



Hello Families,

As many of you are aware, FRA is in a time of transition as we work on our day habilitation program application. We thank you for patience with this process and for continuing to believe in the quality programs FRA strives to provide. While we await the day habilitation approval, we are offering goods and services classes this fall.

Enclosed you will find the FRA fall 2024 registration packet. Fall classes begin on Monday, September 9 and will end on Friday, December 20. We plan to transition to the day habilitation program after the new year with more information to follow.

Fall class registration deadline is August 2, 2024.

Complete and return all information forms along with your class choices for the fall. Completed registration packets should be sent promptly to Alexa DellaMonica-Hassel at adellamonica@frainc.org. DDD is requires up to 8 weeks for paperwork approval. Please take this into consideration when registering. If your class choice is already full, you will be offered a spot in another available class on that day.

Once your registration form is processed you will receive an email confirming your schedule. Please share your class confirmation with your support coordinator. FRA requires that support coordinators share all draft SDRs prior to submitting for DDD budget approval. Please be sure your support coordinator sends draft SDRs to adellamonica@frainc.org for review.

Students cannot begin classes until their budget paperwork is approved.

Thank you,
Alexis Spektor

2024-2025 Adult Program Calendar

September 2024						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2024						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2024						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2024						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2025						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2025						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2025						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2025						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2025						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2025						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
FALL CLASSES	15 weeks	15 weeks	15 weeks	14 weeks	14 weeks
DAY HABILITATION	20 weeks	23 weeks	23 weeks	23 weeks	23 weeks
DAY HAB SUMMER CAMP	9 weeks	9 weeks	9 weeks	9 weeks	No Program



Fall 2024 Registration

September 9, 2024 - December 20, 2024

For FRA Staff Only:

Date Received _____

Time Received _____

NAME _____

Please check once confirmed: I have confirmed with my support coordinator that I have enough goods and services hours available for the classes selected below.

RED BANK - GOODS AND SERVICES CLASSES

MONDAY	DRESS TO IMPRESS	10-12PM		MONDAY	HEALTH AND WELLNESS: TECH AND APPS	1-3PM	
	FUN WITH MICROSOFT WORD	10-12PM			ART OF DIGITAL PHOTOGRAPHY	1-3PM	
TUESDAY	MUSIC TECHNOLOGY	10-12PM		TUESDAY	FINANCIAL LITERACY: BUDGETING	1-3PM	
	WRITING ESSENTIALS	10-12PM			EXPLORING SOCIAL MEDIA	1-3PM	
WEDNESDAY	TRAVEL ESSENTIALS	10-12PM		WEDNESDAY	EVENT PLANNING: EVITES & ONLINE EVENTS	1-3PM	
	EXCEL FOR LIFE	10-12PM			VIDEOGRAPHY	1-3PM	
THURSDAY	TIME TO UNWIND	10-12PM		THURSDAY	GRAPHIC DESIGN	1-3PM	
	ENJOY THE POWER OF POWERPOINT	10-12PM			WHATS NEWS	1-3PM	
FRIDAY	SURFING THE NET	10-12PM		FRIDAY	TECHNOLOGY IN THE HOME	1-3PM	
	EXCEL FOR MANAGING MONEY	10-12PM			BRAIN FITNESS	1-3PM	

BRICK - GOODS AND SERVICES CLASSES

MONDAY	MUSIC TECHNOLOGY	9-11AM		MONDAY	EVENT PLANNING: EVITES & ONLINE EVENTS	12-2PM	
	EXPLORING SOCIAL MEDIA	9-11AM			WHATS NEWS	12-2PM	
TUESDAY	TIME TO UNWIND	9-11AM		TUESDAY	GRAPHIC DESIGN	12-2PM	
	EXCEL FOR MANAGING MONEY	9-11AM			BRAIN FITNESS	12-2PM	
WEDNESDAY	DRESS TO IMPRESS	9-11AM		WEDNESDAY	HEALTH AND WELLNESS: TECH AND APPS	12-2PM	
	FUN WITH MICROSOFT WORD	9-11AM			TECHNOLOGY IN THE HOME	12-2PM	
THURSDAY	TRAVEL ESSENTIALS	9-11AM		THURSDAY	FINANCIAL LITERACY: BUDGETING	12-2PM	
	EXCEL FOR LIFE	9-11AM			SURFING THE NET	12-2PM	
FRIDAY	ART OF DIGITAL PHOTOGRAPHY	9-11AM		FRIDAY	WRITING ESSENTIALS	12-2PM	
	ENJOY THE POWER OF POWERPOINT	9-11AM			VIDEOGRAPHY	12-2PM	

