




May 2025

Tooele UILC Classes

Mon	Tue	Wed	Thu	Fri
			<p>1 <u>Advocacy & Disability Awareness 12:00-1:00</u></p> <p><u>Exercise at the park 1:00-2:00</u></p>	<p>2 <u>No classes today</u></p>
<p>5 <u>Money Monday 12:00-1:00</u></p> <p><u>Staying Safe 1:00-2:00</u></p>	<p>6 <u>No classes today</u></p>	<p>7 <u>Living Well 12:00-1:00</u> -Can stress make you sick? <u>Lets Talk 1:00-2:00</u> -Non-Verbal communication & activity</p>	<p>8 <u>Advocacy & Disability Awareness 12:00-1:00</u></p> <p><u>Exercise at the park 1:00-2:00</u></p>	<p>9 <u>No classes today</u></p>
<p>12 <u>Money Monday 12:00-1:00</u></p> <p><u>Staying Safe 1:00-2:00</u></p>	<p>13 <u>Century 16 Movie Theater</u> <i>-See back for more details</i></p>	<p>14 <u>Living Well 12:00-1:00</u> -Do I sleep to much? <u>Lets Talk 1:00-2:00</u> -Setting boundaries</p>	<p>15 <u>Advocacy & Disability Awareness 12:00-1:00</u></p> <p><u>Exercise at the park 1:00-2:00</u></p>	<p>16 <u>No classes today</u></p>
<p>19 <u>Money Monday 12:00-1:00</u></p> <p><u>Staying Safe 1:00-2:00</u></p>	<p>20 <u>No classes today</u></p>	<p>21 <u>Living Well 12:00-1:00</u> -Why do we count our steps? <u>Lets Talk 1:00-2:00</u> -Over sharing (telling others personal info)</p>	<p>22 </p>	<p>23 <u>Pinewood Derby Race</u> <i>-See back for more details</i></p>
<p>26 WE WILL BE CLOSED FOR MEMORIAL DAY</p>	<p>27 <u>No classes today</u></p>	<p>28 <u>Living Well 12:00-1:00</u> -Do I need a daily schedule? <u>Lets Talk 1:00-2:00</u> -Team building activity</p>	<p>29 <u>Advocacy & Disability Awareness 12:00-1:00</u></p> <p><u>Exercise at the park 1:00-2:00</u></p>	<p>30 <u>No classes today</u></p>

Tooele Utah Independent Living Center Class Descriptions – May 2025

Please contact the Tooele office if you are interested in attending classes or outings by calling us at 435-843-7353 ext. 102 or email ksawyer@uilc.org

Monday:

Money Monday 12:00-1:00

This class will be discussing everything from bank accounts to taxes and budgeting.

Staying Safe 1:00-2:00

In this class we will be talking about staying safe in an emergency, how to be prepared for natural disasters, and emergency first aid.

Tuesday:

No classes today.

Call to make 1 on 1 appointments for independent skill building.

Wednesday:

Living Well 12:00-1:00

This class will teach you skills to be more independent at home and in the community.

Lets Talk 1:00-2:00

This class will help build skills for communication and encourage appropriate conversations with others.

Thursday:

Advocacy & Disability Awareness 12:00-1:00

We will be discussing what advocation, being tolerant of others disabilities, and disability history.

Exercise at the Park 1:00-2:00

This class will give you the opportunity to get exercise by participating in fun activities at the park.

Friday:

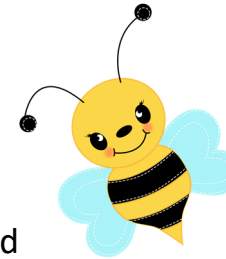
No classes today.

Call to make 1 on 1 appointments for independent skill building.

For more information about classes please contact

Kristy Sawyer @

435-843-7353 ext. 102 or ksawyer@uilc.org



May Outings

Tuesday, May 13th

Century 16 Theater

125 E 3300 S Salt Lake City

List of movies and times will be available the week before the outing

-\$6 per ticket (aprox. with tax)

-Bring extra money for snacks if desired

-Meet at Center at 11:15 & drop off at 4:30

-Stansbury pick up 11:30 & drop off at 4:15

Pinewood Derby Race

Friday, May 23rd

@ The Salt Lake Center

1:00-3:00

-Meet at Center at 11:50 & drop off at 4:10

-Stansbury pick up 12:15 & drop off at 3:50



For more information about outings please contact

Sariah Dowdakin @

801-466-5565 ext. 215 or sdowdakin@uilc.org