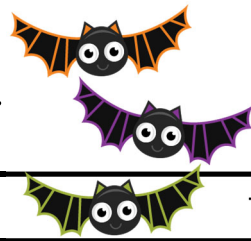




October 2024



Tooele UILC Classes

Assisting People with
Disabilities to lead more
Independent Lives

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>No Class</p>	<p>2</p> <p><u>Take Care 12:00-1:00</u> -Your support network <u>Let's Talk 1:00-2:00</u> -Making new friends</p>	<p>3 <u>Monster Dance Moves 12:00-1:00</u> <u>Be Job Ready 1:00-2:00</u> -Finding the right job</p>	<p>4</p> <p>No Class</p>
<p>7</p> <p><u>Our Town 12:00-2:00</u> Tooele County Emergency Services Tour -Meet at center & walk over</p>	<p>8</p> <p>No Class</p>	<p>9</p> <p><u>Take Care 12:00-1:00</u> -Hygiene and grooming <u>Let's Talk 1:00-2:00</u> -Making small talk</p>	<p>10 <u>Monster Dance Moves 12:00-1:00</u> <u>Be Job Ready 1:00-2:00</u> -Making an impression</p>	<p>11</p> <p>No Class</p>
<p>14</p> <p><u>Our Town 12:00-2:00</u> To be Announced</p>	<p>15</p> <p>No Class</p>	<p>16</p> <p><u>Take Care 12:00-1:00</u> -Taking care of pets <u>Let's Talk 1:00-2:00</u> -How to handle confrontation</p>	<p>17 <u>Monster Dance Moves 12:00-1:00</u> <u>Be Job Ready 1:00-2:00</u> -Volunteering VS Paid Work</p>	<p>18</p> <p>No Class</p>
<p>21</p> <p><u>Our Town 12:00-2:00</u> Macey's Tour -Meet at center -We will be leaving at 12:15</p>	<p>22</p> <p>No Class</p>	<p>23</p> <p><u>Take Care 12:00-1:00</u> -Stress management <u>Let's Talk 1:00-2:00</u> -Communication etiquette</p>	<p>24 <u>Monster Dance Moves 12:00-1:00</u> <u>Be Job Ready 1:00-2:00</u> -Setting goals</p>	<p>25</p> <p>No Class</p>
<p>28</p> <p><u>Our Town 12:00-2:00</u> Benson Grist Mill Tour -Meet at center -We will be leaving at 12:15</p>	<p>29 <u>Halloween Party & Costume Contest</u> @ Salt Lake Center <i>-more info on back</i></p>	<p>30</p> <p><u>Take Care 12:00-1:00</u> -"You are what you eat" <u>Let's Talk 1:00-2:00</u> -Speak like a professional</p>	<p>31</p> <p>Class Halloween Party 12:00-2:00 <i>(Tooele Center)</i></p>	

Tooele Utah Independent Living Center Class Descriptions– October 2024

Please contact the Tooele office if you are interested in attending classes or have any questions 435-843-7353 ext 102

Monday:

Our Town 12:00pm-2:00pm

In this class we will learn about different jobs and places in our community. Transportation from the center will be provided to locations we visit unless we are walking. **Please be on time or you will miss the class.**

Tuesday:

No Classes at the Center. Call for 1 on 1 appointments.

Wednesday:

Take Care 12:00pm-1:00pm

In this class we will be learning ways to take care of ourselves and talking about everything from hygiene to stress management.

Let's Talk 1:00pm-2:00pm

This new class is about healthy communication and good ways to socialize.

Thursday:

Monster Dance Moves 12:00pm-1:00pm

This class you will learn some Halloween dance moves and help keep your body healthy.

Be Job Ready 1:00pm-2:00pm

This class will help teach you skills to prepare for employment.

Friday:

No Classes at the Center. Call for 1 on 1 appointments.



Contact Kristy with any questions

ksawyer@uilc.org

435-843-7353 X102



October Activities

Tuesday Oct. 29th

**Halloween Party and costume contest
@ Salt Lake Center**

-Meet at Tooele office at 11:00am with drop off at 4:00pm

-Soelberg's pick up at 11:15 with drop off at 3:45pm

Thursday Oct. 31st 12:00pm – 2:00pm

This party will be at the Tooele Center. We will be playing Halloween Games and having treats. Costumes may be worn.

No Fake Weapons or excessive fake blood will be allowed

