



Hello Families,

FRA hopes you are doing well. Enclosed please find our spring and summer 2022 class registration packet. Spring classes will run from April 25 – June 24, 2022. Summer classes will run from July 5 – August 25, 2022.

Spring class registration will close on Friday March 18, 2022. Summer class registration will close Friday June 3, 2022. Please complete and return your registration packet as soon as possible. As always, space is limited. All classes are first come, first served. If your class choice is already full, you will automatically be placed in any other available class on that day.

Please be sure to inform FRA of any changes to your student's personal information, such as, address change, new email address, allergies, and medical conditions. All further communication about the spring and summer class session will be sent to your email on file.

Within a week of returning your registration forms, you will receive an email confirming receipt. After receiving the email confirmation, be sure to share your FRA class registration with your support coordinator. No student will be able to begin classes with FRA until their budget paperwork is approved.

Completed registration packets should be sent promptly to Alexa DellaMonica at adellamonica@frainc.org.

Thank you,
Alexis Spekor and Alexa DellaMonica

ADULT CLASSES

2021-2022

September '21						
Su	M	Tu	W	Th	F	S
			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 '21						
Su	M	Tu	W	Th	F	S
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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 '21						
Su	M	Tu	W	Th	F	S
	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 '21						
Su	M	Tu	W	Th	F	S
			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 '22						
Su	M	Tu	W	Th	F	S
						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 '22						
Su	M	Tu	W	Th	F	S
		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 '22						
Su	M	Tu	W	Th	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April '22						
Su	M	Tu	W	Th	F	S
					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 '22						
Su	M	Tu	W	Th	F	S
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 '22						
Su	M	Tu	W	Th	F	S
			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 '22						
Su	M	Tu	W	Th	F	S
					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 '22						
Su	M	Tu	W	Th	F	S
	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			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FALL	13 WKS	14 WKS	14 WKS	13 WKS	13 WKS
WINTER	13 WKS	15 WKS	15 WKS	15 WKS	15 WKS
SPRING	7 WKS	9 WKS	9 WKS	9 WKS	9 WKS
SUMMER	7 WKS	8 WKS	8 WKS	8 WKS	NO CLASSES



Closed/ Holidays

Calendar Template © www.calendarlabs.com



FRA Adult Program Registration

Spring Classes: April 25 - June 24, 2022

Have you been vaccinated against Covid-19? ☐ Yes ☐ No

Name _____

For FRA Staff Only:

Date Received _____

Time Received _____

RED BANK IN-PERSON CLASSES

GOODS AND SERVICES CLASSES

MONDAY	WHAT'S NEWS	10-12PM	
	SURFING THE NET	1-3PM	
TUESDAY	BRAIN FITNESS	10-12PM	
	EXCEL FOR LIFE	1-3PM	
WEDNESDAY	EXCEL FOR MANAGING MONEY	10-12PM	
	FUN WITH MICROSOFT WORD	1-3PM	
THURSDAY	THE ART OF DIGITAL PHOTOGRAPHY	10-12PM	
	WRITING ESSENTIALS	1-3PM	
FRIDAY	TECHNOLOGY IN THE HOME	10-12PM	
	ENJOY THE POWER OF POWERPOINT	1-3PM	

PREVOCATIONAL CLASSES

MONDAY	EXPLORING EMPLOYMENT IN WOODWORKING	12:30-3PM	
	CREATING PRODUCTS FOR GIFTS OR TO SELL	10-12:30PM	
TUESDAY	FINANCIAL LITERACY	12:30-3PM	
	SELF ADVOCACY IN THE WORKPLACE	10-12:30PM	
WEDNESDAY	BASICS TO WORK IN THE FIELD OF AGRICULTURE	12:30-3PM	
	WORKPLACE SAFETY	10-12:30PM	
THURSDAY	EXPLORING EMPLOYMENT IN JEWELRY MAKING	12:30-3PM	
	COMMUNICATING IN THE WORKPLACE	10-12:30PM	
FRIDAY	A THYME TO COOK	12:30-3PM	
	HOSPITALITY SERVICE BASICS	10-12:30PM	