Personal Information

Student's Full Name _____

Date of Birth _____ Gender _____

Parent/Guardian Names _____

Address _____

Home Phone _____ Cell Phone _____

Parent/Guardian Email _____

Student Email _____

Support Coordinator Name _____

SC Email _____

SC Phone _____

Emergency Contact Name _____ Phone _____

Emergency Contact Name _____ Phone _____

Participants must demonstrate the ability to accept and follow reasonable rules and to behave respectfully toward others. They must also have sufficient emotional/behavioral stability and independent ability to participate in all aspects of the program.

Name of Participant _____ Date _____

A person over the age of 18 is considered their own legal guardian unless someone else has been appointed by the courts.

Self Guardian _____

Name of Legal Guardian _____

Relationship of Legal Guardian _____

If your personal or contact information changes, you must notify FRA in writing.

Medical Information

Diagnosis _____

Accomodations

Allergies

Cardiac Y N Seizures Y N Diabetes Y N

Please explain any medical or physical concerns (ie. cardiac, seizures, diabetes, mobility, etc.)

Fears/Concerns/Behaviors (please provide triggers for behaviors and suggestions of best intervention strategies)

If your medical information changes, you must notify FRA in writing.

FRA Consent Form

As part of FRA programs, photos and videos will be created during various activities. FRA would like to use some of these photos and videos on our websites for promotional and educational publications. Please indicate your consent below.

Student's Full Name _____

Photo Release Consent:

- I hereby consent to and authorize FRA, to reproduce and use photographs/video/audio recordings, in any print, online, social media, social networking and audio/visual-based materials, as well as other promotional and educational publications as well as the FRA website.
- I do not approve of my student's photo or video being used in any format.

Class Trip Consent:

- I hereby consent that my student can attend any class trips. As trips are scheduled, information and details will be provided to parents and guardians.
- I do not consent to my student attending class trips with FRA.

Parent/Guardian Name _____

Date _____

If you wish to change your consent preferences at any time, you must notify FRA in writing.

Tech Connection Goods and Services Classes

*Goods and Services can be utilized for a maximum of 12 hours per week. FRA classes are 2 hours.
This includes all the Goods and Services used by all providers under the DDD budget.*

Brain Fitness

Students will explore a variety of web-based exercises and apps to engage in activities that strengthen memory, learning style, thinking and reasoning skills, and more.

Goal: Promote independence and life skills toward employment by working on following directions, staying on task, understand sequencing, producing ideas and communicating effectively

Dress to impress

Explore the world of online shopping, and situational dressing for various types of events. Look for inspiration on the internet and learn how to create your personal style on any budget. The class will also learn about the latest adaptive technology for clothing and footwear.

Goal: Acquire, retain and improve self-help, socialization and adaptive skills to live in home or community. Promote independence and life skills toward employment

Enjoy the Power of Microsoft PowerPoint

Through a variety of computer activities, students will practice using Microsoft PowerPoint. This course will build upon students' abilities to follow directions, stay on task, and increase creative thinking skills while learning on the computer. Students will create slide presentations on a variety of interest-based topics.

Goal: Promote independence and life skills toward employment

Event Planning: Evites and Online Events

Students will explore the party planning process, including but not limited to event budgets, guest lists, invitations, entertainment, event branding, and day-of set up. Students will practice creating invitations, decorations, preparing and serving food, and planning appropriate party activities. Students will utilize evites online to plan and host events throughout the session.

Excel for Life

Through a variety of computer-based activities, students will practice using Microsoft Excel. This course will build upon students' abilities to follow directions, stay on task, and increase creative thinking skills while learning on the computer. Students will schedule daily activities, deal with time management, and make and meet deadlines.

Goal: Acquire, retain and improve self- help, socialization and adaptive skills to live in home or community. Promote independence and life skills toward employment

Excel for Managing Money

Throughout this course, students will practice ways to manage their money and keep track of their personal finances. Students will practice making a budget, using a debit card, and will gain skills to manage income and outgoing expenses. Students will also practice balancing a checkbook, purchasing items online, and ways to pay bills both through the mail and online.

