

Mon

Tue

Wed

Thu

Fri

April 2021 UILC Classes



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.

Please contact UILC if you are interested in in-person classes or have any Covid related financial needs

<p>5 <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>6 <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>7 <u>How the World Works (In-person)</u> 11:00am– 12:00pm (Jana) <u>Taking Care of Yourself (Zoom)</u> 1:00pm-2:00pm (Jana) <u>Young Adult Group (Zoom)</u> (Taking care of my living space) 3:00pm-4:00pm (Jana)</p>	<p>8 <u>Exercise w/ Spirit Club (Zoom)</u> 10:30am-11:30pm (Jan) Contact Jan for zoom invite <u>Hill Aerospace Museum Outing-</u> 1:00pm-3:00pm 7961 Wardleigh Rd. Hill AFB, UT Free Limited Seating available for transportation. RSVP Required</p>	<p>9 <u>Spirit Club Meditation (Zoom)</u> 10:30am-11:30pm (Jana) <u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>12 <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>13 <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>14 <u>How the World Works (In-person)</u> 11:00am– 12:00pm (Jana) <u>Taking Care of Yourself (Zoom)</u> 1:00pm-2:00pm (Jana) <u>Young Adult Group (Zoom)</u> (Taking care of my living space) 3:00pm-4:00pm (Jana)</p>	<p>15 <u>Exercise w/ Spirit Club (Zoom)</u> 10:30am-11:30pm (Jan) Contact Jan for zoom invite <u>No Afternoon Class</u></p>	<p>16 <u>Spirit Club Meditation (Zoom)</u> 10:30am-11:30pm (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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<p>26 <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>27 <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>28 <u>How the World Works (In-person)</u> 11:00am– 12:00pm (Jana) <u>Taking Care of Yourself (Zoom)</u> 1:00pm-2:00pm (Jana) <u>Young Adult Group (Zoom)</u> (Taking care of my living space) 3:00pm-4:00pm (Jana)</p>	<p>29 <u>Exercise w/ Spirit Club (Zoom)</u> 10:30am-11:30pm (Jan) Contact Jan for zoom invite <u>No Afternoon Class</u></p>	<p>30 <u>Spirit Club Meditation (Zoom)</u> 10:30am-11:30pm (Jana) <u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>

Utah Independent Living Center Class Descriptions– April 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:

How the World Works (In-Person) 11:00am-12:00pm *Assigned Staff: Jana*

This class will go over how the world works. We will talk about the oceans and lakes, gravity, animals, rocks, and more.

Taking Care of Yourself (Zoom) 1:00pm-2:00pm *Assigned Staff: Jan*

In this class we will talk about what how to take care of yourself physically, mentally, and emotionally.

Young Adult Group (Taking Care of your Space) 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 Taking care of your own space.

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:

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

We are teaming up with Spirit Club to do some Meditating. Come join us while we explore meditation. We will have a short lesson on different aspects of meditating. We will meditate for the last 30 minutes of class. You can grab a pillow or mat to sit on while meditating or just relax in a chair, it's up to you.

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).