BRICK IN-PERSON CLASSES

GOODS AND SERVICES CLASSES

MONDAY	THE ART OF DIGITAL PHOTOGRAPHY	9-11AM	
	FUN WITH MICROSOFT WORD	12-2PM	
TUESDAY	WHAT'S NEWS	9-11AM	
	WRITING ESSENTIALS	12-2PM	
WEDNESDAY	BRAIN FITNESS	9-11AM	
	EXCEL FOR LIFE	12-2PM	
THURSDAY	ENJOY THE POWER OF POWERPOINT	9-11AM	
	SURFING THE NET	12-2PM	
FRIDAY	VIDEOGRAPHY	9-11AM	
	EXPLORING SOCIAL MEDIA	12-2PM	

PREVOCATIONAL CLASSES

MONDAY	BASICS TO WORK IN THE FIELD OF AGRICULTURE	11:30-2PM	
	TEAM BUILDING IN THE WORKPLACE	9-11:30AM	
TUESDAY	ROMAINE CALM	11:30-2PM	
	EXPLORING EMPLOYMENT IN WOODWORKING	9-11:30AM	
WEDNESDAY	EXPLORING EMPLOYMENT IN VISUAL ARTS	11:30-2PM	
	HEALTH AND WELLNESS ON THE JOB	9-11:30AM	
THURSDAY	JOB RELATED SOCIAL SKILLS	11:30-2PM	
	FINANCIAL LITERACY	9-11:30AM	
FRIDAY	EXPLORING EMPLOYMENT IN GRAPHICS	11:30-2PM	
	UNDERSTANDING WORKPLACE EXPECTATIONS	9-11:30AM	

ONLINE CLASSES

GOODS AND SERVICES CLASSES

MONDAY	THE ART OF DIGITAL PHOTOGRAPHY	10-11AM	
THURSDAY	WRITING ESSENTIALS	10-11AM	

PREVOCATIONAL CLASSES

MONDAY	SELF ADVOCACY IN THE WORKPLACE	11-12PM	
THURSDAY	EXPLORING EMPLOYMENT IN VISUAL ARTS	11-12PM	



FRA Adult Program Registration

Summer Classes: July 5 - August 25, 2022

Have you been vaccinated against Covid-19? ☐ Yes ☐ No

Name _____

For FRA Staff Only:

Date Received _____

Time Received _____

RED BANK IN-PERSON CLASSES

GOODS AND SERVICES CLASSES

MONDAY	THE ART OF DIGITAL PHOTOGRAPHY	10-12PM	
	FUN WITH MICROSOFT WORD	1-3PM	
TUESDAY	WHAT'S NEWS	10-12PM	
	WRITING ESSENTIALS	1-3PM	
WEDNESDAY	BRAIN FITNESS	10-12PM	
	EXCEL FOR LIFE	1-3PM	
THURSDAY	ENJOY THE POWER OF POWERPOINT	10-12PM	
	SURFING THE NET	1-3PM	

PREVOCATIONAL CLASSES

MONDAY	BASICS TO WORK IN THE FIELD OF AGRICULTURE	12:30-3PM	
	TEAM BUILDING IN THE WORKPLACE	10-12:30PM	
TUESDAY	ROMAINE CALM	12:30-3PM	
	EXPLORING EMPLOYMENT IN WOODWORKING	10-12:30PM	
WEDNESDAY	EXPLORING EMPLOYMENT IN VISUAL ARTS	12:30-3PM	
	HEALTH AND WELLNESS ON THE JOB	10-12:30PM	
THURSDAY	JOB RELATED SOCIAL SKILLS	12:30-3PM	
	FINANCIAL LITERACY	10-12:30PM	

BRICK IN-PERSON CLASSES

GOODS AND SERVICES CLASSES

MONDAY	WHAT'S NEWS	9-11AM	
	SURFING THE NET	12-2PM	
TUESDAY	BRAIN FITNESS	9-11AM	
	EXCEL FOR LIFE	12-2PM	
WEDNESDAY	EXCEL FOR MANAGING MONEY	9-11AM	
	FUN WITH MICROSOFT WORD	12-2PM	
THURSDAY	THE ART OF DIGITAL PHOTOGRAPHY	9-11AM	
	WRITING ESSENTIALS	12-2PM	

