

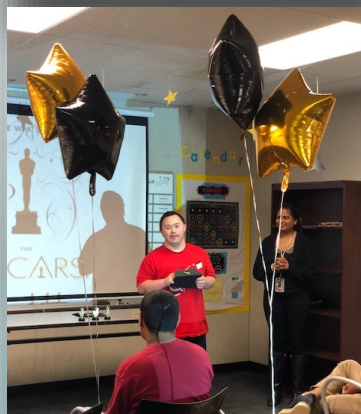
FUTURES PLUS NEWS!

February 2019



AND THE OSCAR GOES TO...

FUTURES Plus put on an Oscars Award Ceremony. The students voted for their own classmates to recognize each of their strengths such as “Hardest Worker, Most Loyal, Most Responsible, Most Trustworthy, etc.” The classroom was transposed into a starlit room including a row of Oscar Trophies waiting to be presented to each student. A black envelope with a gold, tied ribbon encased the special certificates. The students walked down the gold carpet to receive their award and gave a short speech after they accepted their award. The students enjoyed posing in the photo booth afterward to celebrate!



FUTURES PLUS ADULT TRANSITION



JOIN US: FUTURES PLUS OPEN HOUSE

- Location: Success Learning Center, FUTURES PLUS ROOM
- Date: May 1st, 2019
- Time: 4:00-6:00



FUTURES PLUS GOALS

Goals of the FUTURES Plus Adult Program:

- Understanding the local community and community resources through ecological analysis and community-based assessment, instruction and integration;
- Continually determining student preference and interests and parental needs through person-centered planning;
- Formally collaborating with persons and agencies outside the school systems who may support the student;
- Teaching academic, social, and vocational skills that lead to competitive or supported employment; and
- Balancing vocational training with inclusion in age-appropriate social and academic programs.

FUTURES PLUS PARTNERS WITH THE BAY CLUB

Physical fitness as an adult is such a vital part of living a healthy, active lifestyle. It improves the body, clears the mind, and helps to make all around healthier choices. As adults it can sometimes be challenging to make exercise a priority in our busy lives. For adults who have special needs, finding ways to work out that are accessible can feel next to impossible. Still, this crucial element of life must not be neglected. FUTURES Plus has recently partnered with The Bay Club, taking part in a low impact class, designed for beginners. It employs a lot of cardio and integrates some light weights. The class stresses the importance of knowing your body and listening to it. There is an emphasis on increasing flexibility as well as coordination skills. The students have been LOVING it and are already the class favorite. It is great to be a part of a local community class and a wonderful way for the students to connect with others. FUTURES Plus is grateful to The Bay Club for accommodating us and welcoming us into their fitness club with open arms. Some days we arrive early to shoot hoops on their basketball courts. It has been a lot of fun and helped the students maintain an active lifestyle.



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