

Mon

Tue

Wed

Thu

Fri

April 2020



UILC Classes

*Classes/outings
subject to cancellation
due to Coronavirus
concerns*

<p>6 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Taking care of yourself</u> 1:30pm-2:30pm</p>		<p>7 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Basic Money Skills</u> 1:00pm- 2:00pm (Jana) <u>Totally TEEN</u> 4:00pm-5:00pm (Kathy)</p>		<p>1 <u>Indoor Gardening</u> 11:00am- 12:00pm (Jana) <u>Emotional Intelligence 101</u> 1:00pm – 2:00pm (Todd) <u>Young Adult Group</u> (Taking Care of my Living Space) 3:00pm-4:30pm (Jana)</p>		<p>2 <u>Spring Craft Class</u> 10:30am-12:00pm (Jan) <u>Exercise Class</u> 1:00pm-2:00pm (Jan)</p>		<p>3 <u>Basic Sign Language</u> 10:30am-12:00pm (Jana) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>	
<p>13 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Taking care of yourself</u> 1:30pm-2:30pm</p>		<p>14 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Basic Money Skills</u> 1:00pm- 2:00pm (Jana) <u>Totally TEEN</u> 4:00pm-5:00pm (Kathy)</p>		<p>8 <u>Indoor Gardening</u> 11:00am- 12:00pm (Jana) <u>Emotional Intelligence 101</u> 1:00pm – 2:00pm (Todd) <u>Young Adult Group</u> (Taking Care of my Living Space) 3:00pm-4:30pm (Jana)</p>		<p>9 <u>Outing-Curling (Ice Sport)</u> Utah Olympic Oval 5662 Cougar Ln, Kearns 1:30pm-2:30pm \$4/person. Must RSVP</p>		<p>10 <u>Basic Sign Language</u> 10:30am-12:00pm (Jana) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>	
<p>20 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Taking care of yourself</u> 1:30pm-2:30pm</p>		<p>21 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Basic Money Skills</u> 1:00pm- 2:00pm (Jana) <u>Totally TEEN</u> 4:00pm-5:00pm (Kathy)</p>		<p>15 <u>Indoor Gardening</u> 11:00am- 12:00pm (Jana) <u>Emotional Intelligence 101</u> 1:00pm – 2:00pm (Todd) <u>Young Adult Group</u> (Taking Care of my Living Space) 3:00pm-4:30pm (Jana)</p>		<p>16 <u>Spring Craft Class</u> 10:30am-12:00pm (Jan) <u>Exercise Class</u> 1:00pm-2:00pm (Jan)</p>		<p>17 <u>Basic Sign Language</u> 10:30am-12:00pm (Jana) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>	
<p>27 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Taking care of yourself</u> 1:30pm-2:30pmc</p>		<p>28 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Basic Money Skills</u> 1:00pm- 2:00pm (Jana) <u>Totally TEEN</u> 4:00pm-5:00pm (Kathy)</p>		<p>22 <u>Indoor Gardening</u> 11:00am- 12:00pm (Jana) <u>Emotional Intelligence 101</u> 1:00pm – 2:00pm (Todd) <u>Young Adult Group</u> (Taking Care of my Living Space) 3:00pm-4:30pm (Jana)</p>		<p>23 <u>Outing-The Dream (Ballet West)</u> Capitol Theater 50 W. 200 S, SLC 10:30am-11:30am Free. Must RSVP, limited seats</p>		<p>24 <u>Basic Sign Language</u> 10:30am-12:00pm (Jana) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>	
<p>29 <u>Indoor Gardening</u> 11:00am- 12:00pm (Jana) <u>Emotional Intelligence 101</u> 1:00pm – 2:00pm (Todd) <u>Young Adult Group</u> (Taking Care of my Living Space) 3:00pm-4:30pm (Jana)</p>		<p>30 <u>Spring Craft Class</u> 10:30am-12:00pm (Jan) <u>Exercise Class</u> 1:00pm-2:00pm (Jan)</p>							

Utah Independent Living Center Class Descriptions– April 2020

Please contact the staff person over the class you are interested in attending, by calling the front desk at 801-466-5565.

Monday:

Express Yourself Through Writing 10:30pm-12:30pm *Assigned Staff: Tiffany*

This class strives to help consumers express feelings through poetry while also assisting with writing and public speaking skills.

Taking care of yourself 1:30pm –2:30pm *Assigned Staff: Jana*

We will be discussing all the aspects of how to take care of yourself from hygiene, dealing with difficult people, and “me” time.

Tuesday:

Peer Support Group 10:30am-12:00pm *Assigned Staff: Jana*

This peer group provides an environment where people with all disabilities can support and encourage each other, to adjust to a more independent life at home and in the community.

Basic Money Skills 1:00pm-2:00pm *Assigned Staff: Jana*

We will be learning the basics of how to count money and how to count change when you buy something at the store.

Totally TEEN 4:00pm-5:00pm *Assigned Staff: Kathy*

For consumers age 12-17, This class introduces different independent living skills. This month we will be talking about how to take care of your living space.

Wednesday:

Indoor Gardening 11:00am-12:00pm *Assigned Staff: Jana*

We will learn about the basics of gardening and plant indoor plants.

Emotional Intelligence 101 1:00pm-2:00pm *Assigned Staff: Todd*

We will be learning what emotions are, how to be aware of them, and how to control them.

Young Adult Group (Taking care of my Living Space) 3:00pm-4:30pm *Assigned Staff: Jana*

For consumers age 18-28, this class introduces and elaborates on independent living skills. This month young adults will be learning about how to take care of your living space from cleaning to organizing.

Thursday:

Spring Craft Class 10:30am-12:00pm *Assigned Staff: Jan*

This class will provide an opportunity to make cute spring projects, as well as socialize with others.

Exercise Class 1:00pm-2:00pm *Assigned Staff: Jan*

We will be doing basic stretches and exercises in this class.

Outings Times vary. *Assigned Staff: Jan*

Exploring a variety of venues and community activities, using UTA services. (\$2.50 one way or \$1.25 one way with a reduced fare card).

See current Outing Sheet for more details on specific outings. RSVP required for most outings.

Friday:

Basic Sign Language 10:30am-12:00pm *Assigned Staff: Jana*

In this class we will be reviewing the American Sign Language signs we learned from the beginning of the class.

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

UILC meets at Bonwood Bowling, located at 2500 South Main St. Prices are discounted for UILC consumers (\$2.00 per game including shoes).