



# Breckenridge Village of Tyler LEAP Day Program 2020 Spring Electives

*Creating an environment for individuals to **Learn, Experience, Achieve, and Provide.***

January 13 will mark the start of our Spring Electives in the BVT LEAP Program. The last day of Fall Electives was December 12, 2019. Listed below is a description of each elective that will be offered in the BVT Day Program this session.

Please review the elective descriptions below. **On the last page, please indicate your preferences by ranking your top 5 choices (1 through 5) for both Monday/Tuesday and Wednesday/Thursday.** Every effort will be made to accommodate your top two preferences; however, in the event we are unable to accommodate everyone’s top two requests, your other preferences may be considered in the order they were ranked.

Please submit your preferences to Marque Robinson at [mrobinson@breckenridgevillage.com](mailto:mrobinson@breckenridgevillage.com) or fax to 903-596-8104. Or, you may turn in a copy at the Administration Building. Please submit your preferences at your earliest convenience, or prior to January 7, 2020.

### Spring 2020 Elective Schedule

**Elective #1:** Monday and Tuesday from 2:30pm – 4:00pm  
**Elective #2:** Wednesday and Thursday from 2:30pm – 4:00pm

<i>Elective</i>	<i>Course Summary &amp; Objectives</i>
<b>Art</b>	<p><b>Course Summary:</b> <i>Instructors will cover various topics to help individuals to think creatively and artistically when working with their hands. Participants will use various art methods, techniques, and materials to paint, draw, or sketch. Participants will learn and apply the elements and principles of design to produce creative art projects that reflect their creativity and personality.</i></p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• <i>Express individual feelings and thoughts through various forms of artwork.</i></li> <li>• <i>Individuals will improve their creative thinking abilities.</i></li> <li>• <i>Individuals will improve their fine and gross motor skills.</i></li> <li>• <i>Individuals will learn basic concepts and principles of art.</i></li> </ul> <p><b>Course Instructors:</b> <i>Judy Dumas/Shelia Hill</i></p>
<b>Nature Walking</b>	<p><b>Course Summary:</b> <i>Individuals will walk for exercise as well as for enjoyment. In warmer months, individuals will walk for about an hour each day at various locations in nature (city parks, state parks, and other outdoor venues that are safe and appropriate whenever weather permits). Specific goals and objectives will be set for each walk, such as learning about different types of trees, plants, birds, or animals. On the days that weather does not permit such</i></p>

<i>Elective</i>	<i>Course Summary &amp; Objectives</i>
	<p>walking, participants will walk at a recreation center, such as First Baptist Church or Faith Baptist Church.</p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• Individuals will increase their knowledge of nature.</li> <li>• Individuals will achieve the natural benefits of physical activity, such as strengthened muscles, improved balance and coordination, and endurance.</li> <li>• Individuals will set walking goals at the beginning of the term and will work to achieve those goals by the end of the term.</li> <li>• Individuals will walk in a fun group setting, while listening to music.</li> </ul> <p><b>Course Instructor:</b> Rosie Simmons</p>
<b>Culinary Arts</b>	<p><b>Course Summary:</b> Individuals will gain basic skills in food preparation by learning the basics of ingredients, measurements, kitchen safety, reading a recipe, and how to prepare basic meals/snacks.</p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• Individuals will improve skills in independent living by learning how to prepare and cook meals and snacks.</li> <li>• Individuals will learn how to create a shopping list and how to acquire the supplies needed to cook.</li> <li>• Individuals will create products for the annual Christmas in the Village event.</li> <li>• Individuals will improve skills in reading, reasoning, and analytical thinking.</li> </ul> <p><b>Course Instructor:</b> Diane Stone</p>
<b>Health and Beauty</b>	<p><b>Course Summary:</b> Individuals will learn basic skills in health and beauty by learning to care for hair, skin and nails, as well as learning about inner beauty and healthy choices. The students will practice applying make-up and styling hair on mannequins.</p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• Individuals will learn techniques to improve health and hygiene.</li> <li>• Individuals will learn to care for hair including shampooing the hair and implementing various hairstyles.</li> <li>• Individuals will learn basic manicure and pedicure skills such as cleaning nails and applying polish.</li> <li>• Individuals will explore making sugar scrubs, soaps and other beauty supplies.</li> </ul> <p><b>Course Instructor:</b> Jennifer Ekins</p>
<b>People of the Bible</b>	<p><b>Course Summary:</b> Individuals will take part in a Bible study that implements discussion, art, games, books, skits and more, to learn about characters of the Bible.</p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• Individuals will become more familiar with their Bibles and Bible characters.</li> <li>• Individuals will explore characters of the Old Testament.</li> <li>• Individuals will explore characters of the New Testament.</li> <li>• Individuals will explore character traits of Bible characters and ways to practice good character traits.</li> </ul> <p><b>Course Instructor:</b> William Thomas</p>

