


Mon	Tue	Wed	Thu	Fri
<p><b>1</b> <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Peer Support Group (Self Esteem)</u> 1:30pm –3:00 pm (Chris)</p>	<p><b>2</b> <u>Peer Support Group (What do you see in others that you admire?)</u> 10:30am-12:00pm (Chris) <u>WV Megaplex Theaters Outing</u> 11:30am \$6 (Jan) <u>Card Games (Phase 10) *</u> 3:00pm-4:30pm (Chris)</p>	<p><b>3</b> <u>Music Appreciation</u> 10:30am-11:30am (Chris) <u>Communication/Conversation</u> 1:00pm-2:30pm (Chris) <u>Young Adult Group *</u> 3:00pm-4:30pm (Jan)</p>	<p><b>4</b> <u>Looming/Knitting/Crocheting</u> 10:30am-12:00pm (Jan) <u>Movies highlighting Disabilities</u> 12:30pm-2:30 pm (Jan)</p>	<p><b>5</b> <u>UILC Chefs</u> 10:30am-12:00pm (Chris) <i>\$3 Donation/Class</i> <u>Bonwood Bowling **</u> 2:00pm-3:30pm (Jan)</p>
<p><b>8</b> <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Peer Support Group (Being an advocate for those around you)</u> 1:30pm –3:00 pm (Chris)</p>	<p><b>9</b> <b>Office Closed for IL Conference</b> <b>No Classes</b></p>	<p><b>10</b> <b>Office Closed for IL Conference</b> <b>No Classes</b></p>	<p><b>11</b> <u>Looming/Knitting/Crocheting</u> 10:30am-12:00pm (Jan) <u>Movies highlighting Disabilities</u> 12:30pm-2:30 pm (Jan)</p>	<p><b>12</b> <u>UILC Chefs</u> 10:30am-12:00pm (Chris) <i>\$3 Donation/Class</i> <u>Bonwood Bowling **</u> 2:00pm-3:30pm (Jan)</p>
<p><b>15</b> <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Peer Support Group ( Impact of being positive).</u> 1:30pm –3:00 pm (Chris)</p>	<p><b>16</b> <u>Peer Support Group (Affirmations)</u> 10:30am-12:00pm (Chris) <u>Wii Golf</u> 1:00pm-2:30pm (Chris) <u>Board Games *</u> 3:00pm-4:30pm (Chris)</p>	<p><b>17</b> <u>Beginner Dance</u> 10:30am-11:30am (Chris) <u>Communication/Conversation</u> 1:00pm-2:30pm (Chris) <u>Young Adult Group *</u> 3:00pm-4:30pm (Jan)</p>	<p><b>18</b> <u>Looming/Knitting/Crocheting</u> 10:30am-12:00pm (Jan) <u>Movies highlighting Disabilities</u> 12:30pm-2:30 pm (Jan)</p>	<p><b>19</b> <u>UILC Chefs</u> 10:30am-12:00pm (Chris) <i>\$3 Donation/Class</i> <u>Bonwood Bowling **</u> 2:00pm-3:30pm (Jan)</p>
<p><b>22</b> <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Peer Support Group. (What gives you purpose?)</u> 1:30pm –3:00 pm (Chris)</p>	<p><b>23</b> <u>Peer Support Group (How to turn a negative into a positive)</u> 10:30am-12:00pm (Chris) <u>Food Bank Service Project</u> 1:00pm-3:00pm (Jan) <u>Active Games *</u> 3:00pm-4:30pm (Chris)</p>	<p><b>24</b> <u>Music Appreciation</u> 10:30am-11:30am (Chris) <u>Communication/Conversation</u> 1:00pm-2:30pm (Chris) <u>Young Adult Group *</u> 3:00pm-4:30pm (Jan)</p>	<p><b>25</b> <u>Looming/Knitting/Crocheting</u> 10:30am-12:00pm (Jan) <u>Movies highlighting Disabilities</u> 12:30pm-2:30 pm (Jan)</p>	<p><b>26</b> <u>UILC Chefs</u> 10:30am-12:00pm (Chris) <i>\$3 Donation/Class</i> <u>Bonwood Bowling **</u> 2:00pm-3:30pm (Jan)</p>
<p><b>29</b> <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Peer Support Group (Best Friend)</u> 1:30pm-3:00 pm (Chris)</p>	<p><b>30</b> <u>Peer Support Group (Favorite animal and why???)</u> 10:30am-12:00pm (Chris) <u>Wii Golf</u> 1:00pm-2:30pm (Chris) <u>Relay Games *</u> 3:00pm-4:30pm (Chris)</p>	<p><b>April 2019</b> <b>UILC CLASSES</b></p> 		<p><b>* No UILC transportation available for 3:00pm classes</b></p> <p><b>**Bowling- \$2 per game, including shoe rental.</b> <b>2500 S. Main St.</b></p>

