

Mon

Tue

Wed

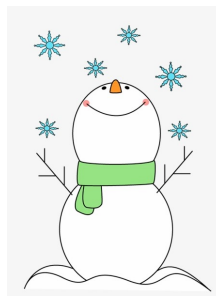
Thu

Fri

January 2021

UILC Classes

Please contact UILC if you have any Covid related financial needs



All Consumers coming to the center **Must Wear A Mask, Be Symptom Free, and Must Only Go To The Back Building.** Consumers are **NOT** able to hang out and visit the front offices. Thank you.

1
**New Year's Day
Center Closed**

4
Express Yourself Through Writing (Blog)
New Participants needed
Contact Tiffany if interested
10:30am-12:30pm (Tiffany)
Advocacy (Zoom)
1:30pm-2:30pm (Jana)

5
Peer Support Group (Zoom)
10:30am-12:00pm (Jana)
Prioritizing and Organizing your Life (Zoom)
1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom)
4:00pm-5:00pm (Hailee)

6
Job Skills (Zoom)
11:00am– 12:00pm (Jana)
Looming/Knitting/and Crocheting (In-Person)
1:00pm-2:30pm (Jan)
Young Adult Group (Zoom)
(Basic Sign Language)
3:00pm-4:00pm (Jana)

7
Exercise w/ Spirit Club (Zoom)
10:30am-11:30pm (Jan)
Demo Class
Consumers and Staff are invited
No Afternoon Class

8
Meditation (Zoom)
11:00am-12:00pm (Jana)
Bonwood Bowling
1:30pm-3:00pm (Jan)
2500 S. Main St. (Meet there)
\$2/game (includes shoes)

11
Express Yourself Through Writing (Blog)
New Participants needed
Contact Tiffany if interested
10:30am-12:30pm (Tiffany)
Advocacy (Zoom)
1:30pm-2:30pm (Jana)

12
Peer Support Group (Zoom)
10:30am-12:00pm (Jana)
Prioritizing and Organizing your Life (Zoom)
1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom)
4:00pm-5:00pm (Hailee)

13
Job Skills (Zoom)
11:00am– 12:00pm (Jana)
Looming/Knitting/and Crocheting (In-Person)
1:00pm-2:30pm (Jan)
Young Adult Group (Zoom)
(Basic Sign Language)
3:00pm-4:00pm (Jana)

14
Exercise w/ Spirit Club (Zoom)
10:30am-11:30pm (Jan)
Contact Jan for zoom invite
No Afternoon Class

15
Meditation (Zoom)
11:00am-12:00pm (Jana)
Bonwood Bowling
1:30pm-3:00pm (Jan)
2500 S. Main St. (Meet there)
\$2/game (includes shoes)

18
**Martin Luther King
Day
Center Closed**

19
Peer Support Group (Zoom)
10:30am-12:00pm (Jana)
Prioritizing and Organizing your Life (Zoom)
1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom)
4:00pm-5:00pm (Hailee)

20
Job Skills (Zoom)
11:00am– 12:00pm (Jana)
Looming/Knitting/and Crocheting (In-Person)
1:00pm-2:30pm (Jan)
Young Adult Group (Zoom)
(Basic Sign Language)
3:00pm-4:00pm (Jana)

21
Exercise w/ Spirit Club (Zoom)
10:30am-11:30pm (Jan)
Contact Jan for zoom invite
No Afternoon Class

22
Meditation (Zoom)
11:00am-12:00pm (Jana)
Bonwood Bowling
1:30pm-3:00pm (Jan)
2500 S. Main St. (Meet there)
\$2/game (includes shoes)

25
Express Yourself Through Writing (Blog)
New Participants needed
Contact Tiffany if interested
10:30am-12:30pm (Tiffany)
Advocacy (Zoom)
1:30pm-2:30pm (Jana)

26
Peer Support Group (Zoom)
10:30am-12:00pm (Jana)
Prioritizing and Organizing your Life (Zoom)
1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom)
4:00pm-5:00pm (Hailee)

27
Job Skills (Zoom)
11:00am– 12:00pm (Jana)
Looming/Knitting/and Crocheting (In-Person)
1:00pm-2:30pm (Jan)
Young Adult Group (Zoom)
(Basic Sign Language)
3:00pm-4:00pm (Jana)

28
Exercise w/ Spirit Club (Zoom)
10:30am-12:00pm (Jan)
Contact Jan for zoom invite
No Afternoon class
2021 Disability Advocacy Day (Zoom)
1:00pm-5:00pm
Free-Need to register to join

29
Meditation (Zoom)
11:00am-12:00pm (Jana)
Bonwood Bowling
1:30pm-3:00pm (Jan)
2500 S. Main St. (Meet there)
\$2/game (includes shoes)

Utah Independent Living Center Class Descriptions– January 2021

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 (Computer Blog) 10:30pm-12:30pm *Assigned Staff: Tiffany (Contact Tiffany if Interested)*

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

Advocacy (Zoom) 1:30pm –2:30pm *Assigned Staff: Jana*

We will be learning about the history of people with disabilities and what that means for you today, what advocacy is, the skills needed to advocate for yourself, and how to advocate a cause with the government.

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.

Prioritizing and Organizing Your Life (Zoom) 1:00pm-2:30pm *Assigned Staff: Jana*

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

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

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

Wednesday:

Job Skills (Zoom) 11:00am-12:00pm *Assigned Staff: Jana*

This class will go over the benefits of employment, resume writing, filling out job applications, interview skills which includes mock interviews, etc.

Looming/Knitting and Crocheting (In-Person) 1:00pm-2:30pm *Assigned Staff: Jan*

This class will provide an opportunity to learn to loom, knit, or crochet as well as socialize with others.

Young Adult Group (Basic Sign Language) 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 learning basic signs in American Sign Language.

Thursday:

Exercise (Zoom) 10:30am-11:30am *Assigned Staff: Jan*

We are teaming up with an organization called Spirit Club to bring you some new exercise opportunities! These will include fitness and strength training to accommodate all ability levels. Come join the Demo class on January 7th and Zoom exercise classes will be held weekly thereafter! No exercise equipment needed, just a chair and space to move around (in your home environment). By joining this virtual class you will also have online access to all the Zoom exercise classes provided by Spirit Club, available on-demand any day or night

No Afternoon 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:

Meditation (Zoom) 11:00am-12:00pm *Assigned Staff: Jana*

We will learn how to relax and how to cope with stressful situations during the holidays.

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).