

*Comm University*

*Winter Quarter*

*January 14-March 22, 2019*



*life-long learning through community, education & recreation*

## **Course Catalog**

Natalie Jones  
CommU Director



### Winter Quarter 2019

Instruction .....January 14- March 22  
Holidays/No program .....January 21, February 18

Spring Break .....March 25- April 5

### Spring Quarter 2019

Instruction .....April 8- June 28  
Holidays/No program .....May 27  
Spring Park Social .....June 26

Summer Break.....July 1- July 12

### Summer Quarter 2019

Instruction .....July 15- September 27  
Holidays/No program .....July 4, September 2

Fall Break .....September 30- October 11

### Fall Quarter 2019

Instruction .....October 14- December 20  
Holidays/No program .....November 11, 28, 29  
Halloween Party .....October 30  
Holiday Party .....December 20



### Feeding and Socializing with Animals

Monday 10-11:30am

At Animal Assisted Happiness farm.

Instructors: CU Teachers/AAH staff. \*Orientation Required\* Volunteering at Animal Assisted Happiness Farm will include feeding and socializing with the therapy animals, which include: chickens, mini horses, goats, llamas, rabbits, doves, pot belly pigs and guinea pigs. It will also include cleaning up the animals cages and living quarters as well. If you are an animal lover, this is the volunteer job for you! Students should bring water, comfortable close toed shoes and sunscreen.

### Buy It Right Personal Shopping and Purchasing Skills

Instructors: CU Teachers

Monday 10-11:30am

Offsite in Community

Tuesday 3-4pm

This class supports students in the areas of creating shopping lists, money recognition and budgeting. It will also show them how to recognize retail employees, ask for help in locating the items on their lists and independently purchase their own items.

### Park and Play Games at the Park

Monday 1-2pm

Instructors: CU Teachers. Offsite at local community parks. This class offers fun while building strength and skills through a variety of sports, activities, games and physical exercise.

### Busy Buddies Visiting 3rd Places

Monday 2-3pm

Instructors: CU Teachers

Tuesday 10:15-11am

Offsite in Community. Students will get the opportunity to visit their favorite local coffee shops, restaurants, nail salons, bowling alleys, stores, and other locations in the community where they have developed friendships and relationships with employees or other regular customers.

### **We're All on the Same Page Visits to the Library**

Instructors: CU Teachers

Monday 3-4pm

At local community libraries. Students have the opportunity to visit their local libraries and learn how to apply for their own library card, browse and check-out books, magazines, music and movies, as well as participate in story-time classes and activities.

### **Make a Splash**

Tuesday 10-11:30am

Instructors: CU Teachers

At the Timpany Aquatics Center. Recreation swimming at the Timpany Center features an all-accessible therapeutic facility with a 92-degree indoor pool and spa. The pool and spa offer ramps for easy assisted entry.

### **Golf Club Golfing Class**

Tuesday 1-2:30pm

Instructor: Steve

At Pruneridge Golf Range in Santa Clara. Join the golf club and come to the Pruneridge golfing range to learn how to putt, drive the ball, and the other basics of golf.

### **Pool Pockets-Billiards**

Wednesday 3-4pm

Instructors: CU Teachers

At Cuetopia. This is the perfect opportunity to get together with your peers and play some pool!

### **On A Roll Bowling Club**

Friday 2-4pm

Instructors: CU Teachers

At Bowlero Bowling Alley. Bowling, socializing and cheering on our friends at Bowlero Bowling Alley. A fun opportunity to practice interacting with community members and building relationships with the men and women of CCO!



### **Hue's Wonderful Workout Zumba & Exercise Club** Friday 10:15-11am

Instructors: Hue, CU Teachers

In CommU Expression Room. Learn some sweet Zumba moves from our very own Hue from EFT 6. Don't worry about not being able to keep up with those fast Zumba videos, because she will make sure you get the moves and that you feel confident in your ability to pump up the jam. Get moving and grooving to some great beats with this talented teacher.

### **CommU Creators Art Club**

Friday 10:15-11

Instructors: CU Teachers & Liz

\$3.00 fee per class

In CommU Art Studio. Do you love getting crafty? In this class we will be making decorations for you to take home to decorate your room as well as making crafts that you can give friends and family as gifts.

