






# October

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>Household Chores</u></b> 1:30pm– 2:30pm (Audrey)</p>	<p>3</p> <p><b><u>Peer Support Group</u></b> 10:00am-12:00pm (Audrey)</p> <p><b><u>Nutrition</u></b> 1:00pm– 2:30pm (Audrey)</p> <p><b><u>ASPIRE</u></b> 4:00pm-5:00pm (Michael)</p>	<p>4</p> <p><b><u>Advocacy and Disability Culture</u></b> 11:00am– 12:00pm (Audrey)</p> <p><b><u>Acting</u></b> 1:30pm-2:30pm (Michael)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Michael)</p>	<p>5</p> <p><b><u>Budgeting</u></b> 10:30am-11:30am (Debbie Sarah)</p> <p><b><u>Home Arts</u></b> 1:3-pm-3:00pm (Debbie Lambrose)</p>	<p>6</p> <p><b><u>Healthy Relationships/ Conflict Resolution</u></b> 10:30am-12:00pm (Audrey)</p> <p><b><u>NO BOWLING</u></b></p>
<p>9</p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm ( Tiffany)</p> <p><b><u>Household Chores</u></b> 1:30pm– 2:30pm (Audrey)</p>	<p>10</p> <p><b><u>Peer Support Group</u></b> 10:00am-12:00pm (Audrey)</p> <p><b><u>Nutrition</u></b> 1:00pm– 2:30pm (Audrey)</p>	<p>11</p> <p><b><u>Advocacy and Disability Culture</u></b> 11:00am– 12:00pm (Audrey)</p> <p><b><u>Acting</u></b> 1:30pm-2:30pm (Michael)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Michael)</p>	<p>12</p> <p><b><u>Outing</u></b> Hogle Zoo 10:am to 3:00pm \$12 (exact change) Limited Seating. Bring a lunch or money for lunch.</p>	<p>13</p> <p><b><u>Healthy Relationships/ Conflict Resolution</u></b> 10:30am-12:00pm (Audrey)</p> <p><b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm 2500 S. Main St.</p>
<p>16</p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm ( Tiffany)</p> <p><b><u>Household Chores</u></b> 1:30pm– 2:30pm (Audrey)</p>	<p>17</p> <p><b><u>Peer Support Group</u></b> 10:00am-12:00pm (Audrey)</p> <p><b><u>Nutrition</u></b> 1:00pm– 2:30pm (Audrey)</p> <p><b><u>ASPIRE</u></b> 4:00pm-5:00pm (Michael)</p>	<p>18</p> <p><b><u>Advocacy and Disability Culture</u></b> 11:00am– 12:00pm (Audrey)</p> <p><b><u>Acting</u></b> 1:30pm-2:30pm (Michael)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Michael)</p>	<p>19</p> <p><b><u>Budgeting</u></b> 10:30am-11:30am (Debbie Sarah)</p> <p><b><u>Home Arts</u></b> 1:3-pm-3:00pm (Debbie Lambrose)</p>	<p>20</p> <p><b><u>Healthy Relationships/ Conflict Resolution</u></b> 10:30am-12:00pm (Audrey)</p> <p><b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm 2500 S. Main St.</p>
<p>23</p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm ( Tiffany)</p> <p><b><u>Household Chores</u></b> 1:30pm– 2:30pm (Audrey)</p>	<p>24</p> <p><b><u>Peer Support Group</u></b> 10:00am-12:00pm (Audrey)</p> <p><b><u>Nutrition</u></b> 1:00pm– 2:30pm (Audrey)</p>	<p>25</p> <p><b><u>Advocacy and Disability Culture</u></b> 11:00am– 12:00pm (Audrey)</p> <p><b><u>Acting</u></b> 1:30pm-2:30pm (Michael)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Michael)</p>	<p>26</p> <p><b><u>Halloween Party</u></b> UILC Office 12:00pm to 2:00pm Free Light lunch will be served</p>	<p>27</p> <p><b><u>Healthy Relationships/ Conflict Resolution</u></b> 10:30am-12:00pm (Audrey)</p> <p><b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm 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>Household Chores</u></b> 1:30pm– 2:30pm (Audrey)</p>	<p>31</p> <p><b><u>Peer Support Group</u></b> 10:00am-12:00pm (Audrey)</p> <p><b><u>Nutrition</u></b> 1:00pm– 2:30pm (Audrey)</p>			

## Class Descriptions

### Monday:

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

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

**Household Chores** 1:30pm-2:30pm *Assigned Staff: Audrey Wright*

This class will address completing household chores.

### Tuesday:

**Adjusting to Disability Peer Support Group** 10:30am-12:30pm *Assigned Staff: Audrey Wright*

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

**Nutrition** 1:00pm-2:30pm *Assigned Staff: Audrey Wright*

Consumers will explore the different elements of nutrition, portion sizes, and healthy meal options.

**ASPIRE** First and third Tuesdays.. 4:00pm to 5:00pm *Assigned Staff: Michael Lefevor*

Youth consumers will learn a variety of independent living skills .

### Wednesday:

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

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

**Acting** 1:30pm-2:30pm *Assigned Staff: Michael Lefevor*

The Independence Players is UILC's troupe of actors, all of whom have a disability in some way. Scripts cover social issues such as family stress and fair treatment in the community. Reading ability and weekly commitment are required.

**Young Adult Group** 3:00pm-4:30pm *Assigned Staff: Michael Lefevor*

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

### Thursday:

**Outings** Times vary. *Assigned Staff: Michael Lefevor*

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

**Budgeting** 10:30am-11:30am *Assigned Staff: Debbie Sarah Gamarra*

Consumers will discuss various budgeting techniques, like grocery shopping and paying monthly expenses. All concepts will be taught in generalities (consumers will not be asked about their specific income)

**Home Arts:** 1:30pm-3:00pm *Assigned Staff: Debbie Lambrose*

Enjoy creating holiday themed crafts! Seating is limited to the first 12 consumers per class! See Debbie Lambrose to sign up.

### Friday:

**Healthy Relationships/Conflict Resolution** 10:30am-12:00pm

Consumers will explore concepts of being a good friend and will address other forms of relationships (peers, work, romantic, etc.).

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

UILC meets once a week 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**

Michael Lefevor (Community Integration) X209

Audrey Wright (Independent Living) x 215

Debbie Lambrose (Nursing Home Transition and Outreach) x 212

Debbie Sarah Gamarra (Independent Living) x 205

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