



Mon	Tue	Wed	Thu	Fri
<p>1</p>  <p>Closed for New Year's Day</p>	<p>2</p> <p><u>Peer Support Group</u> 10:30am-12:30pm (Debbie L)</p> <p><u>Basic Kitchen Skills</u> 1:00pm– 2:30pm (Debbie L)</p> <p><u>ASPIRE</u> 4:00pm-5:00pm (Debbie Sarah)</p>	<p>3</p> <p><u>Advocacy and Disability Culture</u> 11:00am– 12:00pm (Kathy)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm</p>	<p>4</p> <p><u>Outing</u> Game Day UILC Skills Center 1:00pm-2:30pm Notes: Bring your favorite game and a treat to share</p>	<p>5</p> <p><u>Discussion Group</u> 10:30am-12:00pm (Debbie Sarah)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. \$4 for 2 games (includes shoe rental)</p>
<p>8</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Tech Savvy</u> 1:30pm– 2:30pm (Kim)</p>	<p>9</p> <p><u>Peer Support Group</u> 10:30am-12:30pm (Debbie L)</p> <p><u>Basic Kitchen Skills</u> 1:00pm– 2:30pm (Debbie L)</p>	<p>10</p> <p><u>Advocacy and Disability Culture</u> 11:00am– 12:00pm (Kathy)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm</p>	<p>11</p> <p><u>Communication Skills</u> 10:30am-11:30am (Tiffany)</p> <p><u>Home Arts</u> 1:30pm-3:00pm (Debbie L)</p>	<p>12</p> <p><u>Discussion Group</u> 10:30am-12:00pm (Debbie Sarah)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. \$4 for 2 games (includes shoe rental)</p>
<p>15</p> <p>Closed for Dr. Martin Luther King, Jr. Day</p>	<p>16</p> <p><u>Peer Support Group</u> 10:30am-12:30pm (Debbie L)</p> <p><u>Basic Kitchen Skills</u> 1:00pm– 2:30pm (Debbie L)</p> <p><u>ASPIRE</u> 4:00pm-5:00pm (Debbie Sarah)</p>	<p>17</p> <p><u>LCPD Training at State Capital</u> 10am-3pm (meet at UILC 9:15 am for transportation or meet at Capitol State Off Bldg Aud. Lunch provided RSVP to Kathy by Jan 12th)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm</p>	<p>18</p> <p><u>Outing</u> Star Wars– The Last Jedi (PG-13) Century 16 3300 S 125 E Time TBD Notes: \$6 -7 - will attend first showing</p>	<p>19</p> <p><u>Discussion Group</u> 10:30am-12:00pm (Debbie Sarah)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. \$4 for 2 games (includes shoe rental)</p>
<p>22</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Tech Savvy</u> 1:30pm– 2:30pm (Kim)</p>	<p>23</p> <p><u>Peer Support Group</u> 10:30am-12:30pm (Debbie L)</p> <p><u>Basic Kitchen Skills</u> 1:00pm– 2:30pm (Debbie L)</p>	<p>24</p> <p><u>Advocacy and Disability Culture</u> 11:00am– 12:00pm (Kathy)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm</p>	<p>25</p> <p><u>Communication Skills</u> 10:30am-11:30am (Tiffany)</p> <p><u>Home Arts</u> 1:30pm-3:00pm (Debbie L)</p>	<p>26</p> <p><u>Discussion Group</u> 10:30am-12:00pm (Debbie Sarah)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. \$4 for 2 games (includes shoe rental)</p>
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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.

Tech Savvy 1:30pm-2:30pm *Assigned Staff: Kim Meichle*

This class will explore use and safety of your tablet, computer and smart phone

Tuesday:

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

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

Basic Kitchen Skills 1:00pm-2:30pm *Assigned Staff: Debbie Lambrose*

Consumers will work on basic cooking skills.

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: Kathy Self*

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

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

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

Thursday:

Outings Times vary.

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)

Communication Skills 10:30am-11:30am *Assigned Staff: Tiffany Montoya*

Consumers will learn about the various ways we communicate with others.

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:

Discussion Group 10:30am-12:00pm *Assigned Staff: Debbie Sarah Gamarra*

Consumers will explore current events and ways to be more independent..

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

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

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)**

Kathy Self (Education Enhancement Program) x 211

Kim Meichle (Assistant Director) x 207

Tiffany Montoya (Assistive Technology Program) x 220

Wednesday, January 17th

Annual USILC Pre-Legislative Training 10:00 am—3:00 pm RSVP to Kathy by Jan 12th. Lunch provided.

Utah State Capitol – State Office Building Auditorium. If you need transportation, meet at the UILC at 9:15 am