### **CommU Readers Book Club**

Friday 11-11:45am

Instructor: Mary

In CommU Common Area. Books are such wonderful things that bring you into new worlds, teach you new things, and let you use your imagination. Come and hang out with friends who love stories just as much as you do. Share different books each week, and pay a visit to your local library. Create conversations, ask questions about the books you've read in class, and become experts on your favorite books.

### **News You Can Use CommU Newsletter Club**

Friday 11am-12pm

Instructors: Jerri & Robin

In Expression Room/Tech Lab. In this club, you will work to produce CCO's quarterly newsletter! You will be exploring new and exciting activities to bring to CommU, interviewing members of the CCO Admin team, visiting our current community-based activities and creating an exciting newsletter at the end of each quarter.

### **Peppy Puppets Puppet Making Club**

Friday 1-2pm

Instructors: Meike & CU Teachers

In CommU Art Studio. In this class we'll produce simple, easy to make puppets and puppet theaters. Every two weeks we'll make different kinds of puppets and theaters, for example: pencil puppets and a cereal box theater, sock puppets and a poster board theater, animal puppets and a theater made of leaves and branches, etc. Every second class a few students will get a chance to put on a simple, short puppet show for their peers. Please bring an empty cereal box to our first class.

### **CommU Coffee Makers Coffee & Tea Making Club**

Instructor: Brandon

Friday 1-2pm

CommU Kitchen/Front Lobby

\$2.00 fee per class

Drink preparation skills (making coffee, tea using measuring cups and/or spoons to portion out items, as well as some food safety skills and techniques of using a tea steeper, a basic drip coffee maker, a pour-over coffee pot, and possibly a milk steamer/frother), food presentation (planning out the appearance of the offered refreshments on the cart each week), social skills for carrying out a transaction, and possibly working with cash and making change.

### **A Whole New World: Behind the Scenes Prop & Costume Making Club**

Instructors: Meike, Sylvia & CU Teachers

Friday 2-3pm

In CommU Art Studio. Would you like to learn about what goes on behind the curtain? Do you want to learn about all of the people it takes to make a stage show happen? Learn about all the different roles in the stage crew and help Ms. Sylvia and Ms. Meike by helping to create props and costumes for our upcoming musical show.

### **Friday Movie Madness Club**

Friday 2-4pm

Instructors: CU Teachers, Liz

In CommU Common Area. Each week, the movie club meets on Friday afternoons to watch great films, eat popcorn and socialize with peers. Whether you have plans to be a director or producer, or if you just enjoy watching movies, this is the club for you!

### **On A Roll Bowling Club**

Friday 2-4pm

Instructors: CU Teachers

At Bowlero Bowling Alley. Bowling, socializing and cheering on our friends. This is a fun opportunity to practice interacting with community members and building relationships with the men and women of CCO!



### **Feel the Music Relaxation & Movement Class**

Monday 11am-12pm

Instructor: Liz

CommU Expression Room. This fun class starts Mondays off with a dance party where students participate in creative movement, each showcasing their inner dancer. This class calls for focus: on your body movement, the music, and connecting the two. Freestyle dance intermixed with instructed movements. Move how the music makes you feel; how it calls you to move. At the end of class we will finish with meditation and relaxation focusing on our breathing and our posture.

### **Jammin' with Gavin Beginner's Guitar Class**

Tuesday 11am-12pm

Instructor: Gavin

In CommU Expression Room. This adaptive guitar class is designed for ALL individuals regardless of experience level. Adaptive equipment will be available for those with fine motor difficulties, as well as a patient and supportive environment in which to learn. Different strumming techniques and guitar styles will be explored, in the process uncovering the roots of guitar music and learning some basic music theory. Students will learn how to play a variety of songs from different genres and are encouraged to bring a list of their own favorite songs to learn. Guitars will be provided. Students must bring a love of music and a desire to learn. Please feel free to also bring any instruments from home that you would like to learn how to play.

### **A Little Bit of Everything Art**

Tuesday 11:15am-12pm

Instructor: Natalie

\$3.00 fee per class

In CommU Art Studio. This is a chance for students to be creative, express themselves and explore different types of art. Individuals will refine motor skills and work on building new skills as they experience personal achievement and a sense of accomplishment through completed projects.

