




Tooele UILC Classes April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Bowling* 12:30-2:00 pm	2 Peer Support* 12-1 pm (zoom)
5 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person) Exercise* 2:15-3:15pm zoom & in person	6	7 Drawing* 12-1 pm zoom & in person	8 Outing* Hill Aerospace Museum 1:00-3:00 PM Free	9 Peer Support* 12-1 pm (zoom)
12 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person) Exercise* 2:15-3:15pm zoom & in person	13	14 Drawing* 12-1 pm zoom & in person	15 Bowling* 12:30-2:00 pm	16 Peer Support* 12-1 pm (zoom)
19 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person) Exercise* 2:15-3:15pm zoom & in person	20	21 Drawing* 12-1 pm zoom & in person	22 Outing* Fashion Place Mall 1:00-3:00 PM Bring money for shopping and food	23 Peer Support* 12-1 pm (zoom)
26 How to Take Care of Yourself* 9-10 am (zoom) 1-2 pm (in person) Exercise* 2:15-3:15pm zoom & in person	27	28 Drawing* 12-1 pm zoom & in person	29 Bowling* 12:30-2:00 pm	30 Peer Support* 12-1 pm (zoom)

Utah Independent Living Center Tooele Class Descriptions– April 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 and on Zoom. 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 Consumers will meet 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 April 8, 2021: Hill Aerospace Museum 1:00-3:00 PM: 7961 Wardleigh Rd. Hill AFB, UT. Limited Seating available for transportation. RSVP required. Free

Thursday April 22, 2021: Fashion Place Mall 1:00-3:00 PM: 6191 S. State St. Murray, UT. Limited seating available for transportation. RSVP required. Bring money for shopping and food.

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)**