

Mon

Tue

Wed

Thu

Fri

**July 2020  
UILC Classes**

Classes in BLUE will be at the center.  
Classes in GREEN will be on ZOOM  
Classes in ORANGE will be a blog for Current participants only

All Consumers coming to the center **Must Wear A Mask** and **Must only go to the back building**. Consumers are only here for 1 class a day and NOT able to hang out and visit the front offices. Thank you.

**6**  
Express Yourself Through Writing  
(Current Participants only)  
10:30am-12:30pm (Tiffany)  
Social Skills  
1:30pm-2:30pm (Jana)

**7**  
Peer Support Group  
10:30am-12:00pm (Jana)  
Basic Computer Skills  
1:00pm-2:00pm (Jana)  
Totally TEEN  
3:00pm-4:00pm (Kathy)

**13**  
Express Yourself Through Writing  
(Current Participants only)  
10:30am-12:30pm (Tiffany)  
Social Skills  
1:30pm-2:30pm (Jana)

**14**  
Peer Support Group  
10:30am-12:00pm (Jana)  
Basic Computer Skills  
1:00pm-2:00pm (Jana)  
Totally TEEN  
3:00pm-4:00pm (Kathy)

**20**  
Express Yourself Through Writing  
(Current Participants only)  
10:30am-12:30pm (Tiffany)  
Social Skills  
1:30pm-2:30pm (Jana)

**21**  
Peer Support Group  
10:30am-12:00pm (Jana)  
Basic Computer Skills  
1:00pm-2:00pm (Jana)  
Totally TEEN  
3:00pm-4:00pm (Kathy)

**27**  
Express Yourself Through Writing  
(Current Participants only)  
10:30am-12:30pm (Tiffany)  
Social Skills  
1:30pm-2:30pm (Jana)

**28**  
Peer Support Group  
10:30am-12:00pm (Jana)  
Basic Computer Skills  
1:00pm-2:00pm (Jana)  
Totally TEEN  
3:00pm-4:00pm (Kathy)

**1**  
How the Body Works  
11:00am- 12:00pm (Jana)  
Changing Life Perceptions  
1:00pm – 2:00pm (Todd)  
Young Adult Group  
(Disability History)  
3:00pm-4:00pm (Jana)

**8**  
How the Body Works  
11:00am- 12:00pm (Jana)  
Changing Life Perceptions  
1:00pm – 2:00pm (Todd)  
Young Adult Group  
(Disability History)  
3:00pm-4:00pm (Jana)

**15**  
How the Body Works  
11:00am- 12:00pm (Jana)  
Changing Life Perceptions  
1:00pm – 2:00pm (Todd)  
Young Adult Group  
(Disability History)  
3:00pm-4:00pm (Jana)

**22**  
How the Body Works  
11:00am- 12:00pm (Jana)  
Changing Life Perceptions  
1:00pm – 2:00pm (Todd)  
Young Adult Group  
(Disability History)  
3:00pm-4:00pm (Jana)

**29**  
How the Body Works  
11:00am- 12:00pm (Jana)  
Changing Life Perceptions  
1:00pm – 2:00pm (Todd)  
Young Adult Group  
(Disability History)  
3:00pm-4:00pm (Jana)

**2**  
Miniature Golf at Mulligans  
692 W 10600 S South Jordan  
1:00pm-3:00pm  
\$7.50/person  
Must RSVP for possible group discount

**9**  
Cartoon Drawing Class  
10:30am –12:00pm  
Exercise Class  
1:00pm-2:00pm

**16**  
Walking/Fishing at Silver Lake  
8073 Big Cottonwood Canyon Rd. Brighton  
12:30pm-3:30pm  
Free. Wheelchair accessible boardwalk surrounding the lake. Bring your own lunch and fishing gear. (Fishing license required)  
Limited transportation available

**23**  
Cartoon Drawing Class  
10:30am-12:00pm  
Exercise Class  
1:00pm-2:00pm

**30**  
Cycling with the National Ability Center  
1000 Ability Way, Park City  
12:00pm-3:00pm  
\$15/person, limit 18 people  
Limited transportation available. Meet at UILC 11:00am, returning 4:00pm

**3**  
**Center Closed For**  
**4th of July**

**10**  
Meditation  
10:30am-12:00pm (Jana)  
Bonwood Bowling  
2:00pm-3:30pm (Jan)  
2500 S. Main St. (Meet there)  
\$2/game (includes shoes)  
Please Wear A Mask

**17**  
Meditation  
10:30am-12:00pm (Jana)  
Bonwood Bowling  
2:00pm-3:30pm (Jan)  
2500 S. Main St. (Meet there)  
\$2/game (includes shoes)  
Please Wear A Mask

**24**  
**Center closed for**  
**24th of July**

**31**  
Meditation  
10:30am-12:00pm (Jana)  
Bonwood Bowling  
2:00pm-3:30pm (Jan)  
2500 S. Main St. (Meet there)  
\$2/game (includes shoes)  
Please Wear A Mask

## Utah Independent Living Center Class Descriptions– July 2020

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** 10:30pm-12:30pm *Assigned Staff: Tiffany*

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

**Social Skills** 1:30pm –2:30pm *Assigned Staff: Jana*

This class will go over how to interact with others and how to make a good impression while out in the public

### 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.

**Basic Computer Skills** 1:00pm-2:00pm *Assigned Staff: Jana*

This class will go over the basics of how to use a computer.

**Totally TEEN** 3:00pm-4:00pm *Assigned Staff: Kathy*

For consumers age 12-17, This class introduces different independent living skills. This month we will be talking about money management.

### Wednesday:

**How The Body Works** 11:00am-12:00pm *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.

**Changing Life Perceptions** 1:00pm-2:00pm *Assigned Staff: Todd*

This class will be an introduction to changing the perceptions you have, of things, in the chaotic times we are in.

**Young Adult Group (Disability History)** 3:00pm-4:00pm *Assigned Staff: Jana*

For consumers age 18-28, this class introduces and elaborates on independent living skills. This month we will be talking about the history of people with disabilities.

### Thursday:

**Cartoon Drawing class** 10:30am-12:00pm *Assigned Staff: Norm/Jana*

Come learn about the basics of how to draw cartoon characters.

**Exercise Class** 1:00pm-2:00pm *Assigned Staff: Jan*

We will be doing basic stretches and exercises in this class.

**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:

**Meditation** 10:30am-12:00pm *Assigned Staff: Jana*

In this class we will discover how meditation can help you with stress and anxiety, the different types of meditation and how you practice it. We will take time in class to experience meditation in its different forms

**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).