

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 2025 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 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.

Note: All spring 2025 classes will meet in person on campus.



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 inside 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

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#: 27917 | 6 sessions | Total: \$125
Tue, 2/11 - 3/18 | 6:00 - 7:30 p.m. | Conference Center/E123

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#: 27919 | 12 sessions | Total: \$160
Wed, 2/12 - 5/7 (No Class 4/2) | 11:00 a.m. - 12:00 p.m. | Conference Center/E125

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#: 27920 | 12 sessions | Total: \$160
Wed, 2/12 - 5/7 (No Class 4/2) | 9:30 - 10:30 a.m. | Conference Center/E125

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#: 27925 | 6 sessions | Total: \$125
Tue, 4/8 - 5/13 | 6:00 - 7:30 p.m. | Conference Center/E123



FOOD & COOKING

SPA192 Culinary Exploration: Baking

This course gives students 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.

Disclaimer: While we take precautions to ensure a safe and clean environment, we cannot guarantee a completely nut-free classroom. We will make every effort to reduce the risk of exposure by wiping down tables and wearing gloves during food-related activities, and when cleaning surfaces.

Please be aware that some of the ingredients used in these recipes may contain gluten. Always consult with a healthcare professional if you are unsure about the suitability of certain ingredients for your dietary needs. We are unable to make substitutions for ingredients.

Instructor: Kelsey Ray | 6 sessions | Conference Center/E125 | Total: \$199

ID#: 27921 | Wed, 2/12 - 3/19 | 12:30 - 2:00 p.m.

ID#: 27927 | Wed, 4/9 - 5/14 | 12:30 - 2:00 p.m.

LIFE & SOCIAL SKILLS

NEW! SPA219 Tales & Triumphs: The Storytelling and Reading Circle

Join our "Storytime Connections" course, a welcoming and engaging storytelling and reading club. This course offers a unique opportunity to dive into the world of stories and identifying main ideas, enhance reading comprehension skills and vocabulary, and share in the joy of literature within a supportive and inclusive community.

Instructor: Faith Kretzer | ID#: 28191 | 6 sessions | Total: \$110

Mon, 2/10 - 3/17 | 9:30 - 10:30 a.m. | Conference Center/E125

NEW! SPA221 DIY Your Way-Fun Projects for Everyday Living

Activities in this course are fun-filled and interactive. This course will aim to empower students to engage and complete simple projects at home with greater independence. Develop essential life skills like organization and time management, and build confidence through fun, practical, hands-on projects.

Instructor: Constance de laa Vega | 6 sessions | Conference Center/E125 | Total: \$110

ID#: 28245 | Tue, 2/11 - 3/18 | 4:00 - 5:00 p.m.

ID#: 28246 | Tue, 4/8 - 5/13 | 4:00 - 5:00 p.m.

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#: 27922 | 12 sessions | Total: \$140

Wed, 2/12 - 5/7 (No Class 4/2) | 5:00 - 6:00 p.m. | Student Center/H248

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#: 27923 | Wed, 2/12 - 3/19 | 6:15 - 7:45 p.m.

ID#: 27928 | Wed, 4/9 - 5/14 | 6:15 - 7:45 p.m.

NEW! SPA220 Bloom & Grow: Cultivating Your Green Thumb

Discover the joys of gardening and the great outdoors with our "Nature's Nurture" class. This outdoor, immersive and hands-on course offers a delightful opportunity to connect with nature, learn about plants and local birds, and how to identify them on sight. Find the therapeutic benefits of gardening in a supportive and inclusive environment, while discussing the complex relationships between plants, and the environment.

Instructor: Faith Kretzer | ID#: 28122 | 6 sessions | Total: \$110

Mon, 4/7 - 5/12 | 9:30 - 10:30 a.m. | Conference Center/E125

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 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 is not affiliated, sponsored, or endorsed by LEGO® Education or the LEGO Group.

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

ID#: 27924 | Thu, 2/13 - 3/20 | 4:00 - 5:30 p.m.

ID#: 27929 | Thu, 4/10 - 5/15 | 4:00 - 5:30 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#: 27918 | Wed, 2/12 - 3/19 | 2:30 - 3:30 p.m.

ID#: 27926 | Wed, 4/9 - 5/14 | 2:30 - 3:30 p.m.



DISABILITY ACCESS SERVICES ACCOMMODATION PLANS

Important Information

Thrive students in need of disability accommodations, an additional registration for a personal aide or assistant, and/or sign language interpreting, must first register with the Disability Access Services (DAS) office to coordinate services.



HOW DO I SCHEDULE AN APPOINTMENT WITH DISABILITY ACCESS SERVICES?

If you need accommodations to access the Thrive class(es), please contact Disability Access Services (DAS) and request an intake.

Accommodations may include sign language interpreting and the use of a personal care aide, in addition to other access accommodations.

If you have a personal care aide as an accommodation, you must contact DAS before each new class that you register for to confirm your aide.

Sign language interpreting requests should be submitted two weeks before the start of class.

Get started by scheduling an appointment with DAS staff by calling 301.846.2408 or completing an online appointment request form at frederick.edu/Thrive.

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

Step 1: Log in to Accommodate with your FCC username and password.

Step 2: Share your contact information and the accommodations that you are requesting.

Step 3: Upload documents to verify your disability status, like medical or psychological records, prior IEP/504 from high school, or documents from another institution.

Step 4: Check your FCC email daily, and look for an invitation to schedule a meeting with us.



SPRING 2025 REGISTRATION OPENS MONDAY, DECEMBER 2, 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

SPRING 2025 COURSES BROWSE BY WEEK			
MONDAYS	Tales & Triumphs: The Storytelling and Reading Circle	2/10 - 3/17	9:30 - 10:30 a.m.
	Bloom & Grow: Cultivating Your Green Thumb	4/7 - 5/12	9:30 - 10:30 a.m.
TUESDAYS	DIY Your Way-Fun Projects for Everyday Living	2/11 - 3/18	4:00 - 5:00 p.m.
	Garage Band	2/11 - 3/18	6:00 - 7:30 p.m.
	DIY Your Way-Fun Projects for Everyday Living	4/8 - 5/13	4:00 - 5:00 p.m.
	Musical Exploration	4/8 - 5/13	6:00 - 7:30 p.m.
WEDNESDAYS	Seasonal Crafts	2/12 - 5/7 <i>(No Class 4/2)</i>	9:30 - 10:30 a.m.
	Art from Around the World	2/12 - 5/7 <i>(No Class 4/2)</i>	11:00 a.m. - 12:00 p.m.
	Culinary Exploration: Baking	2/12 - 3/19	12:30 - 2:00 p.m.
	Table Games	2/12 - 3/19	2:30 - 3:30 p.m.
	Creative Social Skills	2/12 - 5/7/25 <i>(No Class 4/2)</i>	5:00 - 6:00 p.m.
	Money Magic	2/12 - 3/19	6:15 - 7:45 p.m.
	Culinary Exploration: Baking	4/9 - 5/14	12:30 - 2:00 p.m.
	Table Games	4/9 - 5/14	2:30 - 3:30 p.m.
	Money Magic	4/9 - 5/14	6:15 - 7:45 p.m.
	THURSDAYS	LEGO® Engineering Adventures	2/13 - 3/20
LEGO® Engineering Adventures		4/10 - 5/15	4:00 - 5:30 p.m.



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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.