



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Peer Support Group</u> 1:30pm –3:00 pm (Aspyn)</p>	<p>2</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Aspyn)</p> <p><u>Healthy Cooking</u> 1:00pm-2:30pm (Aspyn)</p> <p><u>ASPIRE</u> 4:00pm-5:00pm (Debbie Sarah)</p>	<p>3</p> <p><u>Photography Class*</u> 1:30pm-3:00pm (Aspyn)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm (Jan)</p>	<p>4</p> <p><u>Fishing</u> 10:30am-1:30pm (Jan)</p>	<p>5</p> <p><u>Art Class</u> 10:00am-12:00pm (Aspyn)</p> <p><u>Bonwood Bowling **</u> 2:00pm-3:30pm (Jan)</p>
<p>8</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Peer Support Group</u> 1:30pm –3:00 pm (Aspyn)</p>	<p>9</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Aspyn)</p> <p><u>Healthy Cooking</u> 1:00pm-2:30pm (Aspyn)</p>	<p>10</p> <p><u>Photography Class*</u> 1:30pm-3:00pm (Aspyn)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm (Kathy)</p>	<p>11</p> <p><u>Outing– WitchFest at Gardener Village</u> 1:00pm-3:00pm (Jan)</p>	<p>12</p> <p><u>Art Class</u> 10:00am-12:00pm (Aspyn)</p> <p><u>Bonwood Bowling **</u> 2:00pm-3:30pm (Jan)</p>
<p>15</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Peer Support Group</u> 1:30pm –3:00 pm (Aspyn)</p>	<p>16</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Aspyn)</p> <p><u>Healthy Cooking</u> 1:00pm-2:30pm (Aspyn)</p> <p><u>ASPIRE</u> 4:00pm-5:00pm (Debbie Sarah)</p>	<p>17</p> <p><u>Photography Class*</u> 1:30pm-3:00pm (Aspyn)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm (Jan)</p>	<p>18</p> <p><u>Fishing</u> 10:30am-1:30pm (Jan)</p> <p>ART SHOW 4:00pm-6:30pm (Aspyn)</p>	<p>19</p> <p><u>Coming Soon in November!</u> <u>History Class</u> 10:30am-11:30am (Aspyn)</p> <p><u>Bonwood Bowling **</u> 2:00pm-3:30pm (Jan)</p>
<p>22</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Peer Support Group</u> 1:30pm –3:00 pm (Aspyn)</p>	<p>23</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Aspyn)</p> <p><u>Healthy Cooking</u> 1:00pm-2:30pm (Aspyn)</p>	<p>24</p> <p><u>Coming Soon in November:</u> <u>Drama/Acting Class</u> 1:00pm-2:30pm (Aspyn)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm (Jan)</p>	<p>25</p> <p><u>Halloween Party</u> UILC Office 12:00pm-2:00pm</p> <p>Free, come dressed up! Light lunch will be served</p> 	<p>26</p> <p><u>Coming Soon in November!</u> <u>History Class</u> 10:30am-11:30am (Aspyn)</p> <p><u>Bonwood Bowling **</u> 2:00pm-3:30pm (Jan)</p>
<p>29</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>Peer Support Group</u> 1:30pm –3:00 pm (Aspyn)</p>	<p>30</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Aspyn)</p> <p><u>Healthy Cooking</u> 1:00pm-2:30pm (Aspyn)</p>	<p>31</p> <p><u>Coming Soon in November:</u> <u>Drama/Acting Class</u> 1:00pm-2:30pm (Aspyn)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm (Jan)</p>	<p><u>Returning in November!</u> <u>Light Exercise/Yoga Class</u> 10:30am-11:30am (Jan)</p> <p><u>Games Class</u> 1:00pm-2:30pm (Jan)</p>	<p><i>*MUST bring camera or phone to take pictures with</i></p> <p>**Bonwood Bowl 2500 S. Main St., \$2 per game, including shoe rental</p>

Utah Independent Living Center Class Descriptions– October 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 1:00pm-2:30pm *Assigned Staff: Aspyn*

This class will be using recipes based off the Food Sense program this past Summer. There will be vegan and regular versions of each 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:

Photography Class 1:30-3:00pm *Assigned staff: Aspyn*

Photography students will learn basic skills on a variety of cameras, including smartphones, digital and disposable film. **MUST bring camera or phone to take pictures with.

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

For consumers age 18-28, this class introduces and elaborates on independent living skills. In October we will be learning basic cooking skills and cook a few healthy recipes.

Thursday:

Fishing 10:30-1:30pm *Assigned Staff: Jan*

This group will go to local ponds and have an opportunity to fish.

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.

ART SHOW October 18th 4:00pm-6:30pm *Assigned Staff: Aspyn*

This art show will exhibit work done by the Art and Photography classes over the past few months. Light refreshments will be served.

Friday:

Art Class 10:00am-12:00pm *Assigned staff: Aspyn*

Art students will learn to express themselves through a variety of media including painting, sculpture, photography and collage.

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)**