

Mon

Tue

Wed

Thu

Fri

UILC CLASSES

FEBRUARY 2019



1
Bonwood Bowling
2:00pm-3:30pm (Jan)
2500 S. Main St.
\$2 per game, incl. shoe rental

4
Express Yourself Through Writing
10:30am-12:30pm (Tiffany)
Peer Support Group
1:30pm –3:00 pm (Solmaz)

5
Peer Support Group
10:30am-12:00pm (Janice)
WII Bowling Tournament
1:00pm-2:30pm (Solmaz)
ASPIRE
4:00pm-5:00pm (April)

6
Communication/Conversation
1:00pm-2:30pm (Tiffany)
***OUTING– TRACY AVIARY**
12:30pm-3:00pm (Jan)
Young Adult Group
3:00pm-4:30pm (Jan)
Topic: Advocacy

7
Looming/Knitting/Crocheting
10:30am-12:00pm (Jan)
Movies highlighting Disabilities
1:00pm-2:30 pm (Jan)
Movie– At First Sight

8
Bonwood Bowling
2:00pm-3:30pm (Jan)
2500 S. Main St.
\$2 per game, incl. shoe rental

11
Express Yourself Through Writing
10:30am-12:30pm (Tiffany)
Peer Support Group
1:30pm –3:00 pm (Solmaz)

12
Peer Support Group
10:30am-12:00pm (Janice)
WII Bowling Tournament
1:00pm-2:30pm (Solmaz)

13
Communication/Conversation
1:00pm-2:30pm (Tiffany)
Young Adult Group
3:00pm-4:30pm (Jan)
Topic: Advocacy

14
Looming/Knitting/Crocheting
10:30am-12:00pm (Jan)
Movies highlighting Disabilities
1:00pm-2:30 pm (Jan)
Movie– At First Sight

15
Bonwood Bowling
2:00pm-3:30pm (Jan)
2500 S. Main St.
\$2 per game, incl. shoe rental

18
UILC CLOSED FOR PRESIDENTS DAY



19
Peer Support Group
10:30am-12:00pm (Janice)
WII Bowling Tournament
1:00pm-2:30pm (Solmaz)
ASPIRE
4:00pm-5:00pm (April)

20
Communication/Conversation
1:00pm-2:30pm (Tiffany)
Young Adult Group
3:00pm-4:30pm (Jan)
Topic: Advocacy

21
Looming/Knitting/Crocheting
10:30am-12:00pm (Jan)
****Outing– Swan Lake Cancelled!**
Movies highlighting Disabilities
1:00pm-2:30 pm (Jan)
Comedian Geri Jewel

22
Bonwood Bowling
2:00pm-3:30pm (Jan)
2500 S. Main St.
\$2 per game, incl. shoe rental

25
Express Yourself Through Writing
10:30am-12:30pm (Tiffany)
Peer Support Group
1:30pm-3:00 pm (Solmaz)

26
Peer Support Group
10:30am-12:00pm (Janice)
WII Bowling Tournament
1:00pm-2:30pm (Solmaz)

27
Communication/Conversation
1:00pm-2:30pm (Tiffany)
Young Adult Group
3:00pm-4:30pm (Jan)
Topic: Advocacy

28
Looming/Knitting/Crocheting
10:30am-12:00pm (Jan)
Movies highlighting Disabilities
1:00pm-2:30 pm (Jan)
The Movement– Documentary

***Wednesday outing**
****Cancellation and change of outing**



Utah Independent Living Center Class Descriptions– February 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: Solmaz*

This peer group works to help people with all disabilities adjust to a more independent life in the community.

Tuesday:

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

This peer group works to help people with all disabilities adjust to a more independent life in the community.

WII Bowling Tournament 1:00pm-2:30pm *Assigned Staff: Solmaz*

The UILC will be competing against other independent living centers in Utah in a WII Bowling Tournament! Come each week to bowl your best game and compete with others locally, and in the end we'll see who has the best scores throughout Utah!

ASPIRE First and third Tuesdays. 4:00pm to 5:00pm *Assigned Staff: April*

Youth consumers will learn a variety of independent living skills.

Wednesday:

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

This class will cover everyday conversation skills used in different settings including friendships, doctor appointments, job interviews, etc. Skills taught will also include 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 different resources in the community that can help us live more independently.

Thursday:

Looming/Knitting/Crocheting 10:30am-11:45am *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 1:00pm-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.

Outings 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.

Friday:

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

April Stults (Youth Transition Specialist) x 206

Jan Bigelow (Community Integration) x 219

Solmaz Matboo (Transition and Diversion Specialist) x 212

Janice McCullough (Assistive Technology Service Coordinator) x 208

Tiffany Montoya (Assistive Technology Program) x 220