

Below are just a few highlights of this month's club activities:



Healthy Choice Club

- Making a Healthy Salad
- Health and Stress Showdown
- Healthy Ingredient Recipes
- On the Wall Food Pyramid
- Emotions and Health
- Healthy Boundary Pancakes
- Creating a Healthy Food Collage



Opportunity Club

- Job and Volunteer Opportunities
- Budgeting Opportunities and Making Grilled Cheese
- Opportunities at Possibilities
- All About Art Commissions
- “Be the Change” Initiatives: Food Drive
- Opportunities in Art Careers
- Recycling and Art



Culture Club

- Play African Morabaraba
- World Monuments
- Make Zamponas (Panpipes)
- Make Traditional German, Italian, Chinese, and Mexican Foods
- Creating Cultural Art Pieces
- Innuut Carvings
- Native American Culture: Petroglyphs
- Making a Family Tree



Craft Club

- Historic American Crafts
- Crafting Trading Cards
- Making Straw Looms
- Make “Craft” Macaroni and Cheese
- Create a Polaroid Keepsake Box
- Woven Works of Art
- Salt Painted Snowflakes



Drama Club

- ABC Drama Word Challenge
- Charlie Chaplin and Charades
- Bake Brownies and Rehearse our Play
- Writing a Musical Script
- Yarn Wig Fashion Show and Stage Fright
- Exercise Dramatically



Transportation Club

- Henry Ford and Motorized Chili Mac
- Personal Passports and Travel
- A Lesson from the Wright Brothers
- Hot Air Balloon Science
- Bernoulli Principal Science Experiment



Expressions Club

- Express Yourself through Movement and Art
- Expressive Self Portraits
- How Birds Express Themselves: The Vogelkop Superb
- How Expressions/Idioms Came to Be
- How to Draw Eyes and Faces with Expression

Snoezelen Curriculum



- ✓ Friendship Skills
- ✓ Dating Etiquette
- ✓ Good Choices/Bad Choices
- ✓ Asking Appropriate Questions
- ✓ Giving Compliments
- ✓ Planning Get-Togethers: Who, What, When, Where, How



**Functional Skills
Home and Safety**

- Identify household items
- Cross the street safely
- Identify Community Signs



Fitness Center

- ✓ Lite weight lifting for exercise and muscle tone
- ✓ Brain Fitness—using the brain to keep fit and healthy
- ✓ Which exercises work for you?
- ✓ Express yourself and keep fit through movement
- ✓ Transport yourself to fitness with walking and biking
- ✓ Learn about low impact aerobics
- ✓ Healthy choice eating and fitness

**ALWAYS AVAILABLE IN
THE FITNESS CENTER:**

- ❖ Exercise Machines
- ❖ Walking Track
- ❖ SmartFit Board
- ❖ Basketball
- ❖ Hoops and Balls

**Special Events and
Assemblies**

**March 6
Talent Show**

**March 13
Bingo Bonanza**

**March 17 
St. Patrick's Day Party!**

**March 20
Celebrate March
Birthdays**

**March 27
Seated Volleyball
Tournament**

**TBA: Possibilities Drama Club
Performance!**

Community Outings

- Crossfire Ministries
- Ronald McDonald House
- Care and Share for Opportunity
- Club Food Drive
- Manitou Heritage Center
- Michael Garmen Museum
- Space Center Foundation
- UCCS ENT Theatre
- Humane Society
- ProRodeo Hall of Fame
- World Figure Skating Museum
- Glen Eyrie Castle
- McAllister House Museum
- YMCA Swimming
- Dion's Vocational Experience
- Garden of the Gods
- Barnes and Noble
- Staples Tour
- Fire Station Tour
- Willowstone
- Special Grounds Coffee
- Shopping for Club Activities

--	--	--