



### Utah Independent Living Center

Office Location: 52 N. Main St. Tooele, UT 84074

#### Contact: 435-843-7353

Cheri Gunderson Outreach Specialist Independent Living Program

Angie King Life Skills Trainer Education Enhancement Program

## We are here to help you increase your skills at home and in the community.

Please note: services and classes can be done individually or as a group and more classes will be added as needed. If you would like more information or would like to suggest a class, please contact us. In addition to direct services, we can offer information and referral to organizations and groups.

#### Class Notes:

- The IL Skills class is for anyone needing to work on basic skills.
- All classes/activities are for **anyone** age 18+.
- There is a small cost associated with some of the classes and activities as noted.
- Bowling costs are \$2.50 for 1 hour. If you have your own bowling shoes it costs \$2.00 for the hour. Bring <u>EXACT</u> change! Snacks: \$ vary
- Bus training is available from UILC.

Consumers: Some of our skills classes have a suggested donation cost listed. If you are unable to donate, we still want you to come be part of the class! Bowling and some Wednesday outings cost and need to be paid by you.

# February

#### Ongoing Classes

- Independent Living Skills class every Monday 12:30-1:30 pm
- Additional IL Skills Class will be added <u>as</u> <u>needed</u>. These classes rotate and include skills such as: interviewing for jobs, budget, sewing, etc,
- Wednesdays: Outings twice a month and Games/Movies twice a month. 12 –4:00 pm (12-2:30 on game day)
- One on One Skills appointments available
- Bowling every Thursday 2:00 pm
- Visit our website: uilc.org

#### Transportation Notes:

- Community outings originate at our office and end at the location of activity or at the office. You can drop off at our office and we will transport to location. Each person is responsible to arrange transportation. Please be on time.
- We encourage all our consumers to use public transportation with the UTA bus for Tooele and the Tooele County Shuffle for Grantsville and Stansbury areas. <u>435-843-4114</u>. Cost is \$1.25 each way. Family picks you up at location.
- Our center offers limited transportation to consumers. Please call <u>435-843-7353</u> to schedule.

Mon	Tue	Wed	Thu	Fri	
**Remember** Practice your recipes from Cook- ing Class at home and report back to us!		**Our outings are limited seating and require RSVP to reserve your seat! <u>EVERY TIME!!</u>			1
4 IL Skills Class Cooking <u>\$3.00</u> 12:30-1:30 p.m.	5	AHEAD of TIME !! 6 Community Outing Scheels: tour, carousel 12-4 pm. Bring sack lunch, drink,/water	7 Bowling All Star Lanes 2:00 pm <u>\$2.00 or 2.50</u> with shoe rental <u>EXACT</u> change needed		8
11 IL Skills Class Craft Day 12:30-1:30 pm	12	<b>Game/Movie Day</b> **NEW TIME** 12:00-2:30 p.m Bring sack lunch, drink/water	14 Bowling All Star Lanes 2:00 pm <u>\$2.00 or 2.50</u> with shoe rental <u>EXACT</u> change needed		15
18 Office Closed! Presidents Day	19	20 Community Outing Cabela's: tour 12-4-p.m. Bring \$5.00 to buy a treat if you like Bring sack lunch, drink,/water	21 Bowling All Star Lanes 2:00 pm <u>\$2.00 or 2.50</u> with shoe rental <u>EXACT</u> change needed		22
25 <u>IL Skills Class</u> 12:30-1:30 p.m	26	27 Game/Movie Day **NEW TIME** 12:00-2:30 p.m Bring sack lunch, drink/water	28 Bowling All Star Lanes 2:00 pm <u>\$2.00 or 2.50</u> with shoe rental <u>EXACT</u> change needed		