<i>Elective</i>	<i>Course Summary &amp; Objectives</i>
<b>Chair Yoga</b>	<p><b>Course Summary:</b>  <i>Individuals will strive to improve overall health by practicing yoga sitting on a chair or standing using a chair for support. Chair yoga is a gentle form of exercise that can improve flexibility, focus and strength as well as improve mood, and reduce stress.</i></p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• <i>Individuals will learn stretching exercises that can help them with mobility.</i></li> <li>• <i>Individuals will practice breathing exercises that will help them relax and relieve stress and tension.</i></li> <li>• <i>Individuals will practice poses that help with flexibility and overall fitness, including possible weight loss.</i></li> <li>• <i>Individuals will improve ability to focus and work as part as a group.</i></li> </ul> <p><b>Course Instructor:</b> Madison Lusk</p>
<b>Reading Club</b>	<p><b>Course Summary:</b>  <i>Individuals will explore books in creative ways such as listening to stories through reading, puppetry, drama, and hands-on activities.</i></p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• <i>Individuals will increase language skills through books by listening, analyzing and making predictions.</i></li> <li>• <i>Individuals will increase listening skills by listening to stories for enjoyment.</i></li> <li>• <i>Individuals will participate independently and with a group by completing activities that accompany stories.</i></li> </ul> <p><b>Course Instructor:</b> Armi Kizer</p>
<b>Horticulture</b>	<p><b>Course Summary:</b>  <i>Individuals will learn the basics of cultivating plants, how to properly care for plants, and what it takes to help them thrive. Individuals will also strengthen basic pre-vocational skills, as they will help fulfill orders and may, on occasion, make deliveries to a purchaser.</i></p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• <i>Individuals will enhance their self-esteem, knowledge, and the ability to work and communicate well together in a group setting to accomplish a common goal.</i></li> <li>• <i>Individuals will be provided a time of therapy, through horticulture, to achieve relaxation, a time to un-wind, and observe achievements through their efforts.</i></li> <li>• <i>Individuals will enhance basic pre-vocational training through the fulfillment of orders to local purchasers, ordering and purchasing supplies, etc.</i></li> <li>• <i>Individuals will achieve the natural benefits of physical activity, such as strengthened muscles, improved balance and coordination, and endurance.</i></li> </ul> <p><b>Course Instructor:</b> Rosie Simmons</p>
<b>Knitting/Crocheti ng</b>	<p><b>Course Summary:</b>  <i>This course will teach individuals how to use yarn and correct tools to knit various items, including hats, scarves, socks, shawls, blankets, towels, etc. This time can be used for making gifts for family and friends, as well as hats for orphans through the CERI project.</i></p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• <i>Individuals will improve knowledge of how to knit using looms and yarn and/or crochet tools.</i></li> <li>• <i>Individuals will improve their self-esteem by realizing how their hands can improve someone else’s life through knitting (e.g. providing hats to orphans in</i></li> </ul>

