



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm ( Tiffany)</p> <p><b><u>Peer Support Group</u></b> 1:30 pm –3:00 pm (Aspyn, Debbie)</p>	<p>3</p> <p><b><u>Peer Support Group</u></b> 10:30am-12:00pm (Aspyn, Debbie)</p> <p><b><u>Gardening</u></b> 1:30pm– 2:30pm (Aspyn, Debbie)</p> <p><b><u>ASPIRE</u></b> 4:00pm-5:00pm (Debbie Sarah)</p>	<p>4</p> <p><b><u>Advocacy and Disability Culture</u></b> 11:00am– 12:00pm (Aspyn)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Brenda)</p>	<p>5</p> <p><b><u>Etiquette and Boundaries</u></b> 10:30am-11:30am (Aspyn)</p> <p><b><u>Home Arts</u></b> 1:30pm-3:00pm (Brenda, Debbie)</p>	<p>6</p> <p><b><u>Literature Class</u></b> (Aspyn) 10:30 am-11:30 am</p> <p><b><u>Bonwood Bowling **</u></b> 2:00pm-3:30pm (Brenda)</p>
<p>9</p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm ( Tiffany)</p> <p><b><u>Peer Support Group</u></b> 1:30 pm –3:00 pm (Aspyn, Debbie)</p>	<p>10</p> <p><b><u>Peer Support Group</u></b> 10:30am-12:00pm (Aspyn, Debbie)</p> <p><b><u>Gardening</u></b> 1:30pm– 2:30pm (Aspyn, Debbie)</p>	<p>11</p> <p><b><u>Advocacy and Disability Culture</u></b> 11:00am– 12:00pm (Aspyn)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Brenda)</p>	<p>12</p> <p><b><u>Outing</u></b> Museum of Natural History 12:00 pm-3:00 pm \$12.00 Seating is limited Meet at the Center by 11:30 am</p>	<p>13</p> <p><b><u>Literature Class</u></b> (Aspyn) 10:30 am-11:30 am</p> <p><b><u>Bonwood Bowling **</u></b> 2:00pm-3:30pm (Brenda)</p>
<p>16</p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm ( Tiffany)</p> <p><b><u>Peer Support Group</u></b> 1:30 pm –3:00 pm (Aspyn, Debbie)</p>	<p>17</p> <p><b><u>Peer Support Group</u></b> 10:30am-12:00pm (Aspyn, Debbie)</p> <p><b><u>Deaf Communication Skills</u></b> 10:30-12:00 (Carole)</p> <p><b><u>Gardening</u></b> 1:30pm– 2:30pm (Aspyn, Debbie)</p> <p><b><u>ASPIRE</u></b> 4:00pm-5:00pm (Debbie Sarah)</p>	<p>18</p> <p><b><u>Advocacy and Disability Culture</u></b> 11:00am– 12:00pm (Aspyn)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Brenda)</p>	<p>19</p> <p><b><u>Etiquette and Boundaries</u></b> 10:30am-11:30am (Aspyn)</p> <p><b><u>Home Arts</u></b> 1:30pm-3:00pm (Brenda, Debbie)</p>	<p>20</p> <p><b><u>Literature Class</u></b> (Aspyn) 10:30 am-11:30 pm</p> <p><b><u>Bonwood Bowling **</u></b> 2:00pm-3:30pm (Brenda)</p>
<p>23</p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm ( Tiffany)</p> <p><b><u>Peer Support Group</u></b> 1:30 pm –3:00 pm (Aspyn, Debbie)</p>	<p>24</p> <p><b><u>Peer Support Group</u></b> 10:30am-12:00pm (Aspyn Debbie)</p> <p><b><u>Gardening</u></b> 1:30pm– 2:30pm (Aspyn, Debbie)</p>	<p>25</p> <p><b><u>Advocacy and Disability Culture</u></b> 11:00am– 12:00pm (Aspyn)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Brenda)</p>	<p>26</p> <p><b><u>Outing</u></b> Sweets Candy Company 2:00 pm-3:00 pm Meet at the Center by 1:00 pm Free Seating is limited</p>	<p>27</p> <p><b><u>Literature Class</u></b> (Aspyn) 10:30 am-11:30 am</p> <p><b><u>Bonwood Bowling **</u></b> 2:00pm-3:30pm (Brenda) <b>**Bonwood Bowl</b> 2500 S. Main St.</p>
<p>30</p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm ( Tiffany)</p> <p><b><u>Peer Support Group</u></b> 1:30 pm –3:00 pm (Aspyn, Debbie)</p>		<h1>APRIL</h1>		

# Class Descriptions

## Monday:

**Express Yourself Through Writing** 10:30pm-12:30pm *Assigned Staff: Tiffany*

This class strives to help consumers express feelings through poetry while also assisting with writing and public speaking skills.

**Peer Support Group** 1:30pm-3:00pm *Assigned Staff: Aspyn, Debbie L.*

This peer group works to help people with all disabilities adjust to a more independent life in the community.

## Tuesday:

**Peer Support Group** 10:30am-12:00pm *Assigned Staff: Aspyn, Debbie L.*

This peer group works to help people with all disabilities adjust to a more independent life in the community.

**Deaf Communications Class (Taught in ASL) Third Tuesday** 10:30-12:00 (Carole)

Deaf individuals will learn more about communication skills

**Gardening Skills** 1:30pm-2:30pm *Assigned Staff: Aspyn, Debbie L.*

Consumers will learn about gardening and container gardening.

**ASPIRE** First and third Tuesdays. 4:00pm to 5:00pm *Assigned Staff: Debbie Sarah Gamarra*

Youth consumers will learn a variety of independent living skills.

## Wednesday:

**Advocacy and Disability Culture** 11:00am-12:00pm *Assigned staff: Aspyn*

This class teaches about disability culture, the disability movement, self-advocacy, and participation in the legislative process.

**Young Adult Group** 3:00pm-4:30pm *Assigned staff: Brenda*

For consumers 18-28, this class introduces and elaborates on independent living skills.

## Thursday:

**Outings** Times vary. *Assigned Staff: Brenda*

Exploring a variety of venues and community activities, using UTA services. (\$2.50 one way or \$1.25 one way with a reduced fare card)

**Etiquette and Boundaries** 10:30am-11:30am *Assigned Staff: Aspyn*

This class will focus on describing what etiquette really is and why we need it. Specifically, we will focus on how and when to talk about our disabilities and to ask others about theirs. We'll talk about personal space and setting of boundaries.

**Home Arts:** 1:30pm-3:00pm *Assigned Staff: Brenda, Debbie L.*

Enjoy learning home arts and daily living skills.

## Friday:

**Literature** 10:30am -11:30pm *Assigned Staff: Aspyn*

The Literature classes will be geared towards improving reading comprehension and writing skills. The hope is that this class will help improve understanding in other classes, as well as in day-to-day life, with application in jobs and furthered learning.

**Bonwood Bowling** 2:00pm-3:30pm *Assigned Staff: Brenda*

UILC meets at Bonwood Bowling, located at 2500 South Main St. Prices are discounted for UILC consumers (\$4.00 for 2 games including shoes)

## Staff Contact: 801-466-5565

Aspyn Bennett (Independent Living Specialist) x 205

Debbie Sarah Gamarra (Life Skills Specialist) x 215

Debbie Lambrose (Transition and Outreach Specialist) x 212

Brenda Green (Community Integration) x 219

Tiffany Montoya (Assistive Technology Program) x 220

Carole Tomkinson (Deaf Expansion Program) **801-657-5220 (video phone)**