instructor: Kelsey Ray | ID#: 24581 | 6 sessions | Total: \$144
Wed, 3/29 - 5/3 | 9:30 - 11:00 a.m. | Conference Center/E125

LIFE & SOCIAL SKILLS

SPA140 Smart Shopping: Math for Money Management

It's your money so spend it wisely. Learn the basics of managing money and gain practical knowledge when you explore how to save and spend wisely, how to write a check, how to safely use a bank card or make sure you get back the right amount of change after making a purchase. Solve real life finance-based word problems and take the steps you need to control your money.

Instructor: Richard Nalley | ID#: 24586 | 6 sessions | Total: \$69
Tue, 2/7 - 3/14 | 2:00 - 3:00 p.m. | Student Center/H239

SPA180 Journaling through my Life

Some of the most entertaining storytelling begins with real life experiences. Focus on the practice of storytelling through the art of journaling major events that happen in your life. Through writing, scrapbooking techniques, and picture taking, turn blank pages of a notebook into a journal that tells your story.

Instructor: Courtney Stewart | ID#: 24576 | 12 sessions | Total: \$139
Wed, 2/8 - 5/3 (No Class 3/22) | 4:30 - 5:30 p.m. | Conference Center/E123

NEW! SPA202 Self-Determination and Self-Awareness

Understanding oneself is key to being able to decide what choices you should make in life and express what you need to be successful. Join classmates as you explore your strengths and limitations, consider what supports you have available, and make short and long term plans. Build confidence, strengthen communication skills, and learn how to share your talents with the world. This offers the opportunity to make new friends and build community connections.

Instructor: Pamela Noble | ID#: 24588 | 6 sessions | Total: \$105
Wed, 2/8 - 3/15 | 6:30 - 8:00 p.m. | Braddock Hall/B215



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. Collaborate with your peers to participate in a variety of creative activities to express yourself and learn about others.

Instructor: Amy Sullivan | ID#: 24579 | 12 sessions | Total: \$139
Thu, 2/9 - 5/4 (No Class 3/23) | 4:30 - 5:30 p.m. | Student Center/H207

NEW! SPA195 Financial Literacy for Independence

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 | ID#: 24593 | 6 sessions | Total: \$105
Wed, 3/29 - 5/3 | 6:30 - 8:00 p.m. | Student Center/H207

RECREATIONAL ACTIVITIES

SPA155 Latinx Dances with Rosa

Get your move on when you learn traditional Latino dances, step-by-step. Warm up those extremities, learn about the culture of the Latino community, jive to the music, and cool on down in this hands-on class that will get your blood flowing. Be sure to wear something comfortable that is easy to move in and keep a bottle of water nearby.

Instructor: Rosa Raez Garcia | ID#: 24703 | 6 sessions | Total: \$69
Wed, 2/8 - 3/15 | 5:30 - 6:30 p.m. | Athletics Center/D129

SPA143 Yoga: Breathe & Flow

Learn to reduce stress while calming the body and mind in this gentle and Hatha inspired yoga class. This class will help you learn to regulate stress in everyday life. Students should wear comfortable clothing and bring a water bottle. Yoga mats will be provided but students are encouraged to bring their own mat so they can continue yoga at home.

Instructor: Teresa Holler | ID#: 24591 | 9 sessions | Total: \$115
Thu, 2/9 - 4/13 (No Class 3/23) | 5:30 - 6:30 p.m. | Athletics Center/D129

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: Augusta Pinson | ID#: 24595 | 6 sessions | Total: \$109
Mon, 3/27 - 5/1 | 12:30 - 1:30 p.m. | Student Center/H239



SPRING 2023 REGISTRATION OPENS DECEMBER 5, 2022

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

Questions?

Contact Heather Hinkle, Program Manager, Thrive
at hhinkle@frederick.edu or 301.846.2427.

SPRING 2023 COURSES | BROWSE BY WEEK

MONDAYS

Seasonal Crafts	2/6 - 5/1	9:00 - 10:00 a.m.
Meal Prep Made Simple	2/6 - 5/1	10:30 a.m. - 12:00 p.m.
Table Games	3/27 - 5/1	12:30 - 1:30 p.m.

TUESDAYS

Smart Shopping: Money Management	2/7 - 3/14	2:00 - 3:00 p.m.
Love to Draw!	2/7 - 3/14	3:15 - 4:15 p.m.
Musical Exploration	2/7 - 3/14	5:30 - 7:00 p.m.
Math for Daily Life	3/28 - 5/2	2:00 - 3:00 p.m.
Mixed Media Art Inspired by the Masters	3/28 - 5/4	Tue/Thu 3:15 - 4:15 p.m.
Garage Band	3/28 - 5/2	5:30 - 7:00 p.m.

WEDNESDAYS

Culinary Exploration: Baking	2/8 - 3/15	9:30 - 11:00 a.m.
Art from Around the World	2/8 - 5/3	11:15 a.m. - 12:15 p.m.
Academic Companion: English	2/8 - 5/3	2:00 - 3:00 p.m.
Get Your Story Straight	2/8 - 5/3	3:15 - 4:15 p.m.
Journaling through my Life	2/8 - 5/3	4:30 - 5:30 p.m.
Latinx Dances with Rosa	2/8 - 3/15	5:30 - 6:30 p.m.
Self-Determination and Self-Awareness	2/8 - 3/15	6:30 - 8:00 p.m.
Culinary Exploration: Pan Frying	3/29 - 5/3	9:30 - 11:00 a.m.
Financial Literacy for Independence	3/29 - 5/3	6:30 - 8:00 p.m.

THURSDAYS

What's that You Read?	2/9 - 3/16	2:00 - 3:00 p.m.
Painting with Acrylics	2/9 - 3/16	3:15 - 4:15 p.m.
Creative Social Skills	2/9 - 5/4	4:30 - 5:30 p.m.
Yoga: Breathe & Flow	2/9 - 4/13	5:30 - 6:30 p.m.
Fun History Events	3/30 - 5/4	2:00 - 3:00 p.m.



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Frederick Community College 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. Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs or questions, please call 301.846.2408. To request a sign language interpreter or if you have questions related to interpreting services, please email Interpreting@frederick.edu or call 301.846.2408. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event. 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.