## Utah Independent Living Center Class Descriptions– April 2019

### Monday:

**Express Yourself Through Writing** 10:30pm-12:30pm *Assigned Staff: Tiffany*

This class strives to help consumers express feelings through poetry while also assisting with writing and public speaking skills.

**Peer Support Group** 1:30pm-3:00pm *Assigned Staff: Chris*

This peer group works to help people with all disabilities adjust to a more independent life in the community through self esteem and self worth.

### Tuesday:

**Peer Support Group** 10:30am-12:00pm *Assigned Staff: Chris*

This month we will be discussing who have you admired or do admire in your life? What attributes to they display that cause you to admire them?

**Outings (on Tuesdays in April only)** 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.

**Wii Golf (alternating weeks)** 1:00pm-2:30pm *Assigned Staff: Chris*

Come brush up on your Wii Golf skills and socialize with others!

**Games** 3:00pm-4:30pm *Assigned Staff: Chris*

Each week we will be playing different types of games; for example, card games, board games, active games and puzzles. Participants will be responsible to provide their own transportation to/from this class.

### Wednesday:

**Beginner Dance / Music Appreciation** 10:30am-11:30am *Assigned Staff: Chris*

This class will be sharing and talking about the types of music you enjoy and why. How does dance and music become a therapeutic outlet to express. Please bring an example of your favorite music to share!

**Communication/Conversation Skills** 1:00pm-2:30pm *Assigned staff: Chris*

This class will cover everyday conversation skills used in different settings including friendships, doctor appointments, job interviews, etc. Skills taught will also including active listening, coping with disruptions and joining groups.

**Young Adult Group** 3:00pm-4:30pm *Assigned staff: Jan*

For consumers age 18-28, this class introduces and elaborates on independent living skills. This month young adults will be learning about how to take care of their living space.

### Thursday:

**Looming/Knitting/Crocheting** 10:30am-12:00pm *Assigned Staff: Jan*

This class will provide an opportunity to learn to loom, knit or crochet, as well as socialize with others.

**Movies Highlighting Disabilities** 12:30pm-2:30pm *Assigned Staff: Jan*

Class members will watch different movies that highlight actors with disabilities or actors portraying having a disability and we will discuss what is learned from these and how we can encourage positive inclusion of people with disabilities in the community.

### Friday:

**UILC Chefs** 10:30am-12:00pm *Assigned Staff: Chris*

Participants will have the opportunity to learn basic cooking skills, while gradually progressing week to week in kitchen talents. ***Participants will be requested to donate \$3/class.***

**Bonwood Bowling** 2:00pm-3:30pm *Assigned Staff: Jan*

UILC meets at Bonwood Bowling, located at 2500 South Main St. Prices are discounted for UILC consumers (\$2.00 per game including shoes).

**Staff Contact: 801-466-5565**

Chris Garcia (Independent Living Specialist) x 205

Jan Bigelow (Community Integration) x 219

Tiffany Montoya (Assistive Technology Program) x 220