

Mon

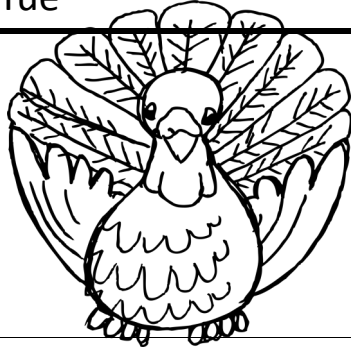
Tue

Wed

Thu

Fri

# UILC CLASSES NOVEMBER 2018



\* = one time opportunity

<p><b>1</b> <u>Light Exercise/Yoga</u> 10:30-11:30am (Jan) <u>Games Class</u> 1:00-2:30 pm (Jan) <b>*Independent Living Focus</b> <u>Group: Tell Us Your Opinion</u> 2:00-4:00 pm</p>	<p><b>2</b> <u>Deaf Support Group</u> 10:30-11:30 (Carole) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, incl. shoe rental</p>
<p><b>8</b> <u>Light Exercise/Yoga</u> 10:30-11:30am (Jan) <u>Lunch Buffet at Pizza Pie Café</u> 3078 W 7800 S, West Jordan 1:00-2:30 pm \$7.49 + drink and tax. UTA.</p>	<p><b>9</b> <u>Deaf Support Group</u> 10:30-11:30 (Carole) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, incl. shoe rental</p>
<p><b>15</b> <u>Light Exercise/Yoga</u> 10:30-11:30am (Jan) <u>Games Class</u> 1:00-2:30 pm (Jan)</p>	<p><b>16</b> <u>Deaf Support Group</u> 10:30-11:30 (Carole) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, incl. shoe rental</p>
<p><b>22</b> <b><u>UILC CLOSED FOR THANKS-GIVING</u></b></p>	<p><b>23</b> <b><u>UILC CLOSED FOR THANKS-GIVING</u></b></p>
<p><b>29</b> <u>Light Exercise/Yoga</u> 10:30-11:30am (Jan) <u>Festival of Trees</u> 9575 S State St, Sandy 1-3 pm, \$7 per ticket, UTA</p>	<p><b>30</b> <u>Deaf Support Group</u> 10:30-11:30 (Carole) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, incl. shoe rental</p>

**5**  
Express Yourself Through Writing  
10:30am-12:30pm (Tiffany)  
Peer Support Group  
1:30pm –3:00 pm (Aspyn)

**6**  
Peer Support Group  
10:30am-12:00pm (Aspyn)  
ASPIRE  
4:00pm-5:00pm (Debbie Sarah)  
Healthy Cooking  
1:30pm-3:00pm (Aspyn)

**7**  
Drama /Acting  
1:00pm-2:30 pm (Aspyn)  
Young Adult Group  
3:00pm-4:30pm (Jan)  
**\*Employment and Disability Training** 3:00-5:00 pm

**12**  
**UILC CLOSED FOR VETERANS DAY**

**13**  
Peer Support Group  
10:30am-12:00pm (Aspyn)  
Healthy Cooking  
1:30pm-3:00pm (Aspyn)

**14**  
Drama /Acting  
1:00pm-2:30 pm (Aspyn)  
Young Adult Group  
3:00pm-4:30pm (Jan)

**19**  
Express Yourself Through Writing  
10:30am-12:30pm (Tiffany)  
Peer Support Group  
1:30pm –3:00 pm (Aspyn)

**20**  
Peer Support Group  
10:30am-12:00pm (Aspyn)  
ASPIRE  
4:00pm-5:00pm (Debbie Sarah)  
Healthy Cooking  
1:30pm-3:00pm (Aspyn)

**21**  
Drama /Acting  
1:00pm-2:30 pm (Aspyn)  
Young Adult Group  
3:00pm-4:30pm (Jan)

**26**  
Express Yourself Through Writing  
10:30am-12:30pm (Tiffany)  
Peer Support Group  
1:30pm –3:00 pm (Aspyn)

**27**  
Peer Support Group  
10:30am-12:00pm (Aspyn)  
Healthy Cooking  
1:30pm-3:00pm (Aspyn)

**28**  
Drama /Acting  
1:00pm-2:30 pm (Aspyn)  
Young Adult Group  
3:00pm-4:30pm (Jan)

# Utah Independent Living Center Class Descriptions– November 2018

## 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: Aspyn*

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: Aspyn*

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

**Healthy Cooking** 1:30pm-3:00 *Assigned Staff: Aspyn*

This class goes through basic skills needed for cooking. The class learns to prepare simple, healthy meals that consumers can make in their everyday lives, with or without a recipe.

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

Youth consumers will learn a variety of independent living skills.

## Wednesday:

**Drama/Acting** 1:00-2:30 pm *Assigned staff: Aspyn*

Students will learn a variety of acting and improv games designed to improve problem solving and thinking on your feet, as well as emoting.

**Deaf Home Arts** 1:30-2:30 pm *Assigned Staff: Carole*

Consumers will learn a variety of home arts at the Sanderson Center.

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

For consumers age 18-28, this class introduces and elaborates on independent living skills.

## Thursday:

**Light Exercise/Yoga** 10:30-11:30am *Assigned Staff: Jan*

This group will participate in a variety of light exercises and yoga.

**Board Games** 1:00pm-2:30pm *Assigned Staff: Jan*

Come socialize and get to know others through playing some of your favorite board games, and learn a few new games too!

**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** 10:30-11:30 *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**

Aspyn Bennett (Independent Living Specialist) x 205

Jan Bigelow (Community Integration) x 209

Tiffany Montoya (Assistive Technology Program) x 220

Debbie Sarah Gamarra (Life Skills Specialist) x 215

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