


Mon	Tue	Wed	Thu	Fri
<p>2 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Basic Cartoon Drawing</u> 1:30pm-2:30pm (Norm)</p>	<p>3 <u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>Cursive Writing</u> 1:00pm– 2:00pm (Jana)</p> <p><u>Totally TEEN</u> 4:00pm-5:00pm (Kathy)</p> <p><u>Outing-Megaplex Theatres</u> 3620 S 2400 W. West Valley City Around 11:30am \$5/ticket</p>	<p>4 <u>Indoor Gardening</u> 11:00am– 12:00pm (Jana)</p> <p><u>Emotional Intelligence 101</u> 1:00pm – 2:00pm (Todd)</p> <p><u>Young Adult Group</u> (Recreation and Leisure Skills) 3:00pm-4:30pm (Jana)</p>	<p>5 <u>Crochet/Knitting/Looming</u> 10:30am-12:00pm (Jan)</p> <p><u>Exercise Class</u> 1:00pm-2:00pm (Jan)</p>	<p>6 <u>Basic Sign Language</u> 10:30am-12:00pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>9 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Basic Cartoon Drawing</u> 1:30pm-2:30pm (Norm)</p>	<p>10 <u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>Cursive Writing</u> 1:00pm– 2:00pm (Jana)</p> <p><u>Totally TEEN</u> 4:00pm-5:00pm (Kathy)</p>	<p>11 <u>Indoor Gardening</u> 11:00am– 12:00pm (Jana)</p> <p><u>Emotional Intelligence 101</u> 1:00pm – 2:00pm (Todd)</p> <p><u>Young Adult Group</u> (Recreation and Leisure Skills) 3:00pm-4:30pm (Jana)</p>	<p>12 <u>Crochet/Knitting/Looming</u> 10:30am-12:00pm (Jan)</p> <p><u>Exercise Class</u> 1:00pm-2:00pm (Jan)</p>	<p>13 <u>Basic Sign Language</u> 10:30am-12:00pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>16 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Basic Cartoon Drawing</u> 1:30pm-2:30pm (Norm)</p>	<p>17 <u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>Cursive Writing</u> 1:00pm– 2:00pm (Jana)</p> <p><u>Totally TEEN</u> 4:00pm-5:00pm (Kathy)</p>	<p>18 <u>Indoor Gardening</u> 11:00am– 12:00pm (Jana)</p> <p><u>Emotional Intelligence 101</u> 1:00pm – 2:00pm (Todd)</p> <p><u>Young Adult Group</u> (Recreation and Leisure Skills) 3:00pm-4:30pm (Jana)</p>	<p>19 <u>Crochet/Knitting/Looming</u> 10:30am-12:00pm (Jan)</p> <p><u>Exercise Class</u> 1:00pm-2:00pm (Jan)</p>	<p>20 <u>Basic Sign Language</u> 10:30am-12:00pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>23 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Basic Cartoon Drawing</u> 1:30pm-2:30pm (Norm)</p>	<p>24 <u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>Cursive Writing</u> 1:00pm– 2:00pm (Jana)</p> <p><u>Totally TEEN</u> 4:00pm-5:00pm (Kathy)</p>	<p>25 <u>Indoor Gardening</u> 11:00am– 12:00pm (Jana)</p> <p><u>Emotional Intelligence 101</u> 1:00pm – 2:00pm (Todd)</p> <p><u>Young Adult Group</u> (Recreation and Leisure Skills) 3:00pm-4:30pm (Jana)</p>	<p>26 <u>Outing-Nicklemania</u> 6051 State St, Murray 1:30pm-3:00pm \$1.50 admission plus however much you want to spend on games</p>	<p>27 <u>Basic Sign Language</u> 10:30am-12:00pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>30 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Basic Cartoon Drawing</u> 1:30pm-2:30pm (Norm)</p>	<p>31 <u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>Cursive Writing</u> 1:00pm– 2:00pm (Jana)</p> <p><u>Totally TEEN</u> 4:00pm-5:00pm (Kathy)</p>	<p>March 2020 UILC Classes</p> 		

Utah Independent Living Center Class Descriptions– March 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.

Basic Cartoon Drawing 1:30pm –2:30pm *Assigned Staff: Norm*

Come learn about the basics of how to draw cartoon characters.

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.

Cursive Writing 1:00pm-2:00pm *Assigned Staff: Jana*

We will be learning the basics of how to write in cursive. Cursive is a style of writing where the letters flow together.

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 Recreation and Leisure Skills.

Wednesday:

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

We will learn about the basics of gardening and later in the month start 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 (Recreation and Leisure Skills) 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 different resources out there to have fun.

Thursday:

Crochet/Knitting/Loom 10:30am-12:00pm *Assigned Staff: Jan*

This class will provide an opportunity to learn to loom, knit or crochet, 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 learning the basics of American Sign Language.

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).