

The Advanced Learning Program & Skill Building
Spring Session 2025
January 6th-April 25th

	Tuesday	Wednesday	Thursday
10:30a-12:00p	Finance & Friends: Learning Finance Together	Talk it Out: A Starter Guide to Communication Skills	Healthy Chefs: Focus on Nutrition
1:30p-3:00p	Power Through! Strength Training that Works for You	All Fun & Games! Learning Can Be Fun	Crafty Crew: Easy Crafting Workshops

Finance & Friends: *Learning Finance Together*

Financial Health is an important pillar of wellness. Participants will learn key vocabulary, practice money skills, and investigate ways to budget, save, and plan for financial wellness.

All learning materials will be sent home for review.

Power Through! *Strength Training that Works for You*

In this fitness module, we will focus on how to strengthen our bodies in safe and low impact ways. Participants will learn how strength training is beneficial for muscle and bone health while also improving balance and coordination.

Please wear appropriate shoes and bring water.

Talk it Out: *A Starter Guide to Communication Skills*

Communication skills are an important building block for social interactions, job readiness, and safe community navigation. Lessons this session will encourage participants to communicate with confidence in all settings using active listening, nonverbal communication, and technology.

This class will use Chromebooks occasionally. Participants will not use personal Google accounts.

All Fun & Games! *Learning can be fun.*

Playing games is not just for fun! Games can help improve brain function, challenge problem solving and decision making skills, and enhance creativity. This session we will play a variety of challenging and fun games that will encourage a supportive social environment.

Participants will be encouraged to play with respect and friendliness.

Healthy Chefs: *Focus on Nutrition*

This session, our recipes will focus on nutrition! Participants will practice their cooking and baking skills while learning how to add or substitute nutritious ingredients into each recipe.

A copy of the recipes cooked will be sent home, along with a small tasting. Please do not consume any food prepared in ALPS class before reading the ingredients listed on the recipe. As we strive to take into account dietary restrictions, we are unable to ensure accommodations each week.

Crafty Crew: *Easy Crafting Workshops*

Anyone can craft! Participants will learn ways to use different materials in craft projects. Textiles, paper, clay, and regular household items are just some of the materials participants will use in this creative workshop!

All art materials will be provided.

2024/2025 CALENDAR

September						
S	M	T	W	T	F	S
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29	30					

October						
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November						
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December						
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January						
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April						
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May						
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June						
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July						
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August						
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25	26	27	28	29	30	31

Session Blocks

Fall: September 2nd-December 20th

Spring: January 6th-April 25th

Summer: May 5th- July 31st

Holidays & Observations:

November 27-29: Thanksgiving

December 23-January 3: New Year's

April 28- May 2: Spring Break

May 26-27: Memorial Day

July 3-4: Independence Day

August 1-31: Summer Break

In the event of inclement weather, Valuable Partners will send an alert to all primary emails on file by 8am the morning of class, including links to *virtual learning sessions*. In the event of unforeseen circumstances and ALPS needs to close unexpectedly, text alerts and emails will be sent to all primary contacts.