



Hello Families,

FRA is very excited to share that we will be offering Goods and Services classes on Wednesdays and Fridays from January 2 – June 27, 2025. We thank you for patience with this process and for continuing to believe in the quality programs FRA strives to provide.

Enclosed in this packet you will find the Goods and Services class calendar, the Goods and Services schedule, class descriptions, registration form, and an emergency card.

Please complete and return the registration page and emergency card at the end of this packet. **Completed registration packets should be sent to Alexa DellaMonica-Hassel at [adellamonica@frainc.org](mailto:adellamonica@frainc.org).**

Once your registration is processed, you will receive an email confirming your schedule. Please share this email confirmation with your support coordinator. FRA requires that support coordinators share all draft SDRs prior to submitting for DDD budget approval, so please be sure your support coordinator sends draft SDRs to [adellamonica@frainc.org](mailto:adellamonica@frainc.org) for review.

**Participants cannot begin the program until their budget paperwork is approved and on file at FRA.**

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>
<b>FALL</b>	15 weeks	15 weeks	15 weeks	14 weeks	14 weeks
<b>WINTER/SPRING</b>	21 weeks	24 weeks	24 weeks	24 weeks	25 weeks
<b>SUMMER</b>	8 weeks	8 weeks	8 weeks	8 weeks	No Program

**FRA Goods and Services**  
**Red Bank Wednesday Schedule**

<b>JANUARY &amp; FEBRUARY</b>	<b>MARCH &amp; APRIL</b>	<b>MAY &amp; JUNE</b>
<b>10-12PM</b>	<b>10-12PM</b>	<b>10-12PM</b>
MS Word/Google Sheets	Engaging on the Internet	Music Technology
<b>12-1PM</b>	<b>12-1PM</b>	<b>12-1PM</b>
Lunch and Leisure	Lunch and Leisure	Lunch and Leisure
<b>1-3PM</b>	<b>1-3PM</b>	<b>1-3PM</b>
Videography	MS Powerpoint/Google Slides	Photography

**FRA Goods and Services**  
**Red Bank Friday Schedule**

<b>JANUARY &amp; FEBRUARY</b>	<b>MARCH &amp; APRIL</b>	<b>MAY &amp; JUNE</b>
<b>10-12PM</b>	<b>10-12PM</b>	<b>10-12PM</b>
Health and Wellness	Writing Essentials	Whats News
<b>12-1PM</b>	<b>12-1PM</b>	<b>12-1PM</b>
Lunch and Leisure	Lunch and Leisure	Lunch and Leisure
<b>1-3PM</b>	<b>1-3PM</b>	<b>1-3PM</b>
Photography	Brain Fitness	Time to Unwind

### **Brain Fitness**

Activities include a variety of web-based exercises and apps to engage and strengthen memory, learning style, thinking, neuroplasticity, reasoning skills, and more. All while learning functions of the brain and how to keep the brain healthy and strong.

### **Engaging on the Internet**

Participants will explore ways to search and navigate the internet while being mindful of safety. Students will gain experience in a variety of internet sites to build upon their specific interests. Students will also explore ways to use the internet to enrich their lives and make things easier. In addition, participants will explore the opportunities of various social media applications, such as Facebook, YouTube, Pinterest, and more. Students will learn about how to safely engage with others through social media and how to identify scams and how to navigate the ups and downs of messaging through these apps.

### **Health and Wellness**

Participants will learn about the impact of health and wellness on their personal lives. They will explore the importance of a healthy lifestyle, including the ability to manage stress and the impact that relationships have on personal health and wellness. Participants will also explore the importance of eating a balanced, nutritious diet and determine appropriate leisure and recreation activities in the community.

### **Microsoft Word/Google Docs**

Through a variety of computer activities, students will practice using *Microsoft Word and Google Doc*. This course will build upon individual 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, tool bar functions and much more.

### **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. Students will also investigate places to hear live music in the community.

### **Photography**

Individuals will practice taking pictures on a variety of devices including iPhones, tablets, and digital cameras. Participants 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.

### **PowerPoint/ Google Slides**

Through a variety of computer activities, students will practice using *Microsoft PowerPoint and Google slides*. 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 and research.

**Time to Unwind**

Explore mindfulness activities to facilitate relaxation and self-regulation such as: meditation, yoga, sound healing, calming apps, coloring, affirmations and self-talk, and assistive technology: weighted clothing, fidgets, sensory tools and more. Participants will also talk about mental health to remove stigmas and to encourage support.

