

Mon

Tue

Wed

Thu

Fri



# February 2020

## UILC Classes

<p><b>3</b> <b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany) <b><u>Money Management canceled</u></b> <b><u>Learning about the Census</u></b> 1:30 pm-2:30 pm (Jana)</p>	<p><b>4</b> <b><u>Peer Support Group</u></b> 10:30am-12:00pm (Jana) <b><u>Advocacy</u></b> 1:00 pm– 2:00 pm (Jana) <b><u>Totally TEEN</u></b> 4:00pm-5:00pm (Kathy)</p>	<p><b>5</b> <b><u>Prioritizing &amp; Organizing your life</u></b> 1:00pm – 2:00pm (Jana) <b><u>Young Adult Group</u></b> <b>(Advocacy)</b> 3:00pm-4:30pm (Jana)</p>	<p><b>6</b> <b><u>Outing-Paradise Buffet</u></b> 4425 State St, Murray 12:30pm \$15/person (includes buffet, drink, and tip)</p>	<p><b>7</b> <b><u>Basic Sign Language</u></b> 10:30am-12:00pm (Jana) <b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p><b>10</b> <b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany) <b><u>Money Management</u></b> 1:30 pm-3:00 pm (Jana)</p>	<p><b>11</b> <b><u>Peer Support Group</u></b> 10:30am-12:00pm (Jana) <b><u>Advocacy Canceled</u></b> <b><u>Learning about the Census</u></b> 1:00 pm– 2:00 pm (Jana) <b><u>Totally TEEN</u></b> 4:00pm-5:00pm (Kathy)</p>	<p><b>12</b> <b><u>Prioritizing &amp; Organizing your life</u></b> 1:00pm – 2:00pm (Jana) <b><u>Young Adult Group</u></b> <b>(Advocacy)</b> 3:00pm-4:30pm (Jana)</p>	<p><b>13</b> <b><u>Crochet/Knitting/Looming</u></b> 10:30am-12:00pm (Jan) <b><u>Exercise Class</u></b> 1:00pm-2:00pm (Jan)</p>	<p><b>14</b> <b><u>Basic Sign Language</u></b> 10:30am-12:00pm (Jana) <b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p><b>17</b> <b><u>Presidents Day</u></b> <b><u>Closed</u></b></p>	<p><b>18</b> <b><u>Peer Support Group</u></b> 10:30am-12:00pm (Jana) <b><u>Advocacy</u></b> 1:00 pm– 2:00 pm (Jana) <b><u>Totally TEEN</u></b> 4:00pm-5:00pm <b><u>Outing-Utah Food Bank Service Project</u></b> 3150 S. 900 W. SSL 12:00pm-1:30pm Free, <u>Closed shoes required. Must RSVP.</u> <u>Limit 15 people</u></p>	<p><b>19</b> <b><u>Prioritizing &amp; Organizing your life</u></b> 1:00pm – 2:00pm (Jana) <b><u>Young Adult Group</u></b> <b>(Advocacy)</b> 3:00pm-4:30pm (Jana)</p>	<p><b>20</b> <b><u>Crochet/Knitting/Looming</u></b> 10:30am-12:00pm (Jan) <b><u>Exercise Class</u></b> 1:00pm-2:00pm (Jan)</p>	<p><b>21</b> <b><u>Basic Sign Language class canceled</u></b> <b><u>Learning about the Census</u></b> 10:30am-11:30am (Jana) <b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p><b>24</b> <b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany) <b><u>Money Management</u></b> 1:30 pm-3:00 pm (Jana)</p>	<p><b>25</b> <b><u>Peer Support Group</u></b> 10:30am-12:00pm (Jana) <b><u>Advocacy</u></b> 1:00 pm– 2:00 pm (Jana) <b><u>Totally TEEN</u></b> 4:00pm-5:00pm (Kathy)</p>	<p><b>26</b> <b><u>Prioritizing &amp; Organizing your life</u></b> 1:00pm – 2:00pm (Jana) <b><u>Young Adult Group</u></b> <b>(Advocacy)</b> 3:00pm-4:30pm (Jana)</p>	<p><b>27</b> <b><u>Crochet/Knitting/Looming</u></b> 10:30am-12:00pm (Jan) <b><u>Exercise Class</u></b> 1:00pm-2:00pm (Jan)</p>	<p><b>28</b> <b><u>Basic Sign Language</u></b> 10:30am-12:00pm (Jana) <b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>

## Utah Independent Living Center Class Descriptions– February 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.

**Money Management** 1:30pm –3:00pm *Assigned Staff: Jana*

Come learn about the basics of managing and budgeting your money! You will be instructed on how to improve your personal finances and be able to save up for desired purchases and become more independent financially.

**Learning About The Census** Days and Times vary *Assigned staff: Jana*

A representative will be visiting to inform you on what the census is and how it effects people with disabilities. They will answer any questions or concerns you have about filling out the census

### 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.

**Advocacy** 1:00pm-2:00pm *Assigned Staff: Jana*

We will be learning about the history of people with disabilities and what that means for you today.

**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 Advocacy. You will learn about the ADA and other laws that help people with disabilities lead more fulfilled lives.

### Wednesday:

**Organizing and Prioritizing your Life** 1:00pm-2:00pm *Assigned Staff: Jana*

We will be learning the basics of how to keep your house and life free of clutter.

**Young Adult Group (Community Resources/Filling out forms)** 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 what your rights are as an individual and how to stand up for yourself.

### 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*