



HVE Curriculum and Calendar- 2016

Quarter 1: February 3/4 to March 23/24

Theme: Health and Wellness Part I

Topics covered: Meditation and adult meditative coloring, yoga, family night at DU basketball game, smoothie night, healthy choices when dining out (group dinner out), drumming with guest artist, guest speaker on nutrition

Registration and payment due to RMDSA office staff by: Jan. 27th

Quarter 2: April 6/7 to May 25/26

Theme: Health and Wellness Part II

Topics covered: Fitbit Tracking (all quarter), Health bingo, dance fitness, healthy cooking family night, tour of Ritchie Center

Registration and payment due to RMDSA office staff by: Mar. 1st

Quarter 3: August 17/18 to October 5/6

Theme: Safe and Successful Community Inclusion

Topics covered: Campus independence and safety; public transportation skills and resources; citizenship and voting; technology usage and safety

Registration and payment due to RMDSA office staff by: Aug. 11th

Quarter 4: October 19/20 to Dec 14/15

Theme: Giving back to the community

Topics covered: 2nd Annual HVE food Drive, guest artist/creating art as gifts, secret santa gift exchange, email accounts and using email to gather donations

Registration and payment due to RMDSA office staff by: Oct.13th