

# DISCOVER YOU

THE  
PIETERS FAMILY *life center*

## Spring 2018 - Class Schedule

Class days and times vary; please see details for each class below.

### Live Well, Feel Well

Tuesdays, 2/27 - 4/3

6 -7:30 p.m.

This is not your typical diet and exercise class! In this class you will assemble a portfolio of your medical needs and health care providers. You will also learn how to care for your body through movement and exercise and sample some yummy snacks! Staying organized is the key to good health!

#### Objectives

1. Create a medical portfolio.
2. Discover movement activities that YOU enjoy.
3. Expand your list of snacks to reflect your new, healthy lifestyle.

Instructors: Barb Cacia, Ginger Anderson

## **Talk the Talk**

**Wednesdays, 1/24 - 2/28**

**10:30 a.m. - noon**

Become more comfortable talking with anyone, anywhere! In a friendly small group setting, we will learn skills that build positive relationships and increase confidence in social situations. Each class will focus on initiating and maintaining conversations by engaging in games, role-playing, and discussion.

### Objectives

1. Increase awareness of nonverbal communication (body language, facial expressions, posture) and learn how to apply these social cues in conversation.
2. Increase confidence in beginning, maintaining and ending a conversation to better be able to advocate for oneself.
3. Learn how to effectively identify and communicate emotions.

Instructors: Maria Rosa Capozzolo and Stephanie Hawkins

## **Ready for Anything**

**Thursdays, 3/1 - 4/5**

**6 - 7:30 p.m**

Life happens and knowing what to do when something goes wrong gives peace of mind. Students will learn life's essential safety skills that support greater independence while at home and in the community.

### Objectives

1. Learn basic first aid and personal strategies for home and community.
2. Learn how to protect your identity when using technology (cell phone, computer, etc.).
3. Learn how to react during a variety of emergencies such as power outages, smelling natural gas, fires, floods, or problems with household appliances.

Instructor: Joe Borelli

### **All in Good Time**

**Mondays, 4/4- 5/7**

**6 - 7:30 p.m.**

Time management can be overwhelming. A variety of time management tools will be introduced to help you manage commitments, free time, your work day/volunteering, transportation, and general housekeeping. Take control of your time by learning strategies to stay on top of your busy schedule!

#### Objectives

1. Develop an understanding of how you use time to map out your day.
2. Learn about the importance of accountability and efficiency.
3. Find and implement a time management tool that suits your style.

Instructor: Ginger Guyer

### **Tech Savvy**

**Tuesdays, 4/17 - 5/22**

**6 - 7:30 p.m.**

Technology has become an integral part of our lives. Email, Internet use, cell phones and social media are used daily. While social media is fun and exciting - did you know that the way you present yourself says a lot about who you are? This course aims to prepare you to be a safe and responsible user of cell phones, email, the Internet, Facebook, Twitter and Snapchat, etc.

#### Objectives

1. Expand on basic technology skills - types of devices and how to use them effectively (i.e., computers, tablets, cell phones).
2. Understand social media outlets (i.e., Facebook, Twitter, Snapchat, Instagram, YouTube) - what to post, what to avoid and how to stay safe.
3. Learn how to navigate the Internet effectively - how to explore, what to avoid and how to stay safe.

Instructor: Jessie Walker

## **Money Management**

**Tuesdays, 4/17 -5/22**

**3:30 - 5 p.m.**

Are you ready to handle your cash independently? This beginning money management class can get you started with understanding income and budgeting. Participants must have a regular source of monthly income (weekly allowance or handling limit, paycheck, SS benefits or the like) and must bring a wallet to class each week.

### Objectives

1. Learn how to be confident at the cash register: reading price tags, counting money and making change.
2. Track spending by using and reconciling a money ledger.
3. Build awareness of electronic banking: debit card safety, and financial tracking apps for Apple and Android devices.

Instructor: Sarah Reddy

## **Healthy Relationships**

**Thursdays, 4/19 - 6/7 (eight weeks)**

**6 - 7 p.m**

Learn the foundations of successful interactions with others, including some basic conversation skills. Topics will also focus on developing relationships, as well as how to maintain healthy relationships through mutual reciprocity, appreciation, common interests, trust, and respect.

### Objectives

1. Learn and identify the factors involved in healthy, reciprocal relationships.
2. Learn and identify approaches to successfully engage with others.
3. Learn and identify skills to develop and maintain relationships.

Instructor: Stephanie Prunoske