
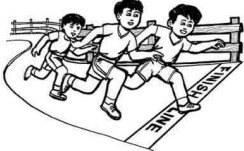




June 2017



Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;"><u>27th Annual 5K Run and Roll</u></p> <p style="text-align: center;">Saturday, June 3, 2017 <i>Jordan River Trailhead Park</i> 1021 W 2320 S Registration at 8:30am. Race begins at 9:30am. \$20 before race day; \$25 at race. Children 12 and under \$10</p>  			<p style="text-align: center;">1 <u>Fishing</u> 10:30am-1:30pm (Michael)</p>	<p style="text-align: center;">2 <u>Gardening/ Health and Wellness</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</p>
<p>5 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Easy Exercises</u> 1:30pm– 2:30pm (Audrey)</p>	<p>6 <u>Peer Support Group</u> 10:30am-12:00pm (Audrey) <u>Stepping Stones to Independence</u> 1:00pm– 2:30pm (Audrey)</p>	<p>7 <u>Advocacy and Disability Culture</u> 10:30am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>Young Adult Group</u> 3:00pm-4:30pm (Michael)</p>	<p>8 <u>Fishing</u> 10:30am-1:30pm (Michael)</p>	<p>9 <u>Gardening/ Health and Wellness</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</p>
<p>12 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Easy Exercises</u> 1:30pm– 2:30pm (Audrey)</p>	<p>13 <u>Peer Support Group</u> 10:30am-12:00pm (Audrey) <u>Stepping Stones to Independence</u> 1:00pm– 2:30pm (Audrey)</p>	<p>14 <u>Advocacy and Disability Culture</u> 10:30am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>Young Adult Group</u> 3:00pm-4:30pm (Michael)</p>	<p>15 <u>UILC Annual Picnic</u> 12:00pm-2:00pm 3050 S 500 E Free. Food served at 12:00pm until gone</p>	<p>16 <u>Gardening/ Health and Wellness</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</p>
<p>19 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Easy Exercises</u> 1:30pm– 2:30pm (Audrey)</p>	<p>20 <u>Peer Support Group</u> 10:30am-12:00pm (Audrey) <u>Stepping Stones to Independence</u> 1:00pm– 2:30pm (Audrey) <u>Deaf Expansion Skills Class</u> 10:30am–1:00pm (Carole)</p>	<p>21 <u>Advocacy and Disability Culture</u> 10:30am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>Young Adult Group</u> 3:00pm-4:30pm (Michael)</p>	<p>22 <u>Utah Arts Festival</u> 210 E 400S 1:00pm to 3:00pm Free. Bring money for food or eat before arriving</p>	<p>23 <u>Gardening/ Health and Wellness</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</p>
<p>26 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany) <u>Easy Exercises</u> 1:30pm– 2:30pm (Audrey)</p>	<p>27 <u>Peer Support Group</u> 10:30am-12:00pm (Audrey) <u>Stepping Stones to Independence</u> 1:00pm– 2:30pm (Audrey)</p>	<p>28 <u>Advocacy and Disability Culture</u> 10:30am– 12:00pm (Audrey) <u>Acting</u> 1:30pm-2:30pm (Michael) <u>Young Adult Group</u> 3:00pm-4:30pm (Michael)</p>	<p>29 <u>Fishing</u> 10:30am-1:30pm (Michael)</p>	<p>30 <u>Gardening/ Health and Wellness</u> 10:30am-12:00pm (Audrey) <u>Bonwood Bowling</u> 2:00pm-3:30pm 2500 S. Main St. (\$3.50 for 2 games) (Michael)</p>

Class Descriptions

Monday:

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

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

Easy Exercises 1:30pm-2:30pm *Assigned Staff: Audrey Wright*

This class is designed to help consumers develop and maintain skills in personal exercise.

Tuesday:

Adjusting to Disability Peer Support Group 10:30am-12:00pm *Assigned Staff: Audrey Wright*

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

Stepping Stones to Independence 1:00pm-2:30pm *Assigned Staff: Audrey Wright*

Designed by Silicon Valley Independent Living Center, this class focuses on improving independent living skills so that someone could live independently: covering a variety of topics like: finances, computer skills, rights as a renter, etc.

Deaf Expansion Class 10:30am-1:00pm *Assigned staff: Carole Tomkinson*

Skills designed specifically for the Deaf community. Class is held once a month. Contact Carole Tomkinson for more information.

Wednesday:

Advocacy and Disability Culture 10:30am-12:00pm *Assigned staff: Audrey Wright*

This class teaches about disability culture, the disability movement, disability in the media, self-advocacy, and participation in the legislative process.

Acting 1:30pm-2:30pm *Assigned Staff: Michael Lefevor*

The Independence Players is UILC's troupe of actors, all of whom have a disability in some way. Scripts cover social issues such as family stress and fair treatment in the community. Reading ability and weekly commitment are required.

Young Adult Group 3:00pm-4:30pm *Assigned Staff: Michael Lefevor*

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

Thursday:

Outings Times vary. *Assigned Staff: Michael Lefevor*

Exploring a variety of venues and activities, the group accesses the community via the use of UTA services. (\$2.50 one way or \$1.25 one way with a reduced fare card)

Fishing: 10:30am-1:30pm

Consumers are invited to experience the joys of fishing at community ponds. Please bring your own fishing pole, tackle, and license. For help obtaining a fishing license, see Michael. Limited supplies are available for those who need them. Please also bring a sack lunch that does **not** need to be heated.

Friday:

Gardening 10:30am-12:00pm *Assigned Staff: Audrey Wright*

Consumers will learn how to plan a garden, start seeds, and transplant into a garden. Consumers will also learn how to tend and harvest the garden.

Health and Wellness 10:30am-1:30pm

Sharing a time with Gardening, Consumers will learn how to develop skills associated with Health and Wellness. Lessons will include an optional sex education class..

Bonwood Bowling 2:00pm-3:30pm *Assigned Staff: Michael Lefevor*

UILC meets once a week at Bonwood Bowling, located at 2500 South Main St. Prices are discounted for UILC consumers (\$3.50 for 2 games including shoes)

Staff Contact: 801-466-5565

Michael Lefevor (Community Integration) X209

Audrey Wright (Independent Living) x 215

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