All-Abilities Academy

Class Menu – Choose one or more classes.

Community classes open to everyone 18 and up, with or without a disability. Each class teaches one subject, led by an instructor who knows it well, in a small group where everyone learns together. Come learn something new and meet your neighbors!

Tuition: $75 per person, per class hour

Most classes run 1 to 2 hours. The same tuition applies to every student. Ingredients and materials are additional, where applicable.

How classes work:

- **Small group classes**: Up to 6 students per class. Every student follows the same lesson, taught by the instructor to the whole group.
- **Accommodations**: Reasonable accommodations are available on request.

---

1. Cook It, Share It: A Hands-On Cuisine-Based Class

A real kitchen: Cook on a full-size stove and oven with real pots, pans, and knives, the way cooking classes are taught everywhere. No microwaves or countertop gadgets here!

A new cuisine every session: Each session explores a different cuisine. Knife skills, stovetop and oven techniques, and food safety are taught along the way.

Share It: When the cooking is done, we set the table, sit down, and enjoy the meal we made together. Everyone tastes, talks about how the dish turned out and what they might try differently next time, and leaves with a recipe card to make it again at home.

- ☐ **A Taste of Italy**: Homemade pasta sauce, chicken piccata, and bruschetta
- ☐ **Flavors of Mexico**: Tacos, fresh salsa, and Mexican rice
- ☐ **Soups & Stews**: Minestrone, chili, and cornbread
- ☐ **Comfort Classics**: Pot roast, mashed potatoes, and roasted vegetables
- ☐ **Breads & Bakes**: Quick breads, biscuits, and a simple fruit crisp
- ☐ **Asian Kitchen**: Stir-fry, fried rice, and vegetable dumplings

2. Personal Finance Basics

- ☐ Budgeting basics: making a plan for your money
- ☐ Banking basics: checking, savings, and debit cards
- ☐ Saving for the things you want
- ☐ Understanding credit and avoiding debt

3. Healthy Relationships

- ☐ Friendships and dating
- ☐ Consent and personal boundaries
- ☐ Recognizing unhealthy relationships and knowing where to get help

4. Digital Tools 101

- ☐ Setting up and using email
- ☐ Texting, video calls, and online communication
- ☐ Creating strong passwords and managing online accounts
- ☐ Finding reliable information and filling out forms online

5. Staying Safe in the Social Media World

- ☐ Privacy settings and what to share (and not share)
- ☐ Safe friending and messaging: who is who online and what to do if something feels wrong
- ☐ Recognizing cyberbullying and online pressure

6. Scams: How to Spot and Avoid Them

- ☐ Common scams by phone, text, email, and online
- ☐ Warning signs that something is not right
- ☐ Protecting your money and personal information
- ☐ Who to tell and where to report a scam

7. Pet Care Basics

- ☐ Is a pet right for you? Choosing the right fit
- ☐ Daily care: feeding, exercise, and routines
- ☐ Vet visits, health, and safety
- ☐ Understanding the costs of owning a pet

Fall and Spring Classes Starting Spring 2027!

We change the world, NOT the person!

Contact us for More Information

www.advocatesforautism.org