




September 2017

Mon	Tue	Wed	Thu	Fri
<p>*Please Note* The outing on the 13th is on a WEDNESDAY.</p>				<p>1 <u>Gardening/ Healthy relationships</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</p>
<p>4 <i>Closed in observance of Labor Day</i></p>	<p>5 <u>Peer Support Group</u> 10:00am-12:00pm (Audrey) <u>Nutrition</u> 1:00pm– 2:30pm (Audrey) <u>ASPIRE</u> 3:30pm-4:30pm (Michael)</p>	<p>6 <u>Advocacy and Disability Culture</u> 11:00am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>Young Adult Group</u> 3:00pm-4:30pm (Michael)</p>	<p>7 <u>Fishing/ Knitting</u> 10:30am-1:30pm (Michael)</p>	<p>8 <u>Gardening/ Healthy Relationships</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</p>
<p>11 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Household Chores</u> 1:30pm– 2:30pm (Audrey)</p>	<p>12 <u>Peer Support Group</u> 10:00am-12:00pm (Audrey) <u>Nutrition</u> 1:00pm– 2:30pm (Audrey)</p>	<p>13 <u>Advocacy and Disability Culture</u> 11:00am– 12:00pm (Audrey) <u>Outing</u> Utah State Fair 10:00am-2:00pm \$1 plus spending money; bring lunch or money for lunch *UTA</p>	<p>14 <u>Fishing/ Knitting</u> 10:30am-1:30pm (Michael)</p>	<p>15 <u>Gardening/ Healthy Relationships</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</p>
<p>18 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Household Chores</u> 1:30pm– 2:30pm (Audrey)</p>	<p>19 <u>Peer Support Group</u> 10:00am-12:00pm (Audrey) <u>Nutrition</u> 1:00pm– 2:30pm (Audrey) <u>ASPIRE</u> 3:30pm-4:30pm (Michael)</p>	<p>20 <u>Advocacy and Disability Culture</u> 11:00am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>Young Adult Group</u> 3:00pm-4:30pm (Michael)</p>	<p>21 <u>Fishing/ Knitting</u> 10:30am-1:30pm (Michael)</p>	<p>22 <u>Gardening/ Healthy Relationships</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</p>
<p>25 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Household Chores</u> 1:30pm– 2:30pm (Audrey)</p>	<p>26 <u>Peer Support Group</u> 10:00am-12:00pm (Audrey) <u>Nutrition</u> 1:00pm– 2:30pm (Audrey)</p>	<p>27 <u>Advocacy and Disability Culture</u> 11:00am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>Young Adult Group</u> 3:00pm-4:30pm (Michael)</p>	<p>28 <u>Outing</u> Mill Creek 3:00pm-7:00pm Free. Hotdogs and s'mores provided. Please bring a side to share. Limited seating.</p>	<p>29 <u>Gardening/ Healthy Relationships</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</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 10:00am-12:00pm *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.. 3:30pm to 4:30pm *Assigned Staff: Michael Lefevor*

Youth consumers will learn a variety of independent living skills .

Wednesday:

Advocacy and Disability Culture 10:30am-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)

Fishing/Knitting: 10:30pm-1:30pm *Assigned Staff: Michael Lefevor*

Fishing returns! Consumers who wish to fish must bring with them a valid fishing license. Consumers who wish to knit may bring their projects. Bring a sack lunch (that DOES NOT need to be heated) and a water bottle.

Friday:

Healthy Relationships 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 (\$3.50 for 2 games including shoes)

Staff Contact: 801-466-5565

Michael Lefevor (Community Integration) X209

Audrey Wright (Independent Living) x 215

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