

SPRING 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

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 2024 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

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

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: Kelsey Ray | ID#: 26345 | 6 sessions | Total: \$69
Tue, 2/13 - 3/19 | 2:15 - 3:15 p.m. | Conference Center/E125



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#: 26344 | 12 sessions | Total: \$159
Tue, 2/13 - 5/7 (No Class 4/2) | 1:00 - 2:00 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 instruments. Rehearsals involve learning basic music skills as you collaborate and interact with other musicians.

Instructor: Megan Dewing | ID#: 26349 | 6 sessions | Total: \$124
Tue, 4/9 - 5/14 | 6:00 - 7:30 p.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#: 26346 | 6 sessions | Total: \$124
Tue, 2/13 - 3/19 | 6:00 - 7:30 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#: 26353 | 12 sessions | Total: \$159
Thu, 2/15 - 5/9 (No Class 4/4) | 9:30 - 10:30 a.m. | Conference Center/E125



FOOD & COOKING

SPA214 Culinary Exploration: Brown Sugar

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.

Instructor: Kelsey Ray | ID#: 26357 | 6 sessions | Total: \$200
Thu, 2/15 - 3/21 | 1:00 - 3:00 p.m. | Conference Center/E125

SPA215 Culinary Exploration

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.

Instructor: Kelsey Ray | 6 sessions | Conference Center/E125 | Total: \$100

Smoothies | ID#: 26356 | Tue, 4/9 - 5/14 | 2:15 - 3:15 p.m.

No Bake Desserts | ID#: 26359 | Thu, 4/11 - 5/16 | 2:15 - 3:15 p.m

NEW! SPA216 Kitchen Basics

Gain basic skills and improve your ability in the kitchen. Students will explore measuring techniques, knife skills, cooking terminology, seasonings, meal planning, food safety and more. Please note this class does not include cooking but does include hands on practice.

Instructor: Kelsey Ray | 6 sessions | Conference Center/E125 | Total: \$95

ID#: 26355 | Tue, 2/13 - 3/19 | 9:30 a.m. - 10:30 a.m.

ID#: 26358 | Thu, 4/11 - 5/16 | 1:00 - 2:00 p.m.

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: Kelsey Ray | 12 sessions | Conference Center/E125 | Total: \$214

Casseroles | ID#: 26343 | Tue/Thu, 2/13 - 3/21 | 10:45 a.m. - 12:15 p.m.

Copycat Recipes | ID#: 26348 | Tue/Thu, 4/9 - 5/16 | 10:45 a.m. - 12:15 p.m.

Register for classes at frederick.edu/Thrive



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#: 26350 | 12 sessions | Total: \$139

Wed, 2/14 - 5/8 (No Class 4/3) | 5:30 - 6:30 p.m. | Conference Center/E125

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#: 26352 | 6 sessions | Total: \$105

Wed, 4/10 - 5/15 | 7:00 - 8:30 p.m. | Conference Center/E125

RECREATIONAL ACTIVITIES

SPA211 Minute to Win It

Hone your competition skills in this fun, interactive class that encourages laughter and community building. Build your problem solving and motivation skills as you work with, or against, your peers to conquer creative challenges and games.

Instructor: Pamela Noble | ID#: 26351 | 6 sessions | Total: \$69

Wed, 2/14 - 3/20 | 7:00 - 8:00 p.m. | Conference Center/E125

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 | ID#: 26347 | 6 sessions | Total: \$109

Tue, 4/9 - 5/14 | 9:30 - 10:30 a.m. | Conference Center/E125



Disability Access Services & Interpreting Services



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Scan to Request Accommodations

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



SPRING 2024 REGISTRATION OPENS MONDAY, DECEMBER 4, 2023.

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 2024 COURSES | BROWSE BY WEEK

TUESDAYS

Kitchen Basics	2/13 - 3/19	9:30 - 10:30 a.m.
Meal Prep Made Simple: Casseroles	2/13 - 3/21	Tue/Thu, 10:45 a.m. - 12:15 p.m.
Art from Around the World	2/13 - 5/7	1:00 - 2:00 p.m.
Math for Daily Life	2/13 - 3/19	2:15 - 3:15 p.m.
Musical Exploration	2/13 - 3/19	6:00 - 7:30 p.m.
Table Games	4/9 - 5/14	9:30 - 10:30 a.m.
Meal Prep Made Simple: Copycat Recipes	4/9 - 5/16	Tue/Thu, 10:45 a.m. - 12:15 p.m.
Culinary Exploration: Smoothies	4/9 - 5/14	2:15 - 3:15 p.m.
Garage Band	4/9 - 5/14	6:00 - 7:30 p.m.

WEDNESDAYS

Creative Social Skills	2/14 - 5/8	5:30 - 6:30 p.m.
Minute to Win It	2/14 - 3/20	7:00 - 8:00 p.m.
Financial Literacy for Independence	4/10 - 5/15	7:00 - 8:30 p.m.

THURSDAYS

Seasonal Crafts	2/15 - 5/9	9:30 - 10:30 a.m.
Culinary Exploration: Brown Sugar	2/15 - 3/21	1:00 - 3:00 p.m.
Kitchen Basics	4/11 - 5/16	1:00 - 2:00 p.m.
Culinary Exploration: No Bake Desserts	4/11 - 5/16	2:15 - 3:15 p.m.



Frederick Community College

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