

Mon Tue Wed Thu Fri

<p>1 <u>Express Yourself Through Writing (Blog)</u> <u>New Participants needed</u> <u>Contact Tiffany if interested</u> 10:30am-12:30pm (Tiffany) <u>Gardening (Zoom)</u> 1:30pm-2:30pm (Jana)</p>	<p>2 <u>Peer Support Group (Zoom)</u> 10:30am-12:00pm (Jana) <u>Exploring Spirit Club (Zoom)</u> 1:00pm– 2:30pm (April) <u>Totally TEEN (Zoom)</u> 4:00pm-5:00pm (Hailee)</p>	<p>3 <u>Job Skills (Zoom)</u> 11:00am– 12:00pm (Jana) <u>Loom Knitting and Crocheting (In-Person)</u> 1:00pm-2:30pm (Jan) <u>Young Adult Group (Zoom) (Advocacy)</u> 3:00pm-4:00pm (Jana)</p>	<p>4 <u>Exercise w/ Spirit Club (Zoom)</u> 10:30am-11:30pm (Jan) Contact Jan for zoom invite <u>No Afternoon Class</u></p>	<p>5 <u>Healthy Cooking w/Spirit Club (Zoom)</u> Introduction Class 10:30am-12:00pm (Jana) <u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>8 <u>Express Yourself Through Writing (Blog)</u> <u>New Participants needed</u> <u>Contact Tiffany if interested</u> 10:30am-12:30pm (Tiffany) <u>Gardening (Zoom)</u> 1:30pm-2:30pm (Jana)</p>	<p>9 <u>Peer Support Group (Zoom)</u> 10:30am-12:00pm (Jana) <u>Exploring Spirit Club (Zoom)</u> 1:00pm– 2:30pm (April) <u>Totally TEEN (Zoom)</u> 4:00pm-5:00pm (Hailee)</p>	<p>10 <u>Job Skills (Zoom)</u> 11:00am– 12:00pm (Jana) <u>Loom Knitting and Crocheting (In-Person)</u> 1:00pm-2:30pm (Jan) <u>Young Adult Group (Zoom) (Advocacy)</u> 3:00pm-4:00pm (Jana)</p>	<p>11 <u>Exercise w/ Spirit Club (Zoom)</u> 10:30am-11:30pm (Jan) Contact Jan for zoom invite <u>Outing-Private Movie Screening</u> Megaplex Valley Fair Mall Time to be Determined 3601 S. 2400 W. WVC, UT \$10 per person RSVP Required, Limit 20 people</p>	<p>12 <u>Healthy Cooking w/Spirit Club (Zoom)</u> 10:30am-12:00pm (Jana) <u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
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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.

Utah Independent Living Center Class Descriptions– March 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.

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

We will be learning about how to plant and take care of a garden. We will be starting with planting seeds and then transferring them out to the garden outside later in the season.

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.

Exploring Spirit Club (Zoom) 1:00pm-2:30pm *Assigned Staff: April*

As a group we will be able to explore the options that are available through Spirit Club to hopefully encourage us to use the program more with the options you liked. Some of the programs offered are different forms of exercise and yoga.

Totally TEEN 4:00pm-5:00pm *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.

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

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

Young Adult Group (Advocacy) 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 the skill of advocacy. We will learn what that is and how to stand up for yourself. We will learn about policies and how to have your voice heard in congress.

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. 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:

Healthy Cooking w/ Spirit Club (Zoom) 10:30am-12:00pm *Assigned Staff: Jana*

We are teaming up with Spirit Club to have some fun cooking! Come join the introduction class on Feb 5th to see how it will all work on zoom. You will need to buy your own supplies. I will send out the recipes and instructions of what we will be making on Monday and Thursday mornings to give you enough time to get your supplies.

Bonwood Bowling 1:30pm-3:00pm *Assigned Staff: Jan*