


UILC Classes

September 2018

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>CLOSED FOR</p>  <p>LABOR DAY</p>	<p>4</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Aspyn)</p> <p><u>Disaster Preparedness/First Aid</u> 1:30pm-2:30pm (Aspyn)</p> <p><u>ASPIRE</u> 4:00pm-5:00pm (Debbie Sarah)</p>	<p>5</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>6</p> <p><u>Light Exercise/Yoga</u> 10:30-11:30am (Jan)</p> <p><u>OUTING- COMIC CONVENTION</u> 2:00pm-4:00pm (Jan) RSVP Required, limited tickets!</p>	<p>7</p> <p><u>Art Class</u> 10:00am-12:00pm (Aspyn)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, including shoe rental</p>
<p>10</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>11</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Aspyn)</p> <p><u>Disaster Preparedness/First Aid</u> 1:30pm-2:30pm (Aspyn)</p>	<p>12</p> <p><u>STATE FAIR OUTING- \$1/person</u> 10am-3pm (Jan) RSVP Required</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>13</p> <p><u>Light Exercise/Yoga</u> 10:30-11:30am (Jan)</p> <p><u>Board Games</u> 1:00pm -2:30pm (Jan)</p>	<p>14</p> <p><u>Art Class</u> 10:00am-12:00pm (Aspyn)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, including shoe rental</p>
<p>17</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>18</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Aspyn)</p> <p><u>Disaster Preparedness/First Aid</u> 1:30pm-2:30pm (Aspyn)</p> <p><u>ASPIRE</u> 4:00pm-5:00pm (Debbie Sarah)</p>	<p>19</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>20</p> <p><u>Light Exercise/Yoga</u> 10:30-11:30am (Jan)</p> <p><u>Board Games</u> 1:00pm -2:30pm (Jan)</p>	<p>21</p> <p><u>Art Class</u> 10:00am-12:00pm (Aspyn)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, including shoe rental</p>
<p>24</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>25</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Aspyn)</p> <p><u>Disaster Preparedness/First Aid</u> 1:30pm-2:30pm (Aspyn)</p>	<p>26</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>**MUST bring camera or phone to take pictures with</p>	<p>27</p> <p><u>Light Exercise/Yoga</u> 10:30-11:30am (Jan)</p> <p><u>Outing- Ogden Dinosaur Park</u> 1:00pm -3:30pm (Jan) RSVP Required, limited seating, \$3/person</p>	<p>28</p> <p><u>Art Class</u> 10:00am-12:00pm (Aspyn)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2 per game, including shoe rental</p>

Utah Independent Living Center Class Descriptions- September 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.

Disaster Preparedness & First Aid 1:30pm-2:30pm *Assigned Staff: Aspyn*

This class will cover what to do in emergencies, what kind of things to pack with you, how to prepare food when there is no electricity, basic first aid, and basic disaster preparedness.

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.

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:

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)**