**Videography**

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

**What's News?**

Participants will utilize the internet and other news outlets to research current events involving world, community, environmental, political, sports, leisure, and entertainment news. Participants will engage in discussion on the topics of the day and learn how to discern fact from opinion and how to find reliable sources of news.

**Writing Essentials**

Have fun with writing! Participants will utilize computers, iPads, and pen and paper to gain stronger vocabulary, develop their writing skills, and increase their desire to communicate with others and express themselves. Writing for day to day use as well as self-expression will be addressed. Students will also practice typing and keyboard skills for greater ease and comfort when writing.

# FRA Goods and Services Classes

## January 2 - June 27, 2025

### Registration Form

Name \_\_\_\_\_

Please check off the days and times you wish to attend Goods and Services classes from January 2 - June 27, 2025.

WEDNESDAY MORNING 10-12 PM	<input type="checkbox"/>
WEDNESDAY AFTERNOON 1-3 PM	<input type="checkbox"/>

FRIDAY MORNING 10-12 PM	<input type="checkbox"/>
FRIDAY AFTERNOON 1-3 PM	<input type="checkbox"/>

Please indicate any additional info you wish to share with FRA that is not included in your ISP, PCPT, or emergency card.

Food Sensitivities

---

---

---

Medical or Physical Concerns (i.e. cardiac, seizures, diabetes, mobility, etc.)

---

---

---

Misc. Information

---

---

---

## Emergency Card

LAST NAME:	FIRST:	DATE OF BIRTH:	AGE:	PHONE:
ADDRESS:			DDD ID#:	

**EMERGENCY CONTACT INFORMATION:**

RESIDENTIAL CONTACT:	NAME:	<input type="checkbox"/> PARENT <input type="checkbox"/> OTHER FAMILY <input type="checkbox"/> RESIDENTIAL PROGRAM STAFF <input type="checkbox"/> SPONSOR <input type="checkbox"/> OTHER		
HOME PHONE:	CELL PHONE:	WORK PHONE:	OTHER PHONE:	
LEGAL GUARDIAN NAME:		ADDRESS:		
HOME PHONE:	CELL PHONE:	WORK PHONE:	OTHER PHONE:	

**Other persons who are authorized to act in an emergency and are authorized to pick up or receive drop off of individual.**

NAME:	ADDRESS:	RELATIONSHIP TO INDIVIDUAL:		
HOME PHONE:	CELL PHONE:	WORK PHONE:	OTHER PHONE:	
NAME:	ADDRESS:	RELATIONSHIP TO INDIVIDUAL:		
HOME PHONE:	CELL PHONE:	WORK PHONE:	OTHER PHONE:	
RELATIONSHIP TO INDIVIDUAL:				
SUPPORT COORDINATOR:			PHONE:	

**BACKGROUND INFORMATION:**

DIAGNOSIS:	SEIZURES: <input type="checkbox"/> NO <input type="checkbox"/> YES	ALLERGIES: <input type="checkbox"/> NO <input type="checkbox"/> YES    Specify:
PRIMARY CARE PHYSICIAN NAME:	ADDRESS:	PHONE:
SPECIAL INSTRUCTIONS/INDIVIDUAL MEDICAL RESTRICTION (IF APPLICABLE)		
PREFERRED HOSPITAL:		LAST TETANUS IMMUNIZATION DATE:

**INSURANCE INFORMATION:**

MEDICAID NUMBER:	MEDICAID HMO (IF APPLICABLE):	
MEDICARE NUMBER:	MEDICARE HMO (IF APPLICABLE):	
MANAGED CARE ORGANIZATION (MCO)		
OTHER MEDICAL INSURANCE CARRIER:	ID#:	GROUP #:
PRESCRIPTON DRUG INSURANCE COMPANY:	ID#:	
ADMINISTRATIVE SERVICES ORGANIZATION (ASO IF APPLICABLE):	PRIVATE INSURANCE ( IF APPLICABLE):	

**HOME REPRESENTATIVE SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**MEDICATION INFORMATION: AS OF (DATE):**

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

**MEDICATION INFORMATION: AS OF (DATE):**

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

**MEDICATION INFORMATION: AS OF (DATE):**

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

**MEDICATION INFORMATION: AS OF (DATE):**

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

**MEDICATION INFORMATION: AS OF (DATE):**

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

**MEDICATION INFORMATION: AS OF (DATE):**

MEDICATION NAME	DOSE	MEDICATION NAME	DOSE	MEDICATION NAME	DOSE

HOME REPRESENTATIVE SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_