




Tooele UILC Classes February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person)</p> <p>Exercise* 2:15-3:15pm (zoom & in person)</p>	2	<p>3 Painting* 12-1 pm (in person)</p>	<p>4 Bowling* 12:30-2:00 pm</p>	<p>5 Peer Support* 12-1 pm (zoom)</p>
<p>8 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person)</p> <p>Exercise* 2:15-3:15pm (zoom & in person)</p>	9	<p>10 Painting* 12-1 pm (in person)</p>	<p>11 UILC Slide Show* 1:00-3:00 pm UILC SLC Office</p>	<p>12 Peer Support* 12-1 pm (zoom)</p>
<p>15 Office Closed </p>	16	<p>17 Painting* 12-1 pm (in person)</p>	<p>18 Bowling 12:30-2:00 pm</p>	<p>19 Peer Support* 12-1 pm (zoom)</p>
<p>22 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person)</p> <p>Exercise* 2:15-3:15pm (zoom & in person)</p>	23	<p>24 Painting* 12-1 pm (in person)</p>	<p>25 Leonardo Museum Virtual Tour via Zoom 1:00-3:00 pm</p>	<p>26 Peer Support* 12-1 pm (zoom)</p>
				

Utah Independent Living Center Tooele Class Descriptions– February 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 9-10 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 12-1 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

Outings Times vary. *Assigned Staff: Michelle and Jan*

Exploring a variety of venues and community activities, Transportation will be limited. RSVP required for most outings. See current Outing Sheet for more details on specific outings.

Thursday February 11, 2021 1:00-3:00 pm: UILC Slide Show: UILC SLC Office Skill Center. We will leave the Tooele office at 12:00 pm and return to the Tooele office between 3:45-4:00pm. RSVP Required and transportation will be limited to first come, first serve.

Thursday February 25, 2021 1:00-3:00 pm: Leonardo Museum Virtual Tour: Via Zoom. We will send you a zoom invite for this outing and we will be exploring the Leonardo Museum virtually.

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)**