




# Tooele UILC Classes October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**See Back for Details**	<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>			1
4 <b>How to take care of your home</b> 2-3pm <b>Peer Support</b> 3-4pm	5	6 <b>Boundaries/Manners</b> 1-2pm	7 <b>Halloween Craft Time**</b> 12:30-2pm	8 <b>ASSISTIVE EQUIPMENT GIVE – AWAY**</b> 10 am-3:30 pm
11 <b>How to take care of your home</b> 2-3pm <b>Peer Support</b> 3-4pm	12	13 <b>Outing**</b> Asylum 49 Haunted House 1-3pm	14 <b>Bowling</b> 12:30-2pm	15
18 <b>How to take care of your home</b> 2-3pm <b>Peer Support</b> 3-4pm	19	20 <b>Boundaries/Manners</b> 1-2pm	21 <b>Halloween Party**</b> Tooele Office Only 12:30-4pm	22
25 <b>How to take care of your home</b> 2-3pm <b>Peer Support</b> 3-4pm	26	27 <b>Boundaries/Manners</b> 1-2pm	28 <b>Outing**</b> Halloween Party UILC Skills Center/Zoom? 1-3pm	29 

## **Utah Independent Living Center Tooele Class Descriptions– October 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 2-3 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 3-4 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 Oct 13th due to outing)**

### **Thursday:**

**Bowling: every other Thursdays 12:30-2:00 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\*\$5.00 for 2 games w/o shoes\* \$4.00 per game w/ shoe rental\*\$8.00 for 2 games 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 October 7: Halloween Craft Time 12:30-2pm:** Tooele Office. We will be making fun Halloween crafts, Free, supplies will be provided

**Wednesday October 13: Asylum 49 Haunted House 1-3 pm:** 140 E. 200 S. Tooele, UT. Free. Lights will be on, will do a Haunted House walk through. Please RSVP. Masks will need to be worn in van for transportation

**Thursday October 21: Halloween Party (Tooele Office) 12:30-4pm:** Tooele Office 52 N. Main St Tooele, Food Music/Halloween Movie, Games. Please bring a snack to share (Packaged food only). Costumes are optional, (Will do a costume contest) Please RSVP.

**Thursday October 28: Halloween Party 1-3pm:** UILC Skills Center 3445 S. Main St. SLC. Free. Costume contest, games/activities. No food will be served at the party but a treat will be sent home with you

**Friday October 8: ASSISTIVE EQUIPMENT GIVE – AWAY 10 am-3:30pm:** Salt Lake Office 3445 S. Main St. SLC, The Utah Independent Living Center has some equipment and supplies that we want someone with a disability to use. Some equipment is very specialized and needs to go to just the right person. Other equipment will work for most people. Types of Equipment/Supplies available: Walkers, Medical Supplies, Wheelchairs, Motorized Wheelchairs, Braces, Crutches, Cushions, Trays, etc.

**ALL EQUIPMENT IS AVAILABLE "AS IS"**

Giveaway Guidelines: UILC is not responsible for repairs, batteries, breaks or damage caused by or to the equipment. Medical proof that a person needs the equipment may be required for high cost and/or specialized equipment. UILC consumers will get priority. Equipment may have weight restrictions. UILC will not deliver equipment. No exchanges please.