

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p><u>Adult Classes Canceled</u></p>	<p>4</p> <p><u>Adult Classes Canceled</u></p>	<p>5</p> <p><u>Taking Care of the Earth (Zoom)</u> 11:00am– 12:00pm (Jana)</p> <p><u>Nutrition (Tina)</u> <b>(In person or zoom)</b> 1:00pm—2:00pm</p>	<p>6</p> <p><u>Outing to be announced</u></p>	<p>7</p> <p><u>Spirit Club Exercise (Zoom)</u> 11:30am-12:30pm (April)</p>
<p>10</p> <p><u>Spirit Club Positive Mindset (Zoom)</u> 11:00am-12:00 pm (Jana)</p>	<p>11</p> <p><u>Peer Support Group (Zoom)</u> 10:30am-12:00pm (Jana)</p> <p><u>Safety (Zoom)</u> 1:00pm– 2:00pm (Jana)</p>	<p>12</p> <p><u>Taking Care of the Earth (Zoom)</u> 11:00am– 12:00pm (Jana)</p> <p><u>Cooking (In person)</u> 1:00pm—2:00pm</p>	<p>13</p> <p><u>Games Group in Office</u> 1:00pm-2:00pm</p>	<p>14</p> <p><u>Spirit Club Exercise (Zoom)</u> 11:30am-12:30pm (April)</p>
<p>17</p> <p><u>Martin Luther King Day</u> <u>Center Closed</u></p>	<p>18</p> <p><u>Peer Support Group (Zoom)</u> 10:30am-12:00pm (Jana)</p> <p><u>Safety (Zoom)</u> 1:00pm– 2:00pm (Jana)</p>	<p>19</p> <p><u>Taking Care of the Earth (Zoom)</u> 11:00am– 12:00pm (Jana)</p> <p><u>Nutrition (Tina)</u> <b>(In person or zoom)</b> 1:00pm—2:00pm</p>	<p>20</p> <p><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</p> <p><u>Spirit Club Exercise (Zoom)</u> 11:30am-12:30pm (April)</p>
<p>24</p> <p><u>Spirit Club Positive Mindset (Zoom)</u> 11:00am-12:00 pm (Jana)</p>	<p>25</p> <p><u>Peer Support Group (Zoom)</u> 10:30am-12:00pm (Jana)</p> <p><u>Safety (Zoom)</u> 1:00pm– 2:00pm (Jana)</p>	<p>26</p> <p><u>Taking Care of the Earth (Zoom)</u> 11:00am– 12:00pm (Jana)</p> <p><u>Cooking (In person)</u> 1:00pm—2:00pm</p>	<p>27</p> <p><u>Games Group in Office</u> 1:00pm-2:00pm</p>	<p>28</p> <p><u>Spirit Club Exercise (Zoom)</u> 11:30am-12:30pm (April)</p>

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Spirit Club Positive Mindset (Zoom)  
11:00am-12:00 pm  
(Jana)

**January 2022**  
**UILC Classes Too!**  
Please contact UILC if you have any Covid related financial needs



Email addresses for Zoom Links

Jana - Janderson@uilc.org

April - astults@uilc.org

Tina - tstuart@uilc.org

Classes in January  
will be mostly  
VIRTUAL via Zoom

# Utah Independent Living Center Class Descriptions– January 2022

Please contact the staff person over the class you are interested in attending.

Salt Lake Office 801-466-5565

Tooele Office 435-843-7353

## Monday:

**Spirit Club Positive Mindset (Zoom)** 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.

## Tuesday:

**Peer Support Group (Zoom)** 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)** 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 .

## Wednesday:

**Taking care of the Earth (Zoom)** 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.

**Nutrition (In-person - Zoom)** 1:00pm-2:00pm *Assigned Staff: Tina*

This class will provide an opportunity to learn about nutrition and provide healthy eating options.

**Cooking (In-person)** 1:00pm-2:00pm *Assigned Staff: Tina*

In this class we will be learning the basics for cooking in particular what was taught about in the previous weeks class.

## Thursday:

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

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)** 11:30am-12:30pm *Assigned Staff: Jana and April*

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.