

Mon

Tue

Wed

Thu

Fri

March 2019

UILC CLASSES



*Friday Bowling- \$2 per game, incl. shoe rental



1
UILC Chefs
 10:30am-12:00pm (Chris)
 \$3 Donation/Class
Bonwood Bowling *
 2:00pm-3:30pm (Jan)
 2500 S. Main St.

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

5
Peer Support Group
 10:30am-12:00pm (Chris)
WII Bowling Tournament
 1:00pm-2:30pm (Solmaz)
Card Games
 3:00pm-4:30pm (Chris)

6
Music Appreciation
 10:30am-11:30am (Chris)
Communication/Conversation
 1:00pm-2:30pm (Chris)
Young Adult Group (Recreation)
 3:00pm-4:30pm (Jan)

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

8
UILC Chefs
 10:30am-12:00pm (Chris)
 \$3 Donation/Class
Bonwood Bowling *
 2:00pm-3:30pm (Jan)
 2500 S. Main St.

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

12
Peer Support Group
 10:30am-12:00pm (Chris)
WII Bowling Tournament
 1:00pm-2:30pm (Solmaz)
Board Games
 3:00pm-4:30pm (Chris)

13
Music Appreciation
 10:30am-11:30am (Chris)
Communication/Conversation
 1:00pm-2:30pm (Chris)
Young Adult Group (Recreation)
 3:00pm-4:30pm (Jan)

14
Looming/Knitting/Crocheting
 10:30am-12:00pm (Jan)
Outing-Sportsman Expo
 9575 S. State St., Draper
 1:00pm-3:00pm (Jan)
 Limited donated tickets!

15
UILC Chefs
 10:30am-12:00pm (Chris)
 \$3 Donation/Class
Bonwood Bowling *
 2:00pm-3:30pm (Jan)
 2500 S. Main St.

18
Express Yourself Through Writing
 10:30am-12:30pm (Tiffany)
Peer Support Group
 1:30pm –3:00 pm (Chris)

19
Peer Support Group
 10:30am-12:00pm (Chris)
WII Bowling Tournament
 1:00pm-2:30pm (Solmaz)
WII Golf
 3:00pm-4:30pm (Chris)

20
Music Appreciation
 10:30am-11:30am (Chris)
Communication/Conversation
 1:00pm-2:30pm (Chris)
Young Adult Group (Recreation)
 3:00pm-4:30pm (Jan)

21
Looming/Knitting/Crocheting
 10:30am-12:00pm (Jan)
Outing– Clark Planetarium
 110 S. 400 W., SLC
 1:00pm-3:00pm (Jan)
 Free, or \$7/movie

22
UILC Chefs
 10:30am-12:00pm (Chris)
 \$3 Donation/Class
Bonwood Bowling *
 2:00pm-3:30pm (Jan)
 2500 S. Main St.

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

26
Peer Support Group
 10:30am-12:00pm (Chris)
WII Bowling Tournament
 1:00pm-2:30pm (Solmaz)
Puzzle Games (Scavenger Hunt)
 3:00pm-4:30pm (Chris)

27
Music Appreciation
 10:30am-11:30am (Chris)
Communication/Conversation
 1:00pm-2:30pm (Chris)
Young Adult Group (Recreation)
 3:00pm-4:30pm (Jan)

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

29
UILC Chefs
 10:30am-12:00pm (Chris)
 \$3 Donation/Class
Bonwood Bowling *
 2:00pm-3:30pm (Jan)
 2500 S. Main St.

Utah Independent Living Center Class Descriptions– March 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.

Tuesday:

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

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!

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

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

Wednesday:

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

This class will be talking sharing and talking about the types of music you enjoy and why. 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 different resources in the community that can help us live more independently.

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 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:

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

Solmaz Matboo (Transition and Diversion Specialist) x 212

Jan Bigelow (Community Integration) x 219

Tiffany Montoya (Assistive Technology Program) x 220