

Mon	Tue	Wed	Thu	Fri	
<p>3 <u>Adult Classes Canceled</u></p>	<p>4 <u>Adult Classes Canceled</u></p> <p><u>Totally TEEN (Zoom& In-Person)</u> 4:00pm-5:00pm (Hailee)</p>	<p>5 <u>Taking Care of the Earth (In-Person only)</u> 11:00am– 12:00pm (Jana)</p> <p><u>Spirit Club Meditation (In-Person only)</u> 1:00pm-2:00pm (Jana)</p> <p><u>Young Adult Group (In-Person only)</u> (Social Skills/Manners) 3:00pm-4:00pm (Jana)</p>	<p>6 <u>Outing to be announced</u></p>	<p>7 <u>Spirit Club Exercise (Zoom & In-Person)</u> 11:30am-12:30pm (April)</p> <p><u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>	
<p>10 <u>Spirit Club Positive Mindset (In-Person only)</u> 11:00am-12:00 pm (Jana)</p> <p><u>Basic Computer (In-Person only)</u> 1:00pm-2:00pm (Jana)</p>	<p>11 <u>Peer Support Group (Zoom & In-Person)</u> 10:30am-12:00pm (Jana)</p> <p><u>Safety (Zoom & In-Person)</u> 1:00pm– 2:00pm (Jana)</p> <p><u>Totally TEEN (Zoom& In-Person)</u> 4:00pm-5:00pm (Hailee)</p>	<p>12 <u>Taking Care of the Earth (In-Person only)</u> 11:00am– 12:00pm (Jana)</p> <p><u>Spirit Club Meditation (In-Person only)</u> 1:00pm-2:00pm (Jana)</p> <p><u>Young Adult Group (In-Person only)</u> (Social Skills/Manners) 3:00pm-4:00pm (Jana)</p>	<p>13 <u>Loom Knitting (In-Person only)</u> 10:30am– 12:00pm (Jan)</p> <p><u>Games Group (In-Person only)</u> 1:00pm-2:00pm (Jan)</p>	<p>14 <u>Spirit Club Exercise (Zoom & In-Person)</u> 11:30am-12:30pm (April)</p> <p><u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>	
<p>17 <u>Martin Luther King Day</u> <u>Center Closed</u></p>	<p>18 <u>Peer Support Group (Zoom & In-Person)</u> 10:30am-12:00pm (Jana)</p> <p><u>Safety (Zoom & In-Person)</u> 1:00pm– 2:00pm (Jana)</p> <p><u>Totally TEEN (Zoom& In-Person)</u> 4:00pm-5:00pm (Hailee)</p>	<p>19 <u>Taking Care of the Earth (In-Person only)</u> 11:00am– 12:00pm (Jana)</p> <p><u>Spirit Club Meditation (In-Person only)</u> 1:00pm-2:00pm (Jana)</p> <p><u>Young Adult Group (In-Person only)</u> (Social Skills/Manners) 3:00pm-4:00pm (Jana)</p>	<p>20 <u>Outing– UILC Slide Show</u> UILC Skills Center and via Zoom 3445 S. Main St., SLC 1:00pm-3:00pm <u>Free, may bring snacks to share</u></p>	<p>21 <u>Spirit Club Exercise (Zoom & In-Person)</u> 11:30am-12:30pm (April)</p> <p><u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>	
<p>24 <u>Spirit Club Positive Mindset (In-Person only)</u> 11:00am-12:00 pm (Jana)</p> <p><u>Basic Computer (In-Person only)</u> 1:00pm-2:00pm (Jana)</p>	<p>25 <u>Peer Support Group (Zoom & In-Person)</u> 10:30am-12:00pm (Jana)</p> <p><u>Safety (Zoom & In-Person)</u> 1:00pm– 2:00pm (Jana)</p> <p><u>Totally TEEN (Zoom& In-Person)</u> 4:00pm-5:00pm (Hailee)</p>	<p>26 <u>Taking Care of the Earth (In-Person only)</u> 11:00am– 12:00pm (Jana)</p> <p><u>Spirit Club Meditation (In-Person only)</u> 1:00pm-2:00pm (Jana)</p> <p><u>Young Adult Group (In-Person only)</u> (Social Skills/Manners) 3:00pm-4:00pm (Jana)</p>	<p>27 <u>Loom Knitting (In-Person only)</u> 10:30am– 12:00pm (Jan)</p> <p><u>Games Group (In-Person only)</u> 1:00pm-2:00pm (Jan)</p>	<p>28 <u>Spirit Club Exercise (Zoom & In-Person)</u> 11:30am-12:30pm (April)</p> <p><u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>	
<p>31 <u>Spirit Club Positive Mindset (In-Person only)</u> 11:00am-12:00 pm (Jana)</p> <p><u>Basic Computer (In-Person only)</u> 1:00pm-2:00pm (Jana)</p>	<p><i>January 2022</i></p> <p><i>UILC Classes</i></p> 			<p><u>Please contact UILC if you have any Covid related financial needs</u></p>	<p>All Consumers coming to the center <u>Must Wear A Mask and Only Go To The Back Building.</u> Consumers are NOT able to hang out and visit the front offices. Thank you.</p>

Utah Independent Living Center Class Descriptions– January 2022

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

Spirit Club Positive Mindset (In-Person only) 11:00am –12:00pm *Assigned Staff: Jana*

We will be working with Spirit Club to learn steps on how to have and keep a positive mindset. You will need a journal in this class. The center can provide you one if needed. Let the staff know if you need one.

Basic Computer (In-Person only) 1:00 pm– 2:00 pm *Assigned Staff: Jana*

We will learn the basic skills needed to use a computer. If you have a laptop please bring it. If you don't have one you will be supplied with an iPad.

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.

Safety (Zoom & In-Person) 1:00pm-2:00pm *Assigned Staff: Jana*

We will learn how to stay safe in life from natural disasters to being out in the community .

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's topic is to be announced.

Wednesday:

Taking care of the Earth (In-Person only) 11:00am-12:00pm *Assigned Staff: Jana*

This class we will learn why it's important to take care of the earth, and how it affects your everyday life.

Spirit Club Meditation (In-Person only) 1:00pm-2:00pm *Assigned Staff: Jana*

We are teaming with Spirit Club to do some meditation! We will have a short lesson on the type of meditation we will do that day. We will meditate for the last 30 minutes of class. Grab a pillow or mat to sit on while meditating or just relax in a chair, it's up to you.

Young Adult Group (Social Skills/ Manners) (In-Person only) 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 how to interact with your peers.

Thursday:

Loom Knitting (In-Person only) 10:30am-12:00pm *Assigned Staff: Jan*

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

Games Group (In-Person only) 1:00 pm-2:00pm *Assigned Staff: Jan*

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

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) 11:30am-12:30pm *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.

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).