## *Educational Classes at Comm U* (continued)

### **International Cooking without Borders**

Instructor: Liz Tuesday 11:15am-12pm  
In CommU Kitchen \$3.00 fee per class  
Come and join your friends in this cooking class where we travel around the world and explore different foods from different cultures. Each week we'll discover a country's food and learn about new ingredients, practice cooking skills and enjoy eating the final results for lunch.

### **Confidence in You & Others Too**

Tuesday 1-2 pm

Instructor: Liz  
In CommU Expression Room. Want to feel more empowered and have more confidence? Do you want to help others feel confident and have better self-esteem? Then you should take this class! Students will learn how to build themselves and each other up through healthy social interactions. We are all capable people who are good at different things, so in this class we will learn to recognize this in ourselves and in others.

### **Play It Safe Safety Skills Class**

Tuesday 1-2pm

Instructors: CU Teachers. In CommU Common Area. Learn about the safe people in your life and brush up on your skills to stay safe when you are out in the community. This class will consist of on-site activities as well as community outings to the light rail station, walks to practice crossing the street and recognizing safety signs. Learn how to be prepared in different situations.

### **Write It Up Communication & Social Skills**

Tuesday 2-3pm

Instructors: Robin & Jerri.  
In CommU Common Area. Build and sharpen your communication skills as you get to know your very own pen pal. Each student will be paired with a pen pal to share with throughout the quarter. We'll begin with meeting our pals, then consider ways to learn more about them while we share more and more about ourselves. In the process, we'll work on planning, social skills, writing, computer skills, and much more. Be ready to ask great questions, share about yourself, and get to know someone new!

### **Employee of the Month Vocational Prep**

Tuesday 3-4pm

Instructor: Carol. In CommU Tech Lab. Are you interested in getting a job, working on job skills, and learning all you need to know about how to be the best employee you can be? In this class we will be working on:

- Communicating interests in jobs and passions
- Communicating with managers, coworkers, and customers
- Recognizing one's skills and strengths
- Recognizing one's weaknesses
- Resume building
- Job application completion
- Work appropriate attire
- Interview readiness
- Employee rights

### **The 411 on Internet Fun**

Instructor: Liz Wednesday 10:15-11am  
In CommU Tech Lab. Join your fellow students in the tech lab for a basic internet research class. Each week you will have 4-5 topics given to you on a worksheet to research on the internet and provide the 411 on those particular fun topics. It might be to find a video about an animal, trains, recipes, the weather where you live, or an inspirational story.

### **Know Your Rights!**

Wednesday 11:15am-12pm

Instructor: Liz  
In CommU Expression Room. In this class, you will learn about and better understand your personal rights. Personal and legal rights will be reviewed one by one and discussed throughout the quarter.

### **Interactive Music with Meike**

Wednesday 11am-12pm

Instructor: Meike. In CommU Expression Room. In this hands-on, creative music class, students of all skill levels get to create their own simple rhythm instruments and play them along with various styles of music. Every week we will spend 30-40 minutes creating one new rhythm instrument per student. The next 20-30 minutes are spent exploring how to play that instrument along with recorded music. Over the course of the quarter, each student will make 10 different rhythm instruments. Examples are shakers, tambourines, jingle bell bracelets, small drums, and more.



## *Educational Classes at Comm U* (continued)

### **A Whole New World Performing Arts**

Wednesday 1-2pm

Instructors: Meike, Nina & Sylvia. In CommU Expression Room. In this Broadway class actors of all skill levels get the opportunity to explore their creativity through expression, song and dance. Students not only learn about and experience different aspects of theatre through workshops, they also gain skills in the area of communication, self-confidence, and teamwork in a supportive, positive and, most of all, FUN environment! Students will perform songs and scenes from Aladdin in a variety show format, with a large focus on song and dance. Different characters will be highlighted based on the students' choices. At the end of the quarter, the students will put on a show for their friends, family, and staff at CommU.

### **All Around the World Cultures**

Wednesday 2-3pm

Instructor: Liz

In CommU Expression Room. Each class will give info (slides & videos) about a different country. We will eat food that's typical for that country and/or do a special art project relating to that country.

### **Dazzling Divas Self-Care**

Wednesday 2:15-3pm

Instructor: Natalie

\$2.00 supply fee per class.

In CommU Common Area. Want to learn how to get beautified? In this class you will learn everyday self-care skills along with how to create extra fun new looks. Paint your nails, do your hair, put makeup on, try lotions, and facemasks.



