






# Tooele UILC Classes May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 <b>How to take care of yourself</b> 11 am-12pm (in person)</p>	4	<p>5 <b>How to take care of yourself</b> 10-11 am (zoom) <b>Gardening Fun</b> 1-2pm (in person)</p> <p><b>Exercise</b> 2:15-3:15pm (zoom &amp; in person)</p>	<p>6 <b>Outing</b> Gardner Village 1-3 pm Free Can bring money for shopping and food</p>	<p>7 <b>Peer Support</b> 12:30-1pm (zoom)</p>
<p>10 <b>How to take care of yourself</b> 11 am-12pm (in person)</p>	11	<p>12 <b>Gardening Fun</b> 1-2pm (in person) <b>Exercise</b> 2:15-3:15pm (in person)</p>	<p>13 <b>Bowling</b> 12:30-2pm</p>	<p>14 <b>Peer Support</b> 12:30-1:30 pm (in person)</p>
<p>17 <b>How to take care of yourself</b> 11 am-12pm (in person)</p>	18	<p>19 <b>Gardening Fun</b> 1-2pm (in person) <b>Exercise</b> 2:15-3:15pm (in person)</p>	<p>20 <b>Outing</b> Ivie Acres &amp; Petting Zoo 1-3pm \$10 cash</p>	<p>21 <b>Peer Support</b> 12:30-1:30 pm (in person)</p>
<p>24 <b>How to take care of yourself</b> 11 am-12pm (in person)</p>	25	<p>26 <b>Gardening Fun</b> 1-2pm (in person) <b>Exercise</b> 2:15-3:15pm (in person)</p>	<p>27 <b>Outing</b> Hill Aerospace Museum 1-3pm Free</p>	<p>28 <b>Peer Support</b> 12:30-1:30 pm (in person)</p>
<p>31 <b>Office Closed</b> <b>Memorial Day</b></p> 				<p><b>See back for details</b></p>

## **Utah Independent Living Center Tooele Class Descriptions– May 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 11 am-12 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.

### **Wednesday:**

**How to Take Care of Yourself 10 am-11 am (Zoom):** 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.

**(Only will be May 5<sup>th</sup> then will only be in person thereafter)**

**Gardening Fun 1-2 pm:** We will be planting vegetables and flowers in wooden containers and caring for them all summer. Each week we will be learning about various gardening topics and doing hands on gardening activities (such as, fairy gardens, rock gardens, garden crafts) learning about recipes from your garden, identifying weeds and poisonous plants, garden gnomes and more) **This is a in person class only**

**Exercise Experience 2:15-3:15 pm: This class will be offered in person.** This class will focus on different types of exercise. **(Class will be offered on Zoom only on May 5<sup>th</sup> then thereafter only in person)**

### **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 May 6<sup>th</sup> 1-3pm Gardner Village:** 7800 S. W. Jordan, UT, Free, Can bring money for shopping and food. We will be doing a scavenger hunt. Transportation is limited, first come, first serve. RSVP required

**Thursday May 20<sup>th</sup> 1-3pm Ivie Acres & Petting Zoo:** 5605 W. Higley Rd. Grantsville, UT, \$10 cash per person. Transportation is limited, first come first serve. RSVP required

**Thursday May 27<sup>th</sup> 1-3pm Hill Aerospace Museum:** 7961 Wardleigh Rd. Hill AFB, UT, Free. Transportation is limited, first come first serve. RSVP required. Bring a picnic lunch to eat at the museum.

### **Friday:**

**Peer Support Group 12:30pm-1:30 pm** *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. We will discuss a variety of topics each week.

**(May 7<sup>th</sup> will be Zoom then thereafter only in person)**