PREVOCATIONAL CLASSES

MONDAY	EXPLORING EMPLOYMENT IN WOODWORKING	11:30-2PM	
	CREATING PRODUCTS FOR GIFTS OR TO SELL	9-11:30AM	
TUESDAY	FINANCIAL LITERACY	11:30-2PM	
	SELF ADVOCACY IN THE WORKPLACE	9-11:30AM	
WEDNESDAY	BASICS TO WORK IN THE FIELD OF AGRICULTURE	11:30-2PM	
	WORKPLACE SAFETY	9-11:30AM	
THURSDAY	A THYME TO COOK	11:30-2PM	
	COMMUNICATING IN THE WORKPLACE	9-11:30AM	

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.

Adult Program | Tech Connection

Goods and Services Classes

Goods and Services can be utilized for a maximum of 3 hours per day to a maximum of 10 hours per week. This includes all the Goods and Services used with all providers under DDD budgets.

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

Spring Focus: Students will explore neuroplasticity

Summer Focus: Students will explore memory and engage in a variety of brain exercises and memory activities

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

Spring Focus: Using MS PowerPoint students will practice creating presentations, slide and text basics, applying themes and transitions, managing slides, and replacing text

Summer Focus: Using Google Slides students will practice creating presentations, slide and text basics, applying themes and transitions, managing slides, and replacing text

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.

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

Promote independence and life skills toward employment

Spring Focus: Using MS Excel students will practice creating calendars schedules, tables, and charts

Summer Focus: Using Google Sheets students will practice creating calendars schedules, tables, and charts

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.

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

Promote independence and life skills toward employment

Spring Focus: Using Google Sheets students will practice budgeting, applying number formulas, using multiple sheets

Summer Focus: Using MS Excel students will practice budgeting, applying number formulas, using multiple sheets

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.

Goals: 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.

Spring Focus: Students will use preexisting or newly created personal social media accounts to explore the basics of navigating, sharing, editing, posting, reacting, and responding to content on Facebook and LinkedIn

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 copy and pasting, changing font size and color, inserting graphics, and much more.

Goal: Promote independence and life skills toward employment

Spring Focus: Using MS Word students will practice working with tables, inserting images and textboxes, and saving and emailing docs

Summer Focus: Using Google Docs students will practice working with tables, inserting images and textboxes, and saving and emailing docs

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.

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

Spring Focus: Students will explore buying online, selling online, and finding online reviews

Summer Focus: Students will use the internet to explore employment opportunities using sites such as LinkedIn, Indeed, Facebook, Monster, etc.

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.

Goals: 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

Spring Focus: Students will explore a variety of home technology to assist with home safety. Technology may include home security systems, smart devices such as Ring Nest and Echo, placement of smart devices in the home, and how to safely utilize smart devices

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.

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

Spring Focus: Students will practice uploading photos taken in class and explore editing apps to crop, resize, rotate, change colors, and text to their photos

Summer Focus: Students will practice uploading photos taken in class and explore composition techniques

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 matters to create their own short film.

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

Spring Focus: Students will explore composition and editing techniques while creating shorts

What's News

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

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

Spring Focus: Students will research current events and differentiate between real news and fake news

Summer Focus: Students will explore different areas of journalism such as fashion, entertainment, sports, business, op-ed, and editorials

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

Spring Focus: Using Google Docs student will practice journaling and explore different types of writing

Summer Focus: Using MS Word student will practice journaling and explore different types of writing

Adult Program Prevocational Classes

Up to 30 hours per week for one year – DDD Approved

A Thyme to Cook!

Students will practice the skills needed for taking inventory, time management, team building, and computer skills in the culinary field. Recipes will be reviewed and selected to create a story board for a cooking demonstration. Students will then work together to produce a meal.

