



Tooele UILC Classes January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Office Closed 
4 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person)	5	6 Painting* 12-1 pm In person only	7 Exercise* 10:30-11:30 am zoom & in person Bowling* 12:30-2pm	8 Peer Support* 12-1 pm (zoom)
11 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person)	12	13 Painting* 12-1 pm In person only	14 Exercise* 10:30-11:30 am Zoom and in person	15 Peer Support* 12-1 pm (zoom)
18 Office Closed	19	20 Painting* 12-1 pm In person only	21 Bowling* 12:30-2pm	22 Peer Support* 12-1 pm (zoom)
25 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person) Exercise* 2:15-3:15 pm (zoom & in person)	26	27 Painting* 12-1 pm In person only	28	29 Peer Support* 12-1 pm (zoom)

Utah Independent Living Center Tooele Class Descriptions– January 2021

Please contact Michelle if you are interested in attending, by calling the office at 435-843-7353

Monday:

How to Take Care of Yourself 10-11 am (Zoom) 1-2 pm (in person): We will be going over topics each week of how to take care of yourself, including but not limited to hygiene, nutrition, safety, how the body works, etc.

Exercise Experience 2:15-3:15 pm: This class will be offered on Zoom and in person. The class is presented by Spirit Club. The first class is being offered to everyone to try it out on Thursday Jan 7 at 10:30 am (You will need to click on the link on the flyer that I sent out in email). This class will focus on different types of exercise. **Bonus for signing up for this class; you will have online access to all of The Spirit Club virtual classes offered.**

Wednesday:

Painting 11 am-12 pm This class is only offered in person: Each week we will be learning different techniques of paintings and practicing those techniques we learn.

Thursdays:

Bowling Every other Thursdays **12:30pm-2:00 pm** *Assigned Staff: Michelle UILC meets at All Star Lanes, located at 1111 N. 200 W. Prices are discounts are as follows: for 2 games \$5.50 w/ shoes and \$4.00 w/o shoes*

Friday:

Peer Support Group 12:00pm-1:00pm *Assigned Staff: Michelle*

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. **(Zoom Only)**