




Tooele UILC Classes March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person) Exercise* 2:15-3:15pm zoom & in person</p>	2	<p>3 Drawing* 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) Exercise* 2:15-3:15pm zoom & in person</p>	9	<p>10 Drawing* 12-1 pm (in person)</p>	<p>11 Outing* Private Movie Screening Time: TBD \$10 per person</p>	<p>12 Peer Support* 12-1 pm (zoom) *Don't forget to spring your clocks ahead this weekend*</p>
<p>15 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person) Exercise* 2:15-3:15pm zoom & in person</p>	16	<p>17 Drawing* 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) Exercise* 2:15-3:15pm zoom & in person</p>	23	<p>24 Drawing* 12-1 pm (in person)</p>	<p>25 Outing* Virtual Escape Room via Zoom 1-3 pm Free</p>	<p>26 Peer Support* 12-1 pm (zoom)</p>
<p>29 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person) Exercise* 2:15-3:15pm zoom & in person</p>	30	<p>31 Drawing* 12-1 pm (in person)</p>		

Utah Independent Living Center Tooele Class Descriptions– March 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:

Drawing 12-1 pm This class is only offered in person: Each week we will be learning how to draw different techniques 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 March 11, 2021: Private Movie Screening: Time: TBD (To Be Determined) Megaplex Valley Fair Mall 3601 S. 2400 W. WVC, UT \$10 per person. We won't know the time or the movie choices till the week of, once we know we will let you know when you will need to be at the center. RSVP Required.

Thursday March 25, 2021 1:00-3:00 pm: Virtual Escape Room: Via Zoom. We will send you a zoom invite for this outing and we will be solving puzzles and trivia questions to escape out of the virtual escape room. More details will come later, Free.

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)**