

January 2025




Mon

Tue

Wed

Thu

Fri

| | | | | |
|---|---|---|--|---|
|  <p>Tooele UILC Classes</p> <p><i>Assisting people with disabilities lead more independent lives</i></p> |  | <p>1</p> <p>happy </p> <p>New Year</p> | <p>2</p> <p><u>Healthy Habits 12:00-1:00</u> -What does healthy mean</p> <p><u>Adulting 1:00-2:00</u> -How to meal plan</p> | <p>3</p> <p>No Class Today</p> |
| <p>6</p> <p><u>Group Games & Activities 12:00-2:00</u> -Jeopardy</p> | <p>7</p> <p>No Class Today</p> | <p>8</p> <p><u>Cooking 12:00-2:00</u> Balsamic Chicken Caprese</p> | <p>9</p> <p><u>Healthy Habits 12:00-1:00</u> -The importance of hair care</p> <p><u>Adulting 1:00-2:00</u> -Budgeting: Wants vs Needs</p> | <p>10</p> <p>No Class Today</p> |
| <p>13</p> <p><u>Group Games & Activities 12:00-2:00</u> - Build your own snowman & Emotion game</p> | <p>14</p> <p>No Class Today</p> | <p>15</p> <p><u>Cooking 12:00-2:00</u> Taco casserole</p> | <p>16</p> <p><u>Healthy Habits 12:00-1:00</u> -How to have happy feet</p> <p><u>Adulting 1:00-2:00</u> -Independent living</p> | <p>17</p> <p>No Class Today</p> |
| <p>20</p> <p>CLOSED FOR</p>  | <p>21</p> <p>No Class Today</p> | <p>22</p> <p><u>Cooking 12:00-2:00</u> Greek Creamy Lemon Chicken Soup</p> | <p>23</p> <p><u>Access to Music at Abravanel Hall</u> -Meet at Center @ 5:45pm with drop off @ 9:15pm -Stanbury pick up @ 6:00pm With drop off @ 9:00pm</p> | <p>24</p> <p>No Class Today</p> |
| <p>27</p> <p><u>Group Games & Activities 12:00-2:00</u> -TBA</p> | <p>28</p> <p>No Class Today</p> | <p>29</p> <p><u>Cooking 12:00-2:00</u> Homemade Chili</p> | <p>30</p> <p><u>Healthy Habits 12:00-1:00</u> -Skin: From Top to Bottom</p> <p><u>Adulting 1:00-2:00</u> -Can you fix it? Yes you can!</p> | <p>31</p>  |



Tooele Utah Independent Living Center Class Descriptions – January-2025

Please contact us if you are interested in attending, by calling the Tooele Office at 435-843-7353 X 102

Monday:

Work on your social skills by participating in games and group activities with other consumers

Tuesday:

No classes today. Call to make 1 on 1 appointments for independent skill building.

Wednesday:

Cooking 12:00-2:00

In this class we will learn heathy recipes and nutrition information.

Thursday:

Healthy Habits 12:00-1:00

This class will teach you how to start and keep heathy habits, set hygiene goals, and keep a healthy mind set.

Adulting 1:00-2:00

In this class we will be talking about various skills you need to know as an adult and build skills for living on your own.

Friday:

No classes today. Call to make 1 on 1 appointments for independent skill building.

January Outings

Jan 23rd @ 7:00pm

(Please arrive by 6:30 if driving separately)

Utah Symphony @ Abravanel

Hall- Access to Music

123 W South Temple

SLC, UT 84101

Free, MUST Sign Up

(limited seats)

-Leaving the center at 5:45pm and drop off @ 9:15

-Stansbury pick up at 6:00pm

And drop off @ 9:00

-Semi Formal dress is Requested

Please sign up through the QR code below



For questions or assistance please contact Kristy



Contact Kristy for any questions

ksaywer@uilc.org

435-843-7353 x 102

