

Mon	Tue	Wed	Thu	Fri	
<h1>UILC Classes</h1>	1 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Cooking</u> 1:00pm-2:30pm (Jana)	2 <u>Just Dance Exercise</u> 1:00pm – 2:00pm (Jana) <u>Young Adult Group</u> (Cooking) 3:00pm-4:30pm (Jana)	3 <u>Walking/Fishing</u> 11:30am-3:00pm (Jan) Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.	4 <u>Cross Stitching</u> 11:00am-12:00pm (Jana) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)	
	7 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>How the Body Works</u> 1:00pm-2:00pm (Jana)	8 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Cooking</u> 1:00pm-2:30pm (Jana)	9 <u>Outing– Phantom of the Opera</u> Hale Theater@9900 S Monroe Street, Sandy 12:30am-3:30pm Free. Limited donated tickets <u>MUST RSVP</u>	10 <u>Walking/Fishing</u> 11:30am-3:00pm (Jan) Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.	11 <u>Cross Stitching</u> 11:00am-12:00pm (Jana) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)
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	21 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>How the Body Works</u> 1:00pm-2:00pm (Jana)	22 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Cooking</u> 1:00pm-2:30pm (Jana)	23 <u>Just Dance Exercise</u> 1:00pm – 2:00pm (Jana) <u>Young Adult Group</u> (Cooking) 3:00pm-4:30pm (Jana)	24 <u>Walking/Fishing</u> 11:30am-3:00pm (Jan) Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.	26 <u>Cross Stitching</u> 11:00am-12:00pm (Jana) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)
	28 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>How the Body Works</u> 1:00pm-2:00pm (Jana)	29 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Cooking</u> 1:00pm-2:30pm (Jana)	30 <u>Just Dance Exercise</u> 1:00pm – 2:00pm (Jana) <u>Young Adult Group</u> (Cooking) 3:00pm-4:30pm (Jana)	31 <u>Outing– UILC Halloween Party</u> UILC Skills Center 12:00am-2:00pm Free. Feel free to come dressed up <u>Food served from 12 pm to 1:30 pm or until gone</u>	<h1>October 2019</h1>



Utah Independent Living Center Class Descriptions– October 2019

Please contact the staff person over the class you are interested in attending, by calling the front desk at 801-466-5565.

Monday:

Express Yourself Through Writing 10:30am-12:30pm *Assigned Staff: Tiffany*

This class strives to help consumers express feelings through poetry while also assisting with writing and public speaking skills.

How the body works 1pm –2pm *Assigned Staff: Jana*

In this class we will be discussing why it's important to take care of your body, how it affects your health and ability to function during the day.

Tuesday:

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

This peer group provides an environment where people with all disabilities can support and encourage each other, to adjust to a more independent life at home and in the community.

Cooking 1:00pm-2:30pm *Assigned Staff: Jana*

We will be learning the different ways to cook using the stove and the microwave.

Wednesday:

Just Dance Exercise 1:00pm-2:00pm *Assigned Staff: Jana*

Come prepared to move! In this class we will be dancing to Just Dance videos. We will be following the movements in the video to songs we all know and love.

Young Adult Group (Cooking) 3:00pm-4:30pm *Assigned Staff: Jana*

For consumers age 18-28, this class introduces and elaborates on independent living skills. This month young adults will be learning about the different ways to cook.

Thursday:

Walking/Fishing 11:30am-3:00pm *Assigned Staff: Jan*

This fishing/walking group will meet at the UILC and then go to various ponds/lakes that have walking trails available. Participants can fish (with the appropriate fishing license) and/or walk on the trails. Fishing gear available upon request. Please bring a lunch as we will eat lunch at the various locations.

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:

Cross stitching 11:00am-12:00pm *Assigned Staff: Jana*

In this class we will learn the basics of cross stitching. We will make a Halloween decoration to be able to hang in your home.

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).