







# Tooele UILC Classes November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Emergency Preparedness**</b> 12:30-1:30pm <b>Taking care of your home</b> 2-3pm <b>Peer Support</b> 3-4pm	<b>2</b>	<b>3</b> <b>Manners/Etiquette</b> 2-3pm <b>Budgeting/Affordable Gift Giving**</b> 3-4pm	<b>4</b> <b>Bowling</b> 12:30-2pm	<b>5</b> <b>Yoga/Mediation**</b> 2-3pm <b>Safety**</b> 3-4pm
<b>8</b> <b>Emergency Preparedness**</b> 12:30-1:30pm <b>Taking care of your home</b> 2-3pm <b>Peer Support</b> 3-4pm	<b>9</b>	<b>10</b> <b>Outing**</b> Chitty Chitty Bang Bang Free	<b>11</b> <b>Office Closed</b> <b>Veteran's Day</b>  	<b>12</b> <b>Yoga/Mediation**</b> 2-3pm <b>Safety**</b> 3-4pm
<b>15</b> <b>Emergency Preparedness**</b> 12:30-1:30pm <b>Taking care of your home</b> 2-3pm <b>Peer Support</b> 3-4pm	<b>16</b>	<b>17</b> <b>Manners/Etiquette</b> 2-3pm <b>Budgeting/Affordable Gift Giving**</b> 3-4pm	<b>18</b> Charlie Brown Thanksgiving Party**  	<b>19</b> <b>Yoga/Mediation**</b> 2-3pm <b>Safety**</b> 3-4pm
<b>22</b> <b>Emergency Preparedness**</b> 12:30-1:30pm <b>Taking care of your home</b> 2-3pm <b>Peer Support</b> 3-4pm	<b>23</b>	<b>24</b> <b>Manners/Etiquette</b> 2-3pm <b>Budgeting/Affordable Gift Giving**</b> 3-4pm	<b>25</b> Office Closed <b>Thanksgiving</b>  	<b>26</b> Office Closed <b>Black Friday</b>  
<b>29</b> <b>Emergency Preparedness**</b> 12:30-1:30pm <b>Taking care of your home</b> 2-3pm <b>Peer Support</b> 3-4pm	<b>30</b>		<b>**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

## Utah Independent Living Center Tooele Class Descriptions– November 2021

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

### Monday:

**Emergency Preparedness 12:30-1:30pm:** We will learn how to be prepared for any types of emergencies. At the end of the class, if you attend in person you will receive your own personal emergency kit. (**You can bring your lunch to eat between classes 1:30-2pm**)

**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:

**Manners/Etiquette 2-3 pm:** Every week we will discuss topics associated with manners and proper etiquette. We will be discussing proper manners in different life situations, etc. (**NO Class Wednesday Nov 10th due to outing**)

**Budgeting/Affordable Gift Giving 3-4pm:** We will learn how to budget your money so that you can afford holiday shopping, and then we will learn how to make affordable gifts to give out at holidays (All supplies will be provided)

### 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.

**Wednesday November 10: Chitty Chitty Bang Bang Play 12:30-3:30pm:** 9900 South Monroe St., Sandy. Limited Free donated tickets (**Tooele will only have about 8 tickets available**). **Please RSVP ASAP!**

**Thursday November 18: Charlie Brown Thanksgiving Party 12:30-4pm:** Tooele Office. We will be watching Charlie Brown Thanksgiving and eating a Charlie Brown Thanksgiving Dinner (Toast, Popcorn, Pretzels, Jelly Beans), Free All food and drinks provided by center.

### Friday:

**Yoga/Mediation 2-3 pm:** Every week we will practice different yoga and mediation techniques. Bring a yoga mat or towel/blanket to class

**Safety 3-4pm:** We will teach different topics on being safe, including but not limited to dating, home, internet, public transportation, etc.