

Mon	Tue	Wed	Thu	Fri
<p>2 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Games</u> 1:30pm-3:00pm (Jana)</p>	<p>3 <u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>A Christmas Carol (audiobook)</u> 1:00pm-2:30pm (Jana)</p>	<p>4 <u>Beading</u> 1:00pm – 2:00pm (Jana)</p> <p><u>Young Adult Group</u> <u>(Affordable Gift Giving)</u> 3:00pm-4:30pm (Jana)</p>	<p>5 <u>Crochet/Knitting/Looming</u> 10:30am-12:00pm (Jan)</p> <p><u>Affordable Gift Giving</u> 1:00pm-2:30pm (Jan)</p>	<p>6 <u>Taking care of your animal</u> 10:30am-12:00pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>9 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Games</u> 1:30pm-3:00pm (Jana)</p>	<p>10 <u>Ballet West– The Nut Cracker</u> Capital Theater, Salt Lake City 11:00 am-1:30 pm Must RSVP. Free.</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>A Christmas Carol (audiobook)</u> 1:00pm-2:30pm (Jana)</p>	<p>11 <u>Beading</u> 1:00pm – 2:00pm (Jana)</p> <p><u>Young Adult Group</u> <u>(Affordable Gift Giving)</u> 3:00pm-4:30pm (Jana)</p>	<p>12 <u>Crochet/Knitting/Looming</u> 10:30am-12:00pm (Jan)</p> <p><u>Affordable Gift Giving</u> 1:00pm-2:30pm (Jan)</p>	<p>13 <u>Taking care of your animal</u> 10:30am-12:00pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>16 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Games</u> 1:30pm-3:00pm (Jana)</p>	<p>17 <u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>A Christmas Carol (audiobook or movie)</u> 1:00pm-2:30pm (Jana)</p>	<p>18 <u>Beading</u> 1:00pm – 2:00pm (Jana)</p> <p><u>Young Adult Group</u> <u>(Affordable Gift Giving)</u> 3:00pm-4:30pm (Jana)</p>	<p>19 <u>Outing-UILC Holiday Party</u> UILC Skills Center 12:00pm-2:00pm Free, Food served from 12pm to 1:30 pm or until gone</p>	<p>20 <u>Taking care of your animal</u> 10:30am-12:00pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>23 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>GAMES CLASS CANCELED TODAY</u></p>	<p>24 <u>Christmas Eve</u> <u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>A Christmas Carol (movie)</u> 1:00pm-2:30pm (Jana)</p>	<p>25 <u>Christmas Day</u> <u>UILC Closed</u></p>	<p>26 <u>UILC Closed</u></p>	<p>27 <u>Taking care of your animal</u> 10:30am-12:00pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>30 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Games</u> 1:30pm-3:00pm (Jana)</p>	<p>31 <u>New year's Eve</u> <u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>A Christmas Carol (movie)</u> <u>(The man who Invented Christmas)</u> 1:00pm-2:30pm (Jana)</p>	<p>January 1, 2020 <u>New Years Day</u> <u>UILC CLOSED</u></p>		

December 2019
UILC Classes



Utah Independent Living Center Class Descriptions– December 2019

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 10:30pm-12:30pm *Assigned Staff: Tiffany*

This class strives to help consumers express feelings through poetry while also assisting with writing and public speaking skills.

Games 1:30pm –3:00pm *Assigned Staff: Jana*

We will be socializing, playing and learning different types of games in this class.

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.

A Christmas Carol 1:00pm-2:30pm *Assigned Staff: Jana*

We will be listening to the audio book of *A Christmas Carol* by Charles Dickens. After we will watch one of the many movies based off the book.

Wednesday:

Beading 1:00pm-2:00pm *Assigned Staff: Jana*

We will be making Christmas ornaments and bracelets out of beads

Young Adult Group (Affordable Gift Giving) 3:00pm-4:30pm *Assigned Staff: Jana*

For consumers age 18-28, this class introduces and elaborates on independent living skills. This month young adults will be learning how to take care of themselves.

Thursday:

Crochet/Knitting/Loom 10:30am-12:00pm *Assigned Staff: Jan*

This class will provide an opportunity to learn to loom, knit or crochet, as well as socialize with others.

Affordable Gift Giving 1:00pm-2:30pm *Assigned Staff: Jan*

With the Holidays coming up, we all would like to give gifts to those closest to us, but this can cause a financial strain on our budgets. This class will introduce and provide opportunities to make affordable gifts for others.

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:

How to take care of your animal 10:30am-12:00pm *Assigned Staff: Jana*

In this class we will be learning how to take care of a pet. We will go over how to find the best pet for you, what it takes to get it, and how to take care of your pet.

Bonwood Bowling 2:00pm-3:30pm *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).