Basics to Work in the Field of Agriculture

Students will explore the culinary skills necessary for a successful garden or greenhouse. While volunteering at a community farm, students will practice seeding, plant care, cultivation, and use.

Communicating in the Workplace

Students will explore the strategies and skills needed to navigate job expectations and relationships as well as follow workplace rules and directions. Students will also explore the cases and consequences that lead to employee discipline and job loss.

Creating Products for Gifts or to Sell

Students will explore a variety of ideas and materials to create products that may be used as a gifts or items to sell. This process provides students with a sense of accomplishment when creating a product that is worthy of sale. Students will engage in activities that practice following directions, decision making, and understanding the worth and value of a product. Products may include labels, business cards, letterhead, note cards, greeting cards, photo calendars, or photo frames. All products will be created using computer software. After creating these products, students will practice packaging items for local fairs, flea markets, or to be given as gifts. Throughout this course, students will explore the skills and knowledge necessary for at-home businesses.

Exploring Employment in Graphics

Students will be introduced to the graphic design process while designing their own products. Students will have opportunities to explore graphic design shops and interact with workers in the field to gain a better understanding of the skills needed for employment in the field of graphic design.

Exploring Employment in Jewelry Making

Students will explore different jewelry making techniques as well as create a variety of jewelry such as necklaces, bracelets, and earrings. Students will also explore ideas for marketing, pricing, and selling these products online and at community events.

Exploring Employment in Visual Arts

Students will cultivate their talents and skills in the world of visual arts. Students will explore and practice making goods in the areas of ceramics, textiles, printmaking, and painting.

Exploring Employment in Woodworking

Students will explore ways to make products from wood pallets. Students will be exposed to the steps of the woodworking process while creating useful, functional, and attractive products. Students will have opportunities to explore masonry shops and interact with workers in the field to gain a better understanding of the skills needed for employment in the field of woodworking.

Financial Literacy

The goal of this class is to provide students with the knowledge that will enable them to address money skills with independence. Students will complete activities where they practice and manipulate hourly wages, paychecks, time sheets, register skills, counting money, making change, budgeting, comparison shopping, reading receipts, and more.

Health and Wellness on the Job

Students will learn about the impact of health and wellness on their personal lives and employment. Students will explore the ways that employment can be impacted by physical and mental health. Throughout the course, students 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. Students will identify appropriate hygiene, grooming and appearance for the workplace. Students will also explore the importance of eating a balanced, nutritious diet and determine appropriate leisure/recreation activities and services available.

Hospitality Service Basics

Students will learn and practice transferable skills, including but not limited to, greeting customers, standards of workplace cleanliness, preparing table settings, and planning events.

Job Related Social Skills

In this course, students will identify job responsibilities relating to appropriate dress, work schedules, and job duties. Students will practice following verbal instructions and directions from employers, managers, or co-workers. Students will also practice introducing themselves to others as well as ways to introduce other individuals to one another in a work setting. Throughout the course, students will also practice following directions in the workplace as well as giving and receiving compliments.

Romaine Calm

Students will be exposed to basic culinary and hospitality skills, including a high standard of sanitary practices. Students will explore the skills needed for employment in hospitality and culinary establishments as well as work together to produce a meal.

Self-Advocacy in the Workplace

Students will demonstrate an understanding of self-advocacy skills through understanding of one's disability, learning the rights and responsibilities defined by federal law pertaining to people with disabilities, and describe individual needs. Students will explore accommodations across multiple environments appropriate to their individual needs. Students will gain knowledge about accessing appropriate community service agencies based on individual needs.

Team Building in the Workplace

In this course, students will acquire skills necessary to function within a team. Students will practice ways to demonstrate the ability to communicate personal needs, wants, and pose questions within a team. Students will explore the steps necessary to complete a task within a team. Students will also practice appropriate way to solve a conflict within a team.

Understanding Workplace Expectations and Interactions

Students will learn skills related to creating and dealing with anger, anxiety, and stress in the workplace. Students will also be exposed to the skills needed to communicate and navigate social interactions, including consumer rights, customer service, and issues related to bullying or harassment from co-workers and others.