### **Park and Play Games at the Park**

Monday 1-2pm

Instructors: CU Teachers. At local community parks.

This class offers fun while building strength and skills through a variety of sports, activities, games and physical exercise.

### **Make a Splash**

Tuesday 10-11:30am

Instructors: CU Teachers . At Timpany Center. Recreation swimming at the Timpany Center features an all-accessible therapeutic facility containing an indoor 92 degree pool and an indoor spa. The pool and spa offer ramps for easy assisted entry.

### **Bingo!**

Tuesday 10:15-11am

Instructors: CU Teachers

Wednesday 1-1:45pm

In CommU Common Area. Test your skills and join the Bingo fun! Win prizes and hang out with peers.

### **Golf**

Tuesday 1-2:30pm

Instructor: Steve. At Pruneridge Golf Range in Santa Clara. Join the golf club and come to the Pruneridge golfing range to learn how to putt, drive the ball, and the other basics of golf.

### **Dance Fitness Class**

Tuesday 2-3pm

Instructors: Cherry & Arlene. In CommU Expression Room. Dance workout powered by fun, globally appealing Bollywood culture. It easy, safe, and easy to follow and packed with authentic Bollywood flavor.

### **Say Omm Relaxation & Meditation**

Wednesday 10-11am

Instructors: CU Teachers. In CommU Expression Room. Join your fellow students in forgetting the things that stress you out in life by listening to soft music and nature sounds. Through relaxation and meditation practices, you will learn breathing exercises and how to focus on relaxing each part of your body. Learn how to self-regulate and go to your calm place when you feel angry or stressed out.



Explore job opportunities to gain skills and get on-the-job experience. Please see Natalie for details about these opportunities to contribute to your community.

- **Meals on Wheels**
- **Full Circle Farm**
- **Petco**
- **Animal Assisted Happiness**

### Individual Learning Resources

During less structured times, CommU features a wide variety of options to choose from to ensure that learning continues. Examples include:

- Computer Lab time
- Sensory Room-decompression/break time
- ISP one-on-one lessons
- Game Time
- Small Group lessons
- Job Training/Job Simulation
- Community-based Learning

Feel free to peruse the many lesson plans available. Need help? Just let us know; we are happy to assist you in selecting meaningful options.

## *Fitness & Recreational Activities* (continued)

### Game-On Club

Wednesday 2:15-3pm

Instructors: CU Teachers

In CommU Expression Room. The focus of this club is to help students with turn-taking, compromising, following instructions and independent and traditional board and card games. These games will help facilitate social skills and friendship building.

### Zumba Dance Party!

Wednesday 3-4pm

Instructors: Cherry & Arlene. CommU Expression Room. Join our CCO Nurses in a dance fitness class powered by hip hop music of the past and present. Losing weight and keeping in shape has never been so much fun!

### Pool Pockets-Billiards

Wednesday 3-4pm

Instructors: CU Teachers. At Cuetopia. This is the perfect opportunity to get together with your peers and play some pool!

### Hue's Wonderful Workout Zumba & Exercise Club

Friday 10:15-11am

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# Your Instructors

## Winter Quarter



**Natalie Jones** is Director of the CommUniversity program. She is a native of California and has been in the field of serving both children and adults with developmental disabilities

for 15 years. Natalie is certified in Disability Management Services, has studied psychology, sociology and behavior management, and is pursuing her Bachelor's degree in Social Services. Natalie loves working with the men and women of CCO and CommU, and spending time with her granddaughter, Salina.



**Gavin Darby** has a BA in psychology from UC Santa Cruz and is currently working on his MA in Educational Psychology. In addition to his role as CCO's Behavior Analyst, he is professor and Director of the School of Music at the College of Adaptive Arts. He has years of experience in visual arts, music, and nature exploration, which he continues to enjoy in his free time.



**Nina Duncan** has been an educator for two decades. She holds a BA in Communication Studies and Special Education from San Jose State. She was the 2011 recipient of SARC's "Service Above Self" award, given the 2013 "Changing the World Together" award from the College of Social Sciences at San Jose State University, and received the 2015 "Angel Ellenberger Lifetime Achievement" award from Angels on Stage. She is a proud parent of three.



**Robin Evans**, CCO Behavior Analyst, is a Nashville native with a Bachelor of Interdisciplinary Studies in Education from Western Kentucky University and a Masters in Applied Behavior Analysis from Lipscomb University. Previously, she worked as an ABA therapist in private practice and with public school students. She loves being part of the CommU team and enjoys exploring all that the Bay Area has to offer.



