

Mon

Tue

Wed

Thu

Fri

September 2021

UILC Classes

All classes are in person and on Zoom

Please contact UILC if you have any Covid related financial needs

1
Social Skills (Zoom & In-Person)
 11:00am– 12:00pm (Jana)
Spirit Club Exercise (Zoom & In-Person)
 1:00pm-2:00pm (Jana)
 *Note the time change
Young Adult Group (Zoom & In-Person)
 (Emergency Prep/Safety)
 3:00pm-4:00pm (Jana)

2
Outing-Dinner in the Mountains
 2:00pm-7:00pm
 Grantsville
 Free
 Limited transportation available
 meet @ UILC 12:30 pm, must RSVP

3
Spirit Club Exercise (Zoom & In-Person)
 11:00am-12:00pm (April)
Bonwood Bowling: Cancelled Due to Construction

6
Labor Day
Center Closed

7
Peer Support Group (Zoom & In-Person)
 10:30am-12:00pm (Jana)
How the Body Works (Zoom & In-Person)
 1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom& In-Person)
 4:00pm-5:00pm (Hailee)

8
Social Skills (Zoom & In-Person)
 11:00am– 12:00pm (Jana)
Spirit Club Exercise (Zoom & In-Person)
 1:00pm-2:00pm (Jana)
 *Note the time change
Young Adult Group (Zoom & In-Person)
 (Emergency Prep/Safety)
 3:00pm-4:00pm (Jana)

9
Walking/Fishing
 11:00am– 3:00pm (Jan)
 Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.
 Limited transportation available


10
Spirit Club Exercise (Zoom & In-Person)
 11:00am-12:00pm (April)
Bonwood Bowling Cancelled Due to Construction

13
Express Yourself Through Writing has been canceled until further notice

Basic Money Skills (Zoom & In-Person)
 1:00pm-2:00pm (Jana)
 *Note the Time Change

14
Peer Support Group (Zoom & In-Person)
 10:30am-12:00pm (Jana)
How the Body Works (Zoom & In-Person)
 1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom& In-Person)
 4:00pm-5:00pm (Hailee)

15
Outing: Utah State Fair
Social Skills (Zoom & In-Person)
 11:00am– 12:00pm (Jana)
Spirit Club Exercise (Zoom & In-Person)
 1:00pm-2:00pm (Jana)
 *Note the time change
Young Adult Group (Zoom & In-Person)
 (Emergency Prep/Safety)
 3:00pm-4:00pm (Jana)

16
No class today
State Fair Outing on
 Wednesday
 10:00 am-3:00pm
 155 N. 1000 W, Salt Lake City
 \$1 per person

17
Spirit Club Exercise (Zoom & In-Person)
 11:00am-12:00pm (April)
Bonwood Bowling
 1:30pm-3:00pm (Jan)
 2500 S. Main St. (Meet there)
 \$2/game (includes shoes)

20
Express Yourself Through Writing has been canceled until further notice

Basic Money Skills (Zoom & In-Person)
 1:00pm-2:00pm (Jana)
 *Note the Time Change

21
Peer Support Group (Zoom & In-Person)
 10:30am-12:00pm (Jana)
How the Body Works (Zoom & In-Person)
 1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom& In-Person)
 4:00pm-5:00pm (Hailee)

22
Social Skills (Zoom & In-Person)
 11:00am– 12:00pm (Jana)
Spirit Club Exercise (Zoom & In-Person)
 1:00pm-2:00pm (Jana)
 *Note the time change
Young Adult Group (Zoom & In-Person)
 (Emergency Prep/Safety)
 3:00pm-4:00pm (Jana)

23
Walking/Fishing
 11:00am– 3:00pm (Jan)
 Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.
 Limited transportation available

24
Spirit Club Exercise (Zoom & In-Person)
 11:00am-12:00pm (April)
Bonwood Bowling Cancelled Due to Construction

27
Express Yourself Through Writing has been canceled until further notice

Basic Money Skills (Zoom & In-Person)
 1:00pm-2:00pm (Jana)
 *Note the Time Change

28
Peer Support Group (Zoom & In-Person)
 10:30am-12:00pm (Jana)
How the Body Works (Zoom & In-Person)
 1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom& In-Person)
 4:00pm-5:00pm (Hailee)

29
Social Skills (Zoom & In-Person)
 11:00am– 12:00pm (Jana)
Spirit Club Exercise (Zoom & In-Person)
 1:00pm-2:00pm (Jana)
 *Note the time change
Young Adult Group (Zoom & In-Person)
 (Emergency Prep/Safety)
 3:00pm-4:00pm (Jana)

30
Walking/Fishing
 11:00am– 3:00pm (Jan)
 Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.
 Limited transportation available

All Consumers coming to the center **Must Wear A Mask or be Vaccinated. You Must Only Go To The Back Building.** Consumers are **NOT** able to hang out and visit the front offices. Thank you.

Utah Independent Living Center Class Descriptions– September 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 has been canceled until further notice

Basic Money Skills (Zoom & In-Person) 1:00pm –2:00pm **Note Time Change** Assigned Staff: Jana *

We will be learning about the basics of money. We will learn how to count money, how to shop and buy items, budgeting, and more.

Tuesday:

Peer Support Group (Zoom & In-Person) 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.

How the Body Works (Zoom & In-Person) 1:00pm-2:00pm Assigned Staff: Jana

We will learn about how to take care of the body and how the different parts of the body function.

Totally TEEN (Zoom & In-Person) 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 cooking.

Wednesday:

Social Skills (Zoom & In-Person) 11:00am-12:00pm Assigned Staff: Jana

This class will go over how to interact with people. We will talk about body language, standing up for yourself and more.

Spirit Club Exercise (Zoom & In-Person) 1:00pm-2:00pm **Note Time change** Assigned Staff: Jana

We are continuing with 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. By joining this class you will also have online access to all the Zoom exercise classes provided by Spirit Club, available on-demand any day or night.

Young Adult Group (Emergency Prep/ Safety) (Zoom & In-Person) 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 about emergency preparation and safety.

We will learn about what natural disasters are, how to best prepare for when they happen, and how to stay safe in the community.

Thursday:

Walking/Fishing (In-Person) 11:00am-3:00pm Assigned Staff: Jan

This fishing/walking group will meet at the UILC and then go to various ponds/lakes that have walking trails available. Participants can fish (with the appropriate fishing license) and/or walk on the trails. Fishing gear available upon request. Please bring a lunch as we will eat lunch at the various locations.

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:

Spirit Club Exercise (Zoom & In-Person) 11:00am-12:00am Assigned Staff: April

We are continuing with 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. By joining this class you will also have online access to all the Zoom exercise classes provided by Spirit Club, available on-demand any day or night.

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).