

Mon

Tue

Wed

Thu

Fri

November

Tooele UILC Classes

2024

Assisting People with Disabilities to lead more independent lives

¹
No Class Today

⁴
Our Town 12:00-2:00
Train museum tour
-Meet at center
-We will be leaving at 12:15

⁵
No Class Today

⁶
Take Care 12:00-1:00
-Laundry “know how to hold ‘em, know how to fold ‘em”
Let’s Talk 1:00-2:00
-Communication Bingo

⁷
Spirit Club 12:00-1:00
Exercise class
Be Job Ready 1:00-2:00
-My first resume

⁸
No Class Today




¹²
No Class Today

¹³
Take Care 12:00-1:00
-Getting organized
Let’s Talk 1:00-2:00
-Best ways to apologize

¹⁴
Spirit Club 12:00-1:00
Exercise class
Be Job Ready 1:00-2:00
-Practice job applications

¹⁵
No Class Today

¹⁸
Group Games & Activities 12:00-2:00
Life simulation game

¹⁹
No Class Today

²⁰
Take Care 12:00-1:00
-Class review & Game
Let’s Talk 1:00-2:00
-Body language

²¹
Get To Know You Games
@ Salt Lake center
- More info on back

²²
No Class Today

²⁵
Group Games & Activities 12:00-2:00
Bingo

²⁶
No Class Today

²⁷
Take Care 12:00-1:00
-Gratitude
Let’s Talk 1:00-2:00
-Giving compliments



Tooele Utah Independent Living Center Class Descriptions– November 2024

Please contact the Tooele office if you are interested in attending classes, by calling (435) 843-7353.

Monday:

Our Town (Monday the 4th) 12:00-2:00

This class will teach you about different jobs and places in the community.

Group Games & Activities 12:00-2:00

Work on your social skills by participating in games and group activities with others.

Tuesday:

No classes at the Center. You can make 1 on 1 appointments for independent skills

Wednesday:

Take Care 12:00-1:00

This class will teach you ways to take care of yourself. We will be talking about everything from hygiene to stress management.

Let's Talk 1:00-2:00

This class is about healthy communication and ways to socialize.

Thursday:

Spirit Club 12:00-1:00

This class will provide you the opportunity to stay fit and keep your body healthy.

Be Job Ready 1:00-2:00

This class will help prepare you for employment.

Friday:

No classes at the Center. You can make 1 on 1 appointments for independent skills



November Outing

Get To Know you Games @ the Salt Lake Center

We will be playing several games to help get to know other consumers and make new friends. You are welcome to bring a snack to share.

- Leaving Tooele office @ 11:00am with drop off @ 4:00pm
- Stansbury pick up will be 11:15am with drop off @ 3:45pm.

