

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.



FALL 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 fall 2025 classes will meet in person on campus.



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 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.



ACADEMIC SKILLS

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: Kelsey Ray | ID#: 29106 | 6 sessions | Total: \$80
Tue, 9/9 - 10/14 | 2:00 - 3:00 p.m. | Conference Center/E-125



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#: 29103 | 12 sessions | Total: \$160
Tue, 9/9 - 12/2 (No Class 11/25) | 9:30 - 10:30 a.m. | Conference Center/E-125

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#: 29104 | 12 sessions | Total: \$160
Tue, 9/9 - 12/2 (No Class 11/25) | 11:00 a.m. - 12:00 p.m. | Conference Center/E-125

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#: 29108 | 6 sessions | Total: \$125
Tue, 9/9 - 10/14 | 6:15 - 7:45 p.m. | Location TBD

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#: 29112 | 6 sessions | Total: \$125
Tue, 10/28 - 12/9 (No Class 11/25) | 6:15 - 7:45 p.m. | Location TBD

FOOD & COOKING

NEW! SPA223 Healthy Bites: Cooking for Confidence

Join us for a six-week hands-on cooking class where you'll learn simple, healthy recipes and cooking techniques! Each week, you'll explore delicious ingredient swaps, balanced meals, and easy ways to boost your nutrition. Gain confidence in the kitchen, build essential skills, and discover how to make healthy eating fun and accessible. Whether you're new to cooking or want to expand your skills, this course will inspire you to cook healthier and feel great doing it!

Disclaimer: While we take precautions to ensure a safe and clean environment, we cannot guarantee an allergen-free environment. 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 some ingredients 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 | ID#: 29111 | 6 sessions | Total: \$189

Tue, 10/28 - 12/9 (No Class 11/25) | 12:30 - 2:30 p.m. | Conference Center/E-125

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: Pam Noble | 12 sessions | Location TBD | Total: \$140

ID#: 29107 | Tue, 9/9 - 12/2 (No Class 11/25) | 5:00 - 6:00 p.m.

ID#: 29110 | Thu, 9/11 - 12/4 (No Class 11/27) | 5:00 - 6:00 p.m.

NEW! SPA222 Designing Your Own Restaurant

Ready to turn your restaurant dreams into reality? In this course, you'll gain all the essential skills to bring your vision to life! We'll start by getting you comfortable with the basics of computer literacy and the tools you'll need to succeed. Then, we'll dive into the exciting world of restaurant creation, where you'll design everything from the perfect name and logo to your mouthwatering menu and unique interior style. You'll even create promotional materials, like eye-catching flyers, to attract customers to your brand. By the end, you'll have a professional website showcasing your entire restaurant concept! This course blends creativity with tech skills to help you build your dream restaurant, step by step.

Instructor: Presley Hackey | ID#: 29109 | 12 sessions | Total: \$125

Wed, 9/10 - 12/3 (No Class 11/26) | 5:00 - 6:00 p.m. | Conference Center/E-125

SPA218 LEGO® Engineering Adventures

In this course, you'll jump into the exciting world of engineering design! You'll learn how to identify problems, come up with creative solutions, and build and test prototypes to improve your ideas. As you go, you'll sharpen your observation skills by gathering information and refining your designs to make a real impact on others.

Disclaimer: The program 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/E-125 | Total: \$180

ID#: 29101 | Mon, 9/8 - 10/13 | 4:00 - 5:30 p.m.

ID#: 29102 | Mon, 10/27 - 12/8 (No Class 11/24) | 4:00 - 5:30 p.m.

SPA221 DIY Your Way-Fun Projects for Everyday Living

Activities in this course are fun-filled and interactive. It will aim to empower you 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 la Vega | 6 sessions | Conference Center/E-125 | Total: \$110

ID#: 29099 | Wed, 9/10 - 10/15 | 3:00 - 4:00 p.m.

ID#: 29100 | Wed, 10/29 - 12/10 (No Class 11/26) | 3:00 - 4:00 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 | ID#: 29105 | 6 sessions | Total: \$115

Tue, 9/9 - 10/14 | 12:30 - 1:30 p.m. | Conference Center/E-125

Register for classes at frederick.edu/thrive





DISABILITY ACCESS SERVICES (DAS) 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 DAS office to coordinate services.



HOW DO I SCHEDULE AN APPOINTMENT WITH DAS?

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

Accommodations may include sign language interpretation, the use of a personal care aide, and other access-related supports.

If you have a personal care aide as an accommodation, you must contact DAS before each class 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 requested accommodations.

Step 3: Upload documents to verify your disability status, such as 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.



FALL 2025 REGISTRATION OPENS MONDAY, JUNE 9, 2025.

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 2025 COURSES | BROWSE BY SESSION LENGTH

12-WEEK	Tuesday 9/9 - 12/2 <i>(No class 11/25)</i>	
	Art from Around the World	9:30 - 10:30 a.m.
	Seasonal Crafts	11:00 a.m. - 12:00 p.m.
	Creative Social Skills	5:00 - 6:00 p.m.
	Wednesday 9/10 - 12/3 <i>(No class 11/26)</i>	
	Designing Your Own Restaurant	5:00 - 6:00 p.m.
Thursday 9/11 - 12/4 <i>(No class 11/27)</i>		
	Creative Social Skills	5:00 - 6:00 p.m.

1 ST 6-WEEK	Monday 9/8 - 10/13	
	LEGO® Engineering Adventures	4:00 - 5:30 p.m.
	Tuesday 9/9 - 10/14	
	Table Games	12:30 - 1:30 p.m.
	What's That You Read?	2:00 - 3:00 p.m.
	Garage Band	6:15 - 7:45 p.m.
Wednesday 9/10 - 10/15		
	DIY Your Way - Fun Projects for Everyday Living	3:00 - 4:00 p.m.

2 ND 6-WEEK	Monday 10/27 - 12/8 <i>(No class 11/24)</i>	
	LEGO® Engineering Adventures	4:00 - 5:30 p.m.
	Tuesday 10/28 - 12/9 <i>(No class 11/25)</i>	
	Healthy Bites: Cooking for Confidence	12:30 - 2:30 p.m.
	Musical Exploration	6:15 - 7:45 p.m.
	Wednesday 10/29 - 12/10 <i>(No class 11/26)</i>	
	DIY Your Way - Fun Projects for Everyday Living	3:00 - 4:00 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.