

Mon

Tue

Wed

Thu

Fri

Tooele UILC July 2020

Zoom Classes & Outings

Please let us know which classes you would like a Zoom invite to!

Call 801-466-5565 or email jbigelow@uilc.org

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Social Skills

1:30pm-2:30pm (Jana)

7

Peer Support Group

10:30am-12:00pm (Jana)

Employment Skills

2:00pm-3:00pm (Kathy)

8

How the Body Works

11:00am- 12:00pm (Jana)

Changing Life Perceptions

1:00pm – 2:00pm (Todd)

9

Cartoon Drawing Class

10:30am –12:00pm (Jana/Norm)

Exercise Class

1:00pm-2:00pm (Jan)

10

Meditation

10:30am-12:00pm (Jana)

13

Social Skills

1:30pm-2:30pm (Jana)

14

Peer Support Group

10:30am-12:00pm (Jana)

Employment Skills

FINAL CLASS

2:00pm-3:00pm (Kathy)

15

How the Body Works

11:00am- 12:00pm (Jana)

Changing Life Perceptions

1:00pm – 2:00pm (Todd)

16

Walking/Fishing at Silver Lake

8073 Big Cottonwood Canyon Rd. Brighton
12:30pm-3:30pm

Free. Wheelchair accessible boardwalk surrounding the lake. Bring your own lunch and fishing gear. (Fishing license required) Limited transportation available

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Meditation

10:30am-12:00pm (Jana)

20

Social Skills

1:30pm-2:30pm (Jana)

21

Peer Support Group

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22

How the Body Works

11:00am- 12:00pm (Jana)

Changing Life Perceptions

1:00pm – 2:00pm (Todd)

23

Cartoon Drawing Class

10:30am-12:00pm (Jana/Norm)

Exercise Class

1:00pm-2:00pm (Jan)

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Center closed for

24th of July



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Social Skills

1:30pm-2:30pm (Jana)

28

Peer Support Group

10:30am-12:00pm (Jana)

29

How the Body Works

11:00am- 12:00pm (Jana)

Changing Life Perceptions

1:00pm – 2:00pm (Todd)

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Cycling with the National Ability Center

1000 Ability Way, Park City

12:00pm-3:00pm

\$15/person, limit 18 people

Limited transportation available. Meet at UILC 11:00am, returning 4:00pm

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Meditation

10:30am-12:00pm (Jana)

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Center Closed For

4th of July



Utah Independent Living Center Class Descriptions– July 2020

Please contact the staff person over the class you are interested in attending, by calling the front desk at 801-466-5565.

Monday:

Social Skills 1:30pm –2:30pm *Assigned Staff: Jana*

This class will go over how to interact with others and how to make a good impression while out in the public

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.

Employment Skills (FIRST 2 WEEKS IN JULY ONLY) 2:00pm-3:00pm *Assigned Staff: Kathy*

Come learn a variety of skills to help you get and keep a job!

Wednesday:

How The Body Works 11:00am-12:00pm *Assigned Staff: Jana*

In this class we will be discussing why it's important to take care of your body, how it affects your health and ability to function during the day.

Changing Life Perceptions 1:00pm-2:00pm *Assigned Staff: Todd*

This class will be an introduction to changing the perceptions you have, of things, in the chaotic times we are in.

Thursday:

Cartoon Drawing class 10:30am-12:00pm *Assigned Staff: Jana/Norm*

Come learn about the basics of how to draw cartoon characters.

Exercise Class 1:00pm-2:00pm *Assigned Staff: Jan*

We will be doing basic stretches and exercises 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:

Meditation 10:30am-12:00pm *Assigned Staff: Jana*

In this class we will discover how meditation can help you with stress and anxiety, the different types of meditation and how you practice it. We will take time in class to experience meditation in its different forms