

# Enhanced Life Skills 2024

## Summer Life Skills Series

### **May 21** Home Safety Emergency Preparedness

- Create a take-home contact card for local emergency resources.
- Learn how to respond to different kinds of emergencies with a fun and interactive game!
- Socialize & problem solve together on keeping our homes safe.

### **June 18** Summer Fun- Planning safe social outings

- Summer means time for getting outside! Learn how to prepare for hikes, the beach & general summer fun.
- Receive hands on experience with packing a summer excursion bag.
- Discuss how to avoid tick-borne diseases, sun burns and dehydration with friends!

### **July 16** Voting Rights, Accessibility, and Registration

- Receive hands-on voting booth experience!
- Learn how to have your voice heard in elections. It is your right!

### **August 20** Summer Harvest- No cook cooking

- Eat fresh & local! This hands-on class will demonstrate using fresh fruits & vegetables for easy, heat-free recipes.
- Learn how to utilize adaptive cooking tools for assistance with chopping and cutting foods and opening difficult containers
- Prepare a fresh snack together with friends!

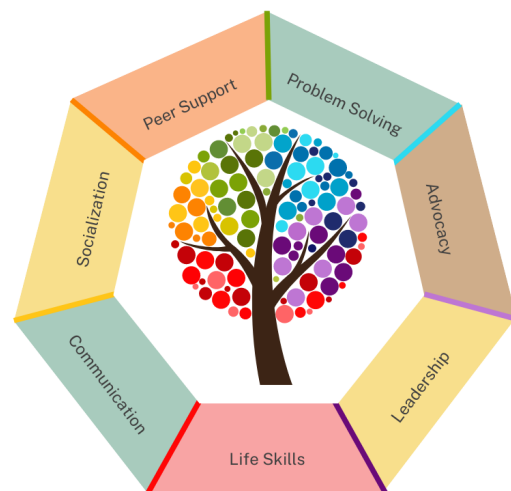
## **WHEN:**

Check in at 5:45

Class from 6-8pm

## **WHERE:**

66 Ford Rd. Suite 124  
Denville, NJ 07834



## **RSVP:**

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