



Mon	Tue	Wed	Thu	Fri
<p><b>UILC CLASSES</b></p> <p><b>JANUARY 2019</b></p> 	<p><b>1</b></p> <p><b><u>UILC CLOSED</u></b></p> <p><b><u>FOR NEW</u></b></p> <p><b><u>YEARS</u></b></p>	<p><b>2</b></p> <p><b><u>Communication/Conversation</u></b> 1:00pm-2:30pm (Tiffany)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Jan) Topic: Community Resources</p>	<p><b>3</b></p> <p><b><u>Looming/Knitting/Crocheting</u></b> 10:30am-11:45am (Jan)</p> <p><b><u>Movies highlighting Disabilities</u></b> 1:00pm-2:30 pm (Jan)</p>	<p><b>4</b></p> <p><b><u>Deaf Support Group</u></b> 10:30am-11:30am (Carole)</p> <p><b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, incl. shoe rental</p>
<p><b>7</b></p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany)</p> <p><b><u>Peer Support Group</u></b> 1:30pm –3:00 pm (Solmaz)</p>	<p><b>8</b></p> <p><b><u>Peer Support Group</u></b> 10:30am-12:00pm (Janice)</p> <p><b><u>WII Bowling Tournament</u></b> 1:00pm-2:30pm (Solmaz)</p> <p><b><u>ASPIRE</u></b> 4:00pm-5:00pm (April)</p>	<p><b>9</b></p> <p><b><u>Communication/Conversation</u></b> 1:00pm-2:30pm (Tiffany)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Jan) Topic: Community Resources</p>	<p><b>10</b></p> <p><b><u>Looming/Knitting/Crocheting</u></b> 10:30am-11:45am (Jan)</p> <p><b><u>UILC Picture Slide Show</u></b> UILC Skills Center 1:00pm-3:00pm Free, Popcorn provided, may bring a snack to share</p>	<p><b>11</b></p> <p><b><u>Deaf Support Group</u></b> 10:30am-11:30am (Carole)</p> <p><b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, incl. shoe rental</p>
<p><b>14</b></p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany)</p> <p><b><u>Peer Support Group</u></b> 1:30pm –3:00 pm (Solmaz)</p>	<p><b>15</b></p> <p><b><u>Peer Support Group</u></b> 10:30am-12:00pm (Janice)</p> <p><b><u>WII Bowling Tournament</u></b> 1:00pm-2:30pm (Solmaz)</p>	<p><b>16</b></p> <p><b><u>Communication/Conversation</u></b> 1:00pm-2:30pm (Tiffany)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Jan) Topic: Community Resources</p>	<p><b>17</b></p> <p><b><u>Looming/Knitting/Crocheting</u></b> 10:30am-11:45am (Jan)</p> <p><b><u>Movies highlighting Disabilities</u></b> 1:00pm-2:30 pm (Jan)</p>	<p><b>18</b></p> <p><b><u>Deaf Support Group</u></b> 10:30am-11:30am (Carole)</p> <p><b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, incl. shoe rental</p>
<p><b>21</b></p> <p><b><u>UILC CLOSED FOR</u></b></p> <p><b><u>MARTIN LUTHER</u></b></p> <p><b><u>KING JR. DAY</u></b></p>	<p><b>22</b></p> <p><b><u>Peer Support Group</u></b> 10:30am-12:00pm (Janice)</p> <p><b><u>WII Bowling Tournament</u></b> 1:00pm-2:30pm (Solmaz)</p> <p><b><u>ASPIRE</u></b> 4:00pm-5:00pm (April)</p>	<p><b>23</b></p> <p><b><u>Communication/Conversation</u></b> 1:00pm-2:30pm (Tiffany)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Jan) Topic: Community Resources</p>	<p><b>24</b></p> <p><b><u>Looming/Knitting/Crocheting</u></b> 10:30am-11:45am (Jan)</p> <p><b><u>Movies highlighting Disabilities</u></b> 1:00pm-2:30 pm (Jan)</p>	<p><b>25</b></p> <p><b><u>Deaf Support Group</u></b> 10:30am-11:30am (Carole)</p> <p><b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, incl. shoe rental</p>
<p><b>28</b></p> <p><b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany)</p> <p><b><u>Peer Support Group</u></b> 1:30pm-3:00 pm (Solmaz)</p>	<p><b>29</b></p> <p><b><u>Peer Support Group</u></b> 10:30am-12:00pm (Janice)</p> <p><b><u>WII Bowling Tournament</u></b> 1:00pm-2:30pm (Solmaz)</p>	<p><b>30</b></p> <p><b><u>Communication/Conversation</u></b> 1:00pm-2:30pm (Tiffany)</p> <p><b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Jan) Topic: Community Resources</p>	<p><b>31</b></p> <p><b><u>Looming/Knitting/Crocheting</u></b> 10:30am-11:45am (Jan)</p> <p><b><u>Legislative Coalition for People with Disabilities (LCPD) Reception</u></b> State Capitol Rotunda 4:30pm-6:00pm, RSVP required</p>	

# Utah Independent Living Center Class Descriptions– January 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:

**Deaf Support Group** 10:30am-11:30am *Assigned staff: Carole*

This peer group works to help people with deafness or who are hard of hearing adjust to a more independent life in the community.

**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

Carole Tomkinson (Deaf Expansion Program) **801-657-5220 (video phone)**

Janice McCullough (Assistive Technology Service Coordinator) x 208

Tiffany Montoya (Assistive Technology Program) x 220