

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