**Carol Gallegos** joined California Community Opportunities in 2017 and hit the ground running, orchestrating the move to our Great Oaks location. Prior to that, Carol served her community at Parents Helping Parents and continues as Prop Master and Logistics VP for Angels on Stage. Carol derives much of her inspiration from her adult son, Ryan.



**Jerri Jensen** has been part of CCO's Admin team since 2014, and is currently in the role of Marketing & Development Manager. She also works with children and adults with disabilities outside of CCO. She has two daughters and a grandson and loves working with the individuals at CommU.



**Liesbeth Langerak**, CommU Lead Teacher, taught individuals of all ages and in a variety of learning environments for nearly two decades before joining CCO. She offers a unique understanding of individual differences, thanks to experiences with learners around the world. A native of the Netherlands and former resident of Malaysia, Liz is also a Registered Behavior Therapist.



**Sylvia Olivas** is CCO's Program Coordinator, bringing 14 years in customer service, management, human resources, and recruitment. She also serves as a church minister, and loves spending time with her family and creating memories that will last a lifetime.



**Cherry Parcutilo** has served adults and children as a Physician's Assistant, Charge Nurse and Nursing Director. Prior to coming to California, Cherry worked in the areas of oncology and ObGyn, receiving her Doctor of Medicine degree from Cebu College of Medicine in the Phillippines. She is a strong advocate for individuals at CCO, and loves teaching in CommU.



**Mary Rothgeb's** background is in paraprofessional library work, most recently in elementary school libraries while finishing her BA in Communication Studies at SJSU. She put work on hold to raise her two sons, and the eldest is now served by CCO. She joined CCO as a Board member, served as temporary QA Specialist, and is now Recruitment and Records Specialist.



**Meike Silleviss Smitt-Huizinga**, owner of Smiley Notes Music Together, teaches music in grades TK-2 at Booksin Elementary and is the Music Director and Outreach Mgr for Angels on Stage. A native of the Netherlands, Meike holds a BA in Communications and MA in Cultural Anthropology. She has a passion for music and the special needs community (inspired by her niece, Feline, who has Down syndrome).

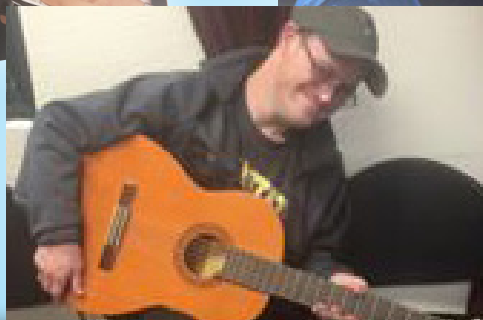
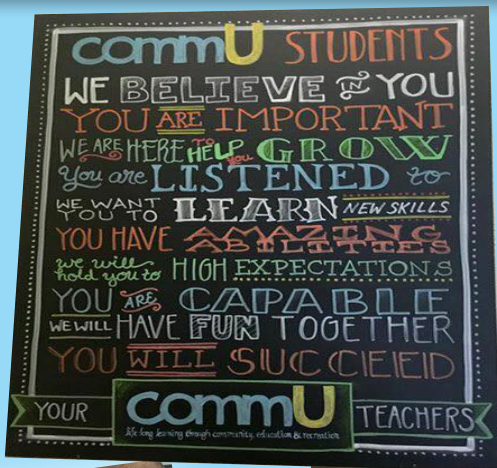


**Arlene Talla**, CCO's LVN, has served children and adults with in a variety of environments, including administration and direct care in her family's residential home. She joined CCO's Admin team in 2018, shortly after the birth of her first child, Isaiah, and began bringing fun cooking and fitness opportunities to the men and women of CCO.



**Brandon Woosley** worked with religious organizations for almost 20 years before coming to CCO in 2014 as a Family Teacher and later stepped into his current role as Director of FTM Services. Brandon has two sons who have Autism diagnoses, and has found that his work at CCO informs his parenting, and vice versa. Brandon loves when individuals are empowered to be part of the community, and loves teaching to support that goal.





**commU**  
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CommUniversity is offered by



a nonprofit serving adults with intellectual  
and developmental disabilities in Northern California