

# PROGRAMS OFFERED

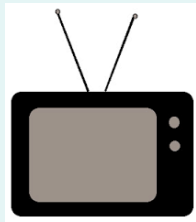
## LIFE SKILLS

### ACCESSING YOUR COMMUNITY/ EMERGENCY READINESS/COMMUNICATION:

- Course supports the development of independent life skills
- Learn how to prepare for natural disasters & home emergencies
- Learn how to access community resources & activities
- Focus on communicating needs

### MONEY/BUDGETING:

- Get a better understanding of the value of money
- Learn basic budgeting skills
- Learn how to bargain shop
- Help run the campus snack shop



## LIGHTS CAMERA ACTION

### THE NEWS CREW:

- Get involved in TV production
- Work with a team to put together & produce a TV news show
- Research new topics & interview guests
- The News Crew is partnering with the local Community Access Channel & their shows will be aired on TV

## ARTS/PRODUCT EXPLORATION

### CREATIVE VISUAL ARTS:

- Explore how to express basic emotions through a variety of textures, colors & creative art.
- Study various art work & learn what emotions an artist may be expressing

### FUNCTIONAL ARTS & CRAFTS:

- Designed to assist participants in making crafts that can be sold or given as gifts
- Explore a variety of crafts. Including; sign making, jewelry making, home décor & more.



## HEALTH AND WELLNESS

### BEGINNING YOGA:

- Keep your body healthy & mind refreshed
- Learn the benefits of yoga & basic poses

### NUTRITION:

- Learn the benefits of healthy & balanced eating habits
- Learn to make simple meal plans at home

### WELLNESS COMMUNITY:

- Maintain a healthy lifestyle by exploring the island through hikes, beach walks, volcano sightseeing, trips to health stores & farmers market

## COMPUTER LAB

### BASICS:

- Learn the use of the keyboard, mouse & computer components.
- Learn how to navigate your way around computer programs

### MICROSOFT WORD:

- Learn the basics of Microsoft Word.
- Learn how to open, edit & create documents.

### INTERNET:

- Learn how to access & benefit from the internet.
- Become familiar with sites & learn internet and social media safety.



## HAWAIIAN LIFE

### OCEANOGRAPHY:

- Learn about the waters that surround us
- Research facts & information on sea life through class work, computer research & community classes at Mokupapapa/NOAA Education

### HORTICULTURE:

- An exciting chance to go on field trips and learn about Hawaiian plants, sustainable living, growing a garden & eco-friendly practices.
- Focus on Reuse, Recycle & Sustain

## ABOUT THIS PROGRAM

The information provided in this brochure contains brief class descriptions of the courses for the quarter. Program Staff create lesson plans relating to the listed courses and the participants chooses their preferred classes weekly. A person centered approach is utilized to ensure the classes are in line with participant's skill sets, needs, wants, and desires.

Each class is set up to support the goals participants are working on. Not only do they learn about the specific topic, they also increase a variety of skills.

Skills learned in these courses include:

Communication, independent learning, reading, emergency skills & safety, community connections, budgeting, health and wellness education, emotional development, computer skills, sustainability, and basic gardening skills.

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## ADULT DAY HEALTH PROGRAM CURRICULUM

The Arc of Hilo's Adult Day Health Program supports the growth and development of participants through a unique, learning program. The program's goal is to provide enhanced learning opportunities for participants to help them develop and maintain independent lives. The program uses a creative approach to learning, through course work and hands on experiences. Community learning excursions will enhance the classroom experience and promote community interaction.



<http://www.arcof hilo.org/>