<i>Elective</i>	<i>Course Summary &amp; Objectives</i>
	<p>Moldova).</p> <ul style="list-style-type: none"> <li>• <i>Individuals will improve hand eye coordination, fine motor skills, and self-discipline.</i></li> <li>• <i>Learn valuable life lessons, such as responsibility, focus, persistence, positive social behavior, using available materials, and proper hand hygiene.</i></li> <li>• <i>Individuals will be provided a therapeutic time where they can relax and be engaged in an activity that they enjoy.</i></li> </ul> <p><b>Course Instructor:</b> Diane Stone</p>
<b>Sports &amp; Recreation</b>	<p><b>Course Summary:</b> <i>Individuals will be afforded various opportunities to play and exercise through sporting and recreational outings. Examples include basketball, softball, catch and throw, Frisbee sports, kickball, fishing, etc. Activities will be held on and off campus to provide a diverse set of recreational opportunities.</i></p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• <i>Individuals will learn new sporting and recreational activities, while also practicing/improving some of their “favorites”.</i></li> <li>• <i>Individuals will learn skills in team and individual sports.</i></li> <li>• <i>Individuals will practice team work, good sportsmanship, patience, and how to be a good and responsible team member.</i></li> <li>• <i>Individuals will improve stamina and strength through the natural benefits of participating in athletics and recreational activities.</i></li> </ul> <p><b>Course Instructor:</b> William Thomas</p>
<b>Crafty Creations</b>	<p><b>Course Summary:</b> <i>Participants will be encouraged to express themselves through making crafts. This class is a fun way to promote creativity by giving students the opportunity to use their hands to form objects from their own thoughts and ideas.</i></p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• <i>Individuals increase self-esteem, and independence while completing art projects that encourage creative thinking and individuality.</i></li> <li>• <i>Individuals will work as part of a group, use fine motor skills, and follow instructions while constructing and decorating craft projects.</i></li> <li>• <i>Individuals create hands on projects using a variety of materials including wood, jewelry, cloth, yarn, etc.</i></li> </ul> <p><b>Course Instructor:</b> Madison Lusk</p>
<b>Line Dancing</b>	<p><b>Course Summary:</b> <i>Individuals will learn a country and western dance style in which they line up and follow a choreographed pattern of steps to music. This class combines music, movement and fun for a great dance class experience.</i></p> <p><b>Course Objectives:</b></p> <ul style="list-style-type: none"> <li>• <i>Individuals will work in a group and use listening, following instructions and memory skills.</i></li> <li>• <i>Individuals will improve health and fitness by exercising to music.</i></li> <li>• <i>Individuals will refine familiar dance steps and learn new ones.</i></li> <li>• <i>Individuals will boost self-esteem by strengthening skills that can be used in social settings.</i></li> </ul> <p><b>Course Instructors:</b> Lindsey Latson and Jennifer Ekins</p>

***\*Please see the next page for elective registration\*.***



## LEAP Day Hab of Breckenridge Village of Tyler

2020 Spring Electives

***\*Please read information below before indicating your preference in the chart\****

Each individual will be offered two elective choices. In the spaces provided below, please rank your top 5 preferences for Elective #1 (Monday and Tuesday) and your top 5 preferences for Elective #2 (Wednesday and Thursday). For example, for Elective #1, if your first choice is Art and your last choice is Chair Yoga, you would enter a "1" in the box below Art and a "5" in the box under Chair Yoga.

Every effort will be made to accommodate your top choices; however, if class availability prevents your enrollment in your top selections, your other preferences will be considered.

Please submit your preferences to Marque Robinson at [mrobinson@breckenridgevillage.com](mailto:mrobinson@breckenridgevillage.com) or fax to 903-596-8104. or, you may turn in a copy at the Administration Building. Please submit this form at your earliest convenience, or no later than January 7, 2020 or if you have questions pertaining to this schedule, please contact Marque Robinson at 903-596-8100.

***Participant's Name:*** \_\_\_\_\_

### **Elective #1**

**Monday/Tuesday (please mark your top 5 choices in order of preference, 1 through 5)**

**Art** \_\_\_\_\_

**Nature Walking** \_\_\_\_\_

**Culinary** \_\_\_\_\_

**Health and Beauty** \_\_\_\_\_

**People of the Bible** \_\_\_\_\_

**Chair Yoga** \_\_\_\_\_

### **Elective #2**

**Wednesday/Thursday (please mark your top 5 choices in order of preference, 1 through 5)**

**Reading Club** \_\_\_\_\_

**Horticulture** \_\_\_\_\_

**Knitting and Crocheting** \_\_\_\_\_

**Sports & Recreation** \_\_\_\_\_

**Crafty Creations** \_\_\_\_\_

*Line Dancing* \_\_\_\_\_

**Completed by:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*For office use only:*

**Received by:** \_\_\_\_\_

**Received on (date):** \_\_\_\_\_