

Mon	Tue	Wed	Thu	Fri
 <p>May 2024 Tooele UILC Assisting People with Disabilities to lead more Independent lives.</p>		<p>1 <u>Cooking class</u> <u>12:00-2:00</u> Chicken pita pockets</p>	<p>2 <u>Spirit club 12:00-1:00</u> <u>You Matter 1:00-2:00</u> Disability tolerance</p>	<p>3 No classes today</p>
<p>6 <u>Tech Smart 12:00-1:00</u> Using QR codes <u>Group games & Activities 1:00-2:00</u></p>	<p>7 No classes today</p>	<p>8 <u>Cooking class</u> <u>12:00-2:00</u> Picnic at the park</p>	<p>9 <u>Utah Symphony</u> *Leaving center at 5:45pm with drop off at 9:15pm *Stansbury pick up at 6:00pm with drop off at 9:00pm <i>For more details see back</i></p>	<p>10 No classes today</p>
<p>13 <u>Tech Smart 12:00-1:00</u> Using Google calendar <u>Group games & Activities 1:00-2:00</u></p>	<p>14 No classes today</p>	<p>15 <u>Cooking class</u> <u>12:00-2:00</u> Homemade juice</p>	<p>16 <u>Spirit club 12:00-1:00</u> <u>You Matter 1:00-2:00</u> How to beat the blues</p>	<p>17 No classes today</p>
<p>20 <u>Tech smart 12:00-1:00</u> What tech can do for you <u>Group games & Activities 1:00-2:00</u></p>	<p>21 No classes today</p>	<p>22 <u>Cooking class</u> <u>12:00-2:00</u> Nachos</p>	<p>23 <u>Hogle Zoo</u> *Leaving center at 10:15am with drop off at 4:00 *Stansbury pick up at 10:30am with drop off at 3:45pm <i>For more details see back</i></p>	<p>24 No classes today</p>
<p>27 No classes </p>	<p>28 No classes today</p>	<p>29 <u>Cooking class</u> <u>12:00-2:00</u> Jello salad</p>	<p>30 <u>Spirit club 12:00-1:00</u> <u>You matter 1:00-2:00</u> Your support network</p>	<p>31 No classes today </p>

Tooele Utah Independent Living Center Class Descriptions – May 2024

Please contact the Tooele office if you are interested in attending, by calling the center at (435) 843-7353 X 102

Monday:

Tech Smart 12:00pm-1:00pm

This class teaches you how to use different kinds of technology and apps.

Group Games & Activities 1:00pm-2:00pm

We will be playing games as a group and going to the park (weather permitting)

Tuesday:

No classes at the center.

You can make 1 on 1 appointments for independent skills

Wednesday:

Cooking class 12:00pm-2:00pm

Learning how to read and follow healthy recipes

Thursday:

When there are no outings these classes will be held

Spirit club 12:00pm-1:00pm

This class will help you exercise to keep your body healthy.

You Matter 1:00pm-2:00pm

This is a confidence building class that teaches you to be happy with yourself.

Friday:

No classes at the center. You can make 1 on 1 appointments for independent skills.

Thursday May 9th

Utah Symphony 7:00pm-8:00pm

- Leave center @ 5:45pm and drop off @ 9:15pm
- Stansbury pick up @ 6pm and drop off @ 9pm
- Business Dress is required
- Eat before you come

Thursday May 23rd Hogle Zoo

11:30-2:30 2600 E Sunnyside Ave, SLC

- Leave center @ 10:15am and drop off @ 4:00pm
- Stansbury pick up @ 10:30am and drop off @ 3:45pm
- Limited free tickets
- May bring sack lunch or buy food there



Contact Kristy with questions

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435-843-7353 x102



hello
SUNSHINE