

Mon

Tue

Wed

Thu

Fri

October UILC Classes

Please contact if you have any
Covid related needs

All Consumers coming to the center **Must Wear A Mask** and **Must only go to the back building**. Consumers are NOT able to hang out and visit the front offices. Thank you.

Classes in **ORANGE** will be a blog.
Classes in **GREEN** will be on ZOOM only.
Classes in **BLUE** will be at the CENTER only.
In person classes available upon interest. Up to 3 people needed to start. Contact Jana if you are interested

<p>5 Express Yourself Through Writing (New Participants needed) Contact Tiffany if interested 10:30am-12:30pm (Tiffany) *Safety 11:00am-12:00pm (Jana) Safety 1:30pm-2:30pm (Jana)</p>	<p>6 Peer Support Group 10:30am-12:00pm (Jana) Money Management 1:00pm- 2:30pm (Jana) *Money Management 3:00pm-4:00pm (Jana) Totally TEEN 4:00pm-5:00pm (Hailee)</p>	<p>7 Conservation 10:30am- 12:00pm (Jana) *Conservation 1:00pm-2:00pm (Jana) Young Adult Group (Disability History) 3:00pm-4:00pm (Jana)</p>	<p>1 No morning class Painting Class 1:00pm-2:00pm (Jan)</p>	<p>2 Basic Sign Language 10:30am-12:00pm (Jana) *Basic Sign Language 1:00pm-2:00pm (Jana) Bonwood Bowling 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>12 Express Yourself Through Writing (New Participants needed) Contact Tiffany if interested 10:30am-12:30pm (Tiffany) *Safety 11:00am-12:00pm (Jana) Safety 1:30pm-2:30pm (Jana)</p>	<p>13 Peer Support Group 10:30am-12:00pm (Jana) Money Management 1:00pm- 2:30pm (Jana) *Money Management 3:00pm-4:00pm (Jana) Totally TEEN 4:00pm-5:00pm (Hailee)</p>	<p>14 Conservation 10:30am- 12:00pm (Jana) *Conservation 1:00pm-2:00pm (Jana) Young Adult Group (Disability History) 3:00pm-4:00pm (Jana)</p>	<p>15 Red Butte Gardens/ Scavenger Hunt 300 Wakara Way, Salt Lake City 1:00pm-3:00pm Free Must RSVP to Jan</p>	<p>16 Basic Sign Language 10:30am-12:00pm (Jana) *Basic Sign Language 1:00pm-2:00pm (Jana) Bonwood Bowling 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>19 Express Yourself Through Writing (New Participants needed) Contact Tiffany if interested 10:30am-12:30pm (Tiffany) *Safety 11:00am-12:00pm (Jana) Safety 1:30pm-2:30pm (Jana)</p>	<p>20 Peer Support Group 10:30am-12:00pm (Jana) Money Management 1:00pm- 2:30pm (Jana) *Money Management 3:00pm-4:00pm (Jana) Totally TEEN 4:00pm-5:00pm (Hailee)</p>	<p>21 Conservation 10:30am- 12:00pm (Jana) *Conservation 1:00pm-2:00pm (Jana) Young Adult Group (Disability History) 3:00pm-4:00pm (Jana)</p>	<p>22 No morning class Painting Class 1:00pm-2:00pm (Jan)</p>	<p>23 Basic Sign Language 10:30am-12:00pm (Jana) *Basic Sign Language 1:00pm-2:00pm (Jana) Bonwood Bowling 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>26 Express Yourself Through Writing (New Participants needed) Contact Tiffany if interested 10:30am-12:30pm (Tiffany) *Safety 11:00am-12:00pm (Jana) Safety 1:30pm-2:30pm (Jana)</p>	<p>27 Peer Support Group 10:30am-12:00pm (Jana) Money Management 1:00pm- 2:30pm (Jana) *Money Management 3:00pm-4:00pm (Jana) Totally TEEN 4:00pm-5:00pm (Hailee)</p>	<p>28 Conservation 10:30am- 12:00pm (Jana) *Conservation 1:00pm-2:00pm (Jana) Young Adult Group (Disability History) 3:00pm-4:00pm (Jana)</p>	<p>29 Virtual Halloween Costume Contest/Activity on ZOOM 1:00pm-2:00pm Please submit your Halloween Costume picture or video by Oct 26th to Jan at jbigelow@uilc.org</p>	<p>30 Basic Sign Language 10:30am-12:00pm (Jana) *Basic Sign Language 1:00pm-2:00pm (Jana) Bonwood Bowling 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>

Utah Independent Living Center Class Descriptions– October 2020

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

* In person classes available upon interest. Need up to 3 people to start the class. Contact Jana if you are interested.

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** (In-person) 11:00am-12:00pm, (Zoom) 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.

***Money Management** (Zoom) 1:00pm-2:00pm, (In-person) 3:00pm-4:00pm *Assigned Staff: Jana*

Come learn about the basics of management 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.

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:

***Conservation** (Zoom) 11:00am-12:00pm, (In-person) 1:00-2:00 *Assigned Staff: Jana*

Come learn what conservation is, why it's important to take care of the earth, and how it affects your everyday life.

Young Adult Group (Disability History) 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 what happened in the past for people with disabilities and how to advocate for yourself.

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** (Zoom) 10:30am-12:00pm, (In-person) 1:00pm-2:00pm *Assigned Staff: Jana*

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

Bonwood Bowling 1:30pm-3:00pm *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).