


April - ADT Schedule

Our Theme: Spring into New Skills

2022

Our main skills we will work spring into this month: Communication skills-Life and Home Skills -Technology- and Social and Behavior Management Skills.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Please send in your \$8 dues. In May dues will increase to \$10 per month</p>		<p><i>Visit our website to see your pictures posted throughout the month and see all we can accomplish.</i></p>		<p>¹ Skills we wish to work on this month: puzzle pieces. Learn Life & Social skills we need to know. Fun Friday Games</p>	<p>²</p>
<p>3</p>	<p>⁴ Money Management Monday- Vending cart open- bring 50 cents to buy an item</p>	<p>⁵ Teamwork Tuesday- Why being on a team is so important? Make an Easter craft</p>	<p>⁶ Wellness Wednesday- Why is healthy eating important? Make a healthy snack.</p>	<p>⁷ Transferable Skills Thursday- How is using Life & Social skills helping others?</p>	<p>⁸ Functional Skills Friday- Home & Life Academy: help us bake Easter cookies.</p>	<p>⁹ Special Olympics New Heights Team competes. Go Team NH !!!</p>
<p>10</p>	<p>¹¹ Cooking skills- making the side dishes for our Easter BBQ as a team. Setting up for our party.</p>	<p>¹² Easter BBQ & Dance Party - do not bring a lunch- Hamburgers- Pasta & Potato salad- chips-</p>	<p>¹³ Wellness Wednesday- Why is good hygiene important? How can we have good hygiene?</p>	<p>¹⁴ New Heights is closed for Staff training day.</p>	<p>¹⁵ New Heights is Closed- Good Friday</p>	<p>¹⁶</p>
<p>17 Happy Easter!</p>	<p>¹⁸ Money Management Monday- Vending cart open- bring 50 cents to buy an item</p>	<p>¹⁹ Teamwork Tuesday- Communications academy will help us learn new ways to develop friendships</p>	<p>²⁰ Wellness Wednesday- Walk and Roll exercise time Sing & stretch game</p>	<p>²¹ Outing- To a Park for a picnic and Ice Cream sundae social</p>	<p>²² Functional Skills Friday- How do our skills help us in life? Fun Friday with games</p>	<p>²³</p>
<p>24</p>	<p>²⁵ Money Management Monday- Vending cart open- bring 50 cents to buy an item</p>	<p>²⁶ Teamwork Tuesday- Why is it important to treat others with respect?</p>	<p>²⁷ Wellness Wednesday- Yoga & relaxation tricks- How to calm yourself down.</p>	<p>²⁸ APD Rights training Fire Drill When we are upset or need extra care drill.</p>	<p>²⁹ Functional Skills Friday- The World Academy has an outing to buy supplies.</p>	<p>³⁰</p>

Our classrooms are now known as the New Heights Academy. We have Communications, Home & Life, Technology, and Navigating the World. See the back of this calendar to learn about all we are doing within ADT.

New Heights ADT Program:

Our Communication Academy –

We will learn to develop, enhance, and improve our communication abilities by building our self-confidence through public speaking and sign language. By utilizing these abilities, we are helping ourselves to develop new friendships and new opportunities. We learn, develop, enhance, and improve our abilities to use multiple forms of art, added with our communication skills, to reflect our thoughts and feelings more accurately to others. Our new abilities to communicate with others will also open the door to how we can use technology as another tool to express ourselves to others.

Our Technology Academy –

Our New Heights Computer Lab has touch screen convenience to help develop our technology abilities in basic computer knowledge, computer safety, and research skills. Through teamwork with fun, educational games, we improve our abilities to learn new job skills utilizing technology. We will develop administrative assistant abilities learn job skills as well as utilizing technology. This class will host our job skills training, as we learn how to navigate a job description and follow a task list. We also will research and highlight a career opportunity each week and learn about that career. By providing a daily New Heights news program working with the Communication academy to enhance our public speaking abilities. This will keep everyone current of the daily events, weather, facts of the day, and important daily reminders

Our Home & Life Academy –

In our Home and Life Academy will continue building our self-reliance, self-confidence and our independence by learning household tips and money management skills. For example, we will learn to use a microwave so we can make ourselves a healthy meal and a delicious treat. We will learn how to set a table, plus dishwashing and laundry skills, make our own bed, and how to complete basic household chores, to name just a few. We will also learn to grocery shop and manage our money by attending grocery store outings. This class will host our New Heights Coffee Club, as we take turns learning Barista skills by serving coffee from our coffee cart. This class will also host a cooking segment and host our monthly parties. By attending outings to stores or restaurants, we will practice how to grocery shop, our money management skills, ordering from a menu, and proper dining out etiquette.

Our Navigating the World Academy –

We will be focusing on teamwork, fundamentals of leadership, social and behavior modification skills. Engage teaching skills in connecting, collaborating, time management, money management, and working together in a diverse setting, such as community outings and events. Participate with projects to give back to our community. Plan outings and projects to pay kindness forward. We will learn inventory skills by becoming the lead classroom to keep track of all our supplies and needs. This class will host our vending cart, where we sell snacks and utilize money management abilities. We will attend outings to shop for the needs of the program. By working together in a diverse setting, such as community outings and events, we will participate with projects to give back to our community, as we organize outings and projects to put kindness forward. We will also host events to collaborate with community volunteers to enhance our agency and provide volunteer opportunities at New Heights.

Our staff:

Direct Support Team: Leslie (Home & Life Academy)- Marlana (Communications Academy)- Rob (Navigating the world Academy)- Anthony (Technology Academy)-

Personal Care team- Andre & open positions to fill – WE ARE HIRING!! Help Spread the news.

Transportation – Rob – Cell: 904-917-4178-Email: robT@newheightsnefl.org

Program Operations and Business Development Director- Rebecca- Phone: 904-802-0563 or Cell: 904-228-0481- Email: rebeccaA@newheightsnefl.org

Our Contact information:

New Heights main number: 904-396-1462-

ADT Program questions or concerns contact Rebecca Aleman at 904-228-0481-

Transportation questions or concerns contact Rob Thomas at 904-917-9899