Goal: Acquire, retain and improve self- help, socialization and adaptive skills to live in home or community. Promote independence and life skills toward employment

Exploring Social Media

Students will explore the opportunities of various social media applications, such as Facebook, YouTube, Pinterest, and more. Students will use computers, iPads, and their personal devices to practice connecting with others, delivering information, and communicating online. Social media encompasses many different technologies and encourages communication from all involved.

Goal: Acquire, retain and improve self-help, socialization and adaptive skills to live in home or community. Promote independence and life skills toward employment. Promote community inclusion.

Financial Literacy: Budgeting, Shopping, and Spending

Students will be introduced to various financial skills including personal finance, budgeting, and comparison shopping. They will engage in activities where they practice counting money, making change, and reading receipts. Students will also explore platforms to shop, spend, and track their finances online.

Fun with Microsoft Word

Through a variety of computer activities, students will practice using Microsoft Word. This course will build upon students' abilities to follow directions, stay on task, and increase creative thinking skills while learning on the computer. Through various projects and activities, students will practice copying and pasting, changing font size and color, inserting graphics, and much more.

Goal: Promote independence and life skills toward employment

Graphic Design

Students will be introduced to the graphic design process while designing their own products. Students will explore the many aspects of graphic design, including but not limited to color, shape, size, balance, typography, and alignment. They will use computer programs to create captivating graphics, logos, and designs.

Health and Wellness: Tech and Apps

Students will learn about the impact of health and wellness on their personal lives by exploring the three major aspects of health: physical, mental, and social health. Students will also explore the importance of eating a balanced, nutritious diet and determine appropriate leisure and recreation activities. They will explore technology and apps to help manage stress and their mental health. They will also explore the impact that relationships have on personal health and wellness, practice

Music Technology

Expand your appreciation for music with a class that explores all of the latest technologies, for listening, streaming, and creating playlists. Students will learn about different genres of music and try out the latest apps and games for learning music and making music.

Goal: Promote independence and life skills toward employment by working on following directions, staying on task, understand sequencing, producing ideas and communicating effectively

Surfing the Net

Students will explore ways to search and navigate the internet while being mindful of virus protection. Students will gain experience in a variety of internet sites to build upon their specific interests. Students will also explore ways to research current events in the community and world using various internet resources.

Goal: Acquire, retain and improve self-help, socialization and adaptive skills to live in home or community. Promote independence and life skills toward employment

Technology in the Home

In this course, students will gain experience using a variety of electronic equipment including vacuums, washing machines, blenders, toasters, smoke detectors, etc. to promote and foster independence with these technologies.

Goal: Acquire, retain and improve self- help, socialization and adaptive skills to live in home or community. Increase safety in the home and environment. Decrease the need for other Medicaid services

The Art of Digital Photography

Students will practice taking pictures on a variety of devices including iPhones, tablets, and digital cameras. Students will explore the skills necessary for composition, cropping, and lighting. Using photos taken in class, students will then practice sharing photos on social media, storing photos on the computer, and creating digital photo books.

Goal: Acquire, retain and improve self- help, socialization and adaptive skills to live in home or community. Promote independence and life skills toward employment

Time to Unwind

Explore latest technology that help to facilitate relaxation and self regulation such as Calming apps, coloring apps, affirmation apps, white noise devices, and assistive technology: weighted clothing, fidgets, sensory tools and more.

Goal: Promote independence and life skills toward employment

Travel Essentials

Explore the latest technology available for day-to-day travel and local travel and traveling abroad. This class discusses how to use ride share apps, local transit options, GPS, travel planning, booking sites, travel research, how to read and understand schedules and times tables, technology and gadgets for travel

Goal: Acquire, retain and improve self-help, socialization and adaptive skills to live in home or community. Promote independence and life skills toward employment

Videography

Students will practice writing, casting and filming short video projects. Students will also be exposed to basic digital effects including lighting, sound, filming and editing techniques using green screen technology. Students will use a variety of subject matter to create their own short film.

Goal: Acquire, retain and improve self-help, socialization and adaptive skills to live in home or community

What's News?

Students will utilize the internet to research current events involving world, community, environmental, political, sports, leisure, and entertainment news.

Goal: Acquire, retain and improve self- help, socialization and adaptive skills to live in home or community. Promote independence and life skills toward employment

Writing Essentials

Have fun with writing! Students will utilize computers, iPads, and pen and paper to gain stronger vocabulary, develop effective writing skills, and increase their desire to read.

Goal: Promote independence and life skills toward employment