



## **October 16-December 15, 2023 Program Summaries**

### **Cooking:**

Core Members will learn strategies for meal planning and creating grocery lists for intended meal plans. From created grocery lists, Core Members will learn how to compare prices to make the best financially-minded choice between brands and stores.

### **Here for Healthy: Self-Awareness**

Here for Healthy is an ongoing program. Core Members will focus on identifying physical, social, and emotional needs and preferences for themselves and others. Emphasis will be placed on the need for self-awareness in relationships.

### **Money Matters: Income, Budgets, Banking Services, and Purchases**

CASS will be utilizing the curriculum provided by Junior Achievement this session. Topics discussed will include net and gross monthly income, monthly budgets, expenses, credits and debits, and banking services. This curriculum will continue into the January session. After completion of the curriculum, Core Members will have the opportunity to attend a trip to JA Finance Park in 2024.

### **Safety Smarts: Caring for Personal Needs**

Appropriately caring for personal needs can lead to a safer life. Core Members will practice filling out health information and paperwork, scheduling appointments, will review proper hygiene, and will demonstrate an understanding of illness prevention and treatment.

### **Walking Club (Ongoing)**

Walking Club is a program that provides opportunities for Core Members to come together and exercise to work towards creating healthy habits.

<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
10am Walking Club		10am Safety Smarts
11am Money Matters	11am Walking Club	11am Cooking
12pm Here for Healthy		12pm Walking Club

\*Opportunities for volunteering may be scheduled on Wednesday morning's in place of Walking Club.