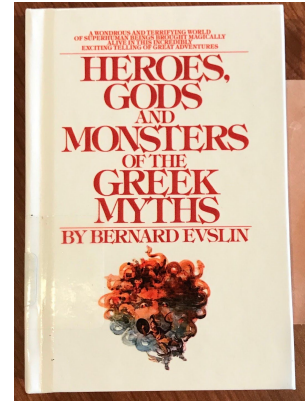


August Offerings

Book Club- Book Club is, well... a book club. We vote on a book, read a chapter and have a discussion. We read out loud together as a group, so that may be taking turns reading in a circle or doing popcorn reading. Since we read out loud it is an excellent way to practice using every level of speech, from initiating voicing to articulating long multisyllabic words. The discussion is less about reading comprehension than an English class might be – it is really more of a discussion. We might want to hear what a friend thought of the twist at the end of the chapter, or maybe the reading resonated with something going on in our lives we want to talk about. It is up to the group what the discussion is about. In August, the group read, *Heroes, Gods and Monsters of The Greek Myths* by Bernard Evslin. Each chapter focuses on a different Greek God or myth. This book was an epic hit with everyone.



Sports Skills- Sports skills takes your game to the next level. We definitely play sports, but we really get into the details that make that perfect football throw or the ultimate frisbee toss. Using the *Encyclopedia of Exercise Anatomy*, we break down the anatomy and physiology that goes into each sport or movement we perform. There are also step-by-step exercises and sport-specific programs we practice to build strength and fine-tune movements. In this class we might discover a new sport, master a specific throwing technique, or practice the breath control needed to do yoga, martial arts or meditation. This month we have covered baseball, football, frisbee, javelin, shot put, karate, yoga, and basketball.



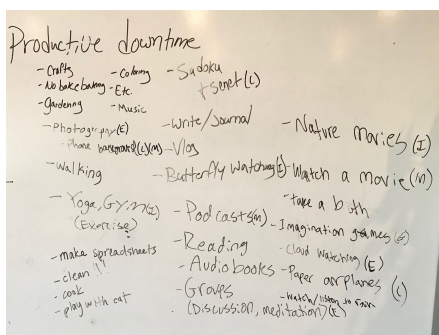
Safety Course- Safety Course deals with a wide variety of safety topics and practices. There is frequently a discussion or lecture followed by a more hands-on practical portion. The topic is usually chosen by the instructor, but group members may also request to cover specific situations. The majority of the time the course deals with issues the group members deal with everyday. This might be as straightforward as kitchen safety or how to exercise without hurting yourself. It is not off limits to talk about more complex issues like relationships or legal rights. However, sometimes the course will take a day to look at something more topical. For instance, in recognition of

Labor Day (and all of the grilling that was about to take place), the group wanted to learn the Heimlich maneuver (now called Abdominal Thrust). Hopefully no one is actually going to be using this one anytime soon, but everyone had a lot of fun practicing it on bolsters and pillows.



Adult Discussion Hour- Adult Discussion Hour is a time to connect with your peers, but as with the other classes, it takes it a little farther. It is an opportunity to build on your conversation skills, broaden your interests, and learn more about yourself and your peers. There is a lot that goes into a meaningful and stimulating discussion. It takes active listening and participation from everyone, and it helps if the topic is relevant and interesting. So, this class involves exercising all of those skills. It is also the time to find those topics that really interest you. Sometimes these topics are introduced by the instructor; sometimes a peer might start the conversation. It is a great place to have a conversation about a topic you don't get the chance to discuss as much as you would like, or to really explore a new or old topic in depth.

Productive Downtime- Productive downtime is all about seizing the day. It puts the focus on that elusive thing... downtime. It can be a blessing or a curse, whether you have



way too much or never enough. For those of you who are transitioning into post-high school life, this is a topic of particular importance. Now that someone isn't structuring your day, hour by hour, what do you do? How do you maintain a balance of rest and activity? What activities feel like *wasting time*, and what activities feel like you're *spending time* doing something. For this class, the instructors, assistants, students, and even some NMTs compiled a list of ways they enjoy spending their free time. Each day we tried

some out and had a discussion about what we enjoyed or didn't enjoy about it. Some of the standouts were non-bake baking and making paper airplanes.