



March 2017



Mon

Tue

Wed

Thu

Fri

		<p>1 <u>Advocacy and Disability Culture</u> 10:30am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>YA Group</u> 3:00pm-4:30pm (Michael) <u>Adult Group</u> 3:00pm-4:30pm (Audrey)</p>	<p>2 <u>Book Club:</u> <i>The Spiderwick Chronicles</i> 10:30am-12:00pm (Michael) <u>Outing</u> <i>The Museum of Natural History</i> 12:00pm—3:00pm \$9 exact change; seating is limited</p>	<p>3 <u>Manners in Social Settings</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>6 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Basic Sign Language</u> 1:30pm– 2:30pm (Audrey)</p>	<p>7 <u>Peer Support Group</u> 10:30am-12:00pm (Audrey) <u>Stepping Stones to Independence</u> 1:30pm– 2:30pm (Audrey) <u>ASPIRE</u> 3:30pm-4:30pm (Michael)</p>	<p>8 <u>Advocacy and Disability Culture</u> 10:30am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>YA Group</u> 3:00pm-4:30pm (Michael) <u>Adult Group</u> 3:00pm-4:30pm (Audrey)</p>	<p>9 <u>Book Club:</u> <i>The Spiderwick Chronicles</i> 10:30am-12:00pm (Michael) <u>Organizing with Smartphones/ Tablets</u> 1:00pm-2:00pm (Michael)</p>	<p>10 <u>Manners in Social Settings</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>13 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Basic Sign Language</u> 1:30pm– 2:30pm (Audrey)</p>	<p>14 <u>Peer Support Group</u> 10:30am-12:00pm (Audrey) <u>Stepping Stones to Independence</u> 1:30pm– 2:30pm (Audrey)</p>	<p>15 <u>Advocacy and Disability Culture</u> 10:30am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>YA Group</u> 3:00pm-4:30pm (Michael) <u>Adult Group</u> 3:00pm-4:30pm (Audrey)</p>	<p>16 <u>Book Club:</u> <i>The Spiderwick Chronicles</i> 10:30am-12:00pm (Michael) <u>Outing</u> <i>International Sportsman's Expo</i> 1:00pm—3:00pm Free, meet at north entrance</p>	<p>17 St. Patrick's Day <u>Manners in Social Settings</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>20 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Basic Sign Language</u> 1:30pm– 2:30pm (Audrey)</p>	<p>21 <u>Peer Support Group</u> 10:30am-12:00pm (Audrey) <u>Stepping Stones to Independence</u> 1:30pm– 2:30pm (Audrey) <u>Deaf Expansion Cooking Class</u> 10:30am-1:00pm (Carole) <u>ASPIRE</u> 3:30pm-4:30pm (Michael)</p>	<p>22 <u>Advocacy and Disability Culture</u> 10:30am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>YA Group</u> 3:00pm-4:30pm (Michael) <u>Adult Group</u> 3:00pm-4:30pm (Audrey)</p>	<p>23 <u>Book Club:</u> <i>The Spiderwick Chronicles</i> 10:30am-12:00pm (Michael) <u>Organizing with Smartphones/ Tablets</u> 1:00pm-2:00pm (Michael)</p>	<p>24 <u>Manners in Social Settings</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>27 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Basic Sign Language</u> 1:30pm– 2:30pm (Audrey)</p>	<p>28 <u>Peer Support Group</u> 10:30am-12:00pm (Audrey) <u>Stepping Stones to Independence</u> 1:30pm– 2:30pm (Audrey)</p>	<p>29 <u>Advocacy and Disability Culture</u> 10:30am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>YA Group</u> 3:00pm-4:30pm (Michael) <u>Adult Group</u> 3:00pm-4:30pm (Audrey)</p>	<p>30 <u>Book Club:</u> <i>The Spiderwick Chronicles</i> 10:30am-12:00pm (Michael) <u>Outing</u> <i>Spring Fling Dance</i> 1:00pm—3:00pm Free, bring a treat to share</p>	<p>31 <u>Manners in Social Settings</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.

Basic Sign Language 1:30pm-2:30pm *Assigned Staff: Audrey Wright*

This class is designed to help consumers develop and enhance communication skills via sign language. All abilities welcome.

Tuesday:

Adjusting to Disability Peer Support Group 10:30am-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.

Stepping Stones to Independence 1:30pm-2:30pm *Assigned Staff: Audrey Wright*

Designed by Silicon Valley Independent Living Center, this class focuses on improving independent living skills so that someone could live independently: covering a variety of topics like: finances, computer skills, rights as a renter, etc.

Deaf Expansion Cooking Class 10:30am-1:00pm *Assigned staff: Carole Tomkinson*

Cooking skills designed specifically for the Deaf community. Class is held once a month. Contact Carole Tomkinson for more information.

ASPIRE 3:30pm-4:30pm *Assigned Staff Michael Lefevor*

Designed to teach consumers ages 14-17 independent living skills. Contact Michael Lefevor for more information.

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.

Adult Group 3:00pm-4:30pm *Assigned Staff: Audrey Wright*

For consumers over the age of 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)

Book Club: The Spiderwick Chronicles 10:30am-12:00pm *Assigned Staff: Michael Lefevor*

Join the Book club as they listen to books on audio and then watch the movie.

Organizing with Smartphone/Tablets 1:00pm-2:30pm *Assigned Staff: Michael Lefevor*

Learn how to use technology to help stay organized. Please bring a smartphone or tablet if you have one.

Friday:

Manners in Social Settings 10:30am-12:00pm *Assigned Staff: Audrey Wright*

Discussion and hands on activities to cover a variety of manners that should be used in social settings.

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)**