

## 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.

**Job Skills** 1:30pm-2:30pm *Assigned Staff: Audrey Wright*

This class is designed to help consumers develop and enhance skills required for employment.

### 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 some 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 Lightning Thief** 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:

**Safety and First Aid** 10:30am-12:00pm *Assigned Staff: Audrey Wright*

Discussion and hands on activities to cover a variety of safety concepts and will end with each person taking home a safety starter kit.

**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)**