





# Tooele UILC Classes September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>**See Back for Details**</b></p>	<p><b>Masks only have to be worn in class if you haven't been vaccinated or if you haven't shown me your vaccination card</b></p>	<p><b>1</b> <b>Boundaries/Manners</b> 1-2pm</p>	<p><b>2</b> <b>Outing**</b> Dinner in the Mountains 2-7pm</p>	<p><b>3</b></p>
<p><b>6</b> Office Closed Labor Day </p>	<p><b>7</b></p>	<p><b>8</b> <b>Boundaries/Manners</b> 1-2pm</p>	<p><b>9</b> <b>Bowling</b> 12:30-2pm</p>	<p><b>10</b></p>
<p><b>13</b> <b>How to take care of your home</b> 1-2pm <b>Peer Support</b> 2-3pm</p>	<p><b>14</b></p>	<p><b>15</b> <b>Outing**</b> Utah State Fair 10am-4pm (No Classes)</p>	<p><b>16</b> No Classes That Day</p>	<p><b>17</b></p>
<p><b>20</b> <b>How to take care of your home</b> 1-2pm <b>Peer Support</b> 2-3pm</p>	<p><b>21</b></p>	<p><b>22</b> <b>Boundaries/Manners</b> 1-2pm</p>	<p><b>23</b> <b>End of Summer BBQ**</b> 12-3pm</p>	<p><b>24</b></p>
<p><b>27</b> <b>How to take care of your home</b> 1-2pm <b>Peer Support</b> 2-3pm</p>	<p><b>28</b></p>	<p><b>29</b> <b>Boundaries/Manners</b> 1-2pm</p>	<p><b>30</b> <b>Bowling</b> 12:30-2pm</p>	

## **Utah Independent Living Center Tooele Class Descriptions– September 2021**

**Please contact Michelle if you are interested in attending, by calling the office at 435-843-7353**

### **Monday:**

**How to Take Care of Home 1 pm-2 pm:** We will be going over topics each week of how to take care of your home, including but not limited to cleaning (house cleaning, laundry, etc.), pet care, meal planning/prep, recycling, home safety, etc.

**Peer Support 2-3 pm:** 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.

### **Wednesday:**

**Boundaries/Manners 1-2 pm:** Every week we will discuss topics associated with boundaries and manners. We will learn how to set personal boundaries, respecting each other's boundaries, discussing proper manners in different life situations, etc. **(NO Class Wednesday Sept 15<sup>th</sup> due to outing)**

### **Thursday:**

**Bowling: every other Thursdays 12:30pm-2:00 pm:**

We will meet at All Star Lanes Bowling Alley at 1111 N. 200 W. Tooele, UT 84074. Discounted Prices as follow: \$2.50 per game w/o shoe rental \$4.00 per game w/ shoe rental (we usually bowl 2 games)

**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 September 2: Dinner in the Mountains 2-7 pm:** Upper Narrows Campground, Grantsville, UT. Free. We will be roasting hot dogs, and smores for dessert. Playing campfire games (Would you rather campfire edition). Please RSVP. Masks will need to be worn in van for transportation.

**Thursday September 23: End of Summer BBQ:** 12-3 pm. 52 N. Main St. Tooele UT, End of Summer Celebration BBQ, bring side dish or dessert to share. Center will provide hamburgers and hot dogs and fixings and drinks.

**Wednesday September 15: Utah State Fair 10 am-4pm:** 155 N. 1000 W. Salt Lake City. \$1.00 admission to get in. Can bring additional spending money for food, shopping, rides. Please RSVP. Masks will need to be worn in van for transportation.