

Mon	Tue	Wed	Thu	Fri
<p>Classes in <b>ORANGE</b> will be a blog for Current participants only.</p> <p>Classes in <b>GREEN</b> will be on ZOOM only.</p> <p>Classes in <b>BLUE</b> will be at the CENTER only.</p>	<p><b>1</b></p> <p><b>Peer Support Group</b> 10:30am-12:00pm (Jana)</p> <p><b>Basic Computer Skills</b> 1:00pm– 2:00pm (Jana)</p> <p><b>Totally TEEN</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>2</b></p> <p><b>How the Body Works</b> 11:00am– 12:00pm (Jana)</p> <p><b>Young Adult Group (Emergency Preparedness/Safety)</b> 3:00pm-4:00pm (Jana)</p>	<p><b>3</b></p> <p><b>No Morning Class</b></p> <p><b>Painting Class</b> 1:00pm-2:00pm (Jan)</p>	<p><b>4</b></p> <p><b>Basic Sign Language</b> 10:30am-12:00pm (Jana)</p> <p><b>Bonwood Bowling</b> 2:00pm-3:30pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes) Please Wear A Mask</p>
<p><b>7</b></p> <p><b>Labor Day</b> <b>Center Closed</b></p>	<p><b>8</b></p> <p><b>Peer Support Group</b> 10:30am-12:00pm (Jana)</p> <p><b>Basic Computer Skills</b> 1:00pm– 2:00pm (Jana)</p> <p><b>Totally TEEN</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>9</b></p> <p><b>How the Body Works</b> 11:00am– 12:00pm (Jana)</p> <p><b>Young Adult Group (Emergency Preparedness/Safety)</b> 3:00pm-4:00pm (Jana)</p>	<p><b>10</b></p> <p><b>No Morning Class</b></p> <p><b>Painting Class</b> 1:00pm-2:00pm (Jan)</p>	<p><b>11</b></p> <p><b>Basic Sign Language</b> 10:30am-12:00pm (Jana)</p> <p><b>Bonwood Bowling</b> 2:00pm-3:30pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes) Please Wear A Mask</p>
<p><b>14</b></p> <p><b>Express Yourself Through Writing (Current Participants only)</b> 10:30am-12:30pm (Tiffany)</p> <p><b>Safety</b> 1:30pm-2:30pm (Jana)</p>	<p><b>15</b></p> <p><b>Peer Support Group</b> 10:30am-12:00pm (Jana)</p> <p><b>Basic Computer Skills</b> 1:00pm– 2:00pm (Jana)</p> <p><b>Totally TEEN</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>16</b></p> <p><b>How the Body Works</b> 11:00am– 12:00pm (Jana)</p> <p><b>Young Adult Group (Emergency Preparedness/Safety)</b> 3:00pm-4:00pm (Jana)</p>	<p><b>17</b></p> <p><b>Outing to be determined</b> <b>Contact Jan for information</b></p>	<p><b>18</b></p> <p><b>Basic Sign Language</b> 10:30am-12:00pm (Jana)</p> <p><b>Bonwood Bowling</b> 2:00pm-3:30pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes) Please Wear A Mask</p>
<p><b>21</b></p> <p><b>Express Yourself Through Writing (Current Participants only)</b> 10:30am-12:30pm (Tiffany)</p> <p><b>Safety</b> 1:30pm-2:30pm (Jana)</p>	<p><b>22</b></p> <p><b>Peer Support Group</b> 10:30am-12:00pm (Jana)</p> <p><b>Basic Computer Skills</b> 1:00pm– 2:00pm (Jana)</p> <p><b>Totally TEEN</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>23</b></p> <p><b>How the Body Works</b> 11:00am– 12:00pm (Jana)</p> <p><b>Young Adult Group (Emergency Preparedness/Safety)</b> 3:00pm-4:00pm (Jana)</p>	<p><b>24</b></p> <p><b>No Morning Class</b></p> <p><b>Painting Class</b> 1:00pm-2:00pm (Jan)</p>	<p><b>25</b></p> <p><b>Basic Sign Language</b> 10:30am-12:00pm (Jana)</p> <p><b>Bonwood Bowling</b> 2:00pm-3:30pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes) Please Wear A Mask</p>
<p><b>28</b></p> <p><b>Express Yourself Through Writing (Current Participants only)</b> 10:30am-12:30pm (Tiffany)</p> <p><b>Safety</b> 1:30pm-2:30pm (Jana)</p>	<p><b>29</b></p> <p><b>Peer Support Group</b> 10:30am-12:00pm (Jana)</p> <p><b>Basic Computer Skills</b> 1:00pm– 2:00pm (Jana)</p> <p><b>Totally TEEN</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>30</b></p> <p><b>How the Body Works</b> 11:00am– 12:00pm (Jana)</p> <p><b>Young Adult Group (Emergency Preparedness/Safety)</b> 3:00pm-4:00pm (Jana)</p>	<p><b>September 2020</b></p> <p><b>UILC Classes</b></p> <p>Please contact if you have any Covid related needs</p>	
<p>All Consumers coming to the center <b>Must Wear A Mask</b> and <b>Must only go to the back building</b>. Consumers are NOT able to hang out and visit the front offices. Thank you.</p>				

## Utah Independent Living Center Class Descriptions– September 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.

**Safety** 1:30pm –2:30pm *Assigned Staff: Jana*

We will be going over how to stay safe from natural disasters to being out in the community.

### 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 Computer Skills** 1:00pm-2:00pm *Assigned Staff: Jana*

This class will go over the basics of how to use a computer.

**Totally TEEN** 3:00pm-4:00pm *Assigned Staff: Kathy*

For consumers age 12-17, This class introduces different independent living skills. This month we will be talking about money management.

### Wednesday:

**How The Body Works** 11:00am-12:00pm *Assigned Staff: Jana*

In this class we will be discussing why it's important to take care of your body, how it affects your health and ability to function during the day.

**Young Adult Group (Emergency Preparedness/Safety)** 3:00pm-4:00pm *Assigned Staff: Jana*

For consumers age 18-28, this class introduces and elaborates on independent living skills. This month we will be talking about how to stay safe and be prepared in an emergency.

### Thursday:

**No Morning Class**

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

We will have the opportunity to learn and practice basic painting skills.

**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*

We will be learning the basics of sign language. Alphabet, numbers, and common signs.

**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).