


Mon	Tue	Wed	Thu	Fri
<p>Please contact UILC if you have any Covid related financial needs</p>	<p>1 <u>Peer Support Group (Zoom)</u> 10:30am-12:00pm (Jana) <u>Basic Cartoon Drawing (In-Person)</u> 1:00pm– 2:00pm (Jana) <u>Totally TEEN (Zoom)</u> 4:00pm-5:00pm (Hailee)</p>	<p>2 <u>How the World Works (In-person)</u> 11:00am– 12:00pm (Jana) <u>Spirit Club Exercise (In-person)</u> 12:30pm-1:30pm (Jana) <u>Young Adult Group (Zoom)</u> (Vocational Skills) 3:00pm-4:00pm (Jana)</p>	<p>3 <u>Outing:-Nicklemania</u> 1:00pm-3:00pm 6051 S. State St., Murray \$1 Entry, bring Money for games! Eat before you come</p>	<p>4 <u>Spirit Club Meditation (Zoom)</u> 10:30am-11:30pm (Jana) <u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>7 <u>Express Yourself Through Writing (Blog)</u> <u>New Participants needed</u> <u>Contact Tiffany if interested</u> 10:30am-12:30pm (Tiffany) <u>Gardening (Zoom)</u> 1:30pm-2:30pm (Jana)</p>	<p>8 <u>Peer Support Group (Zoom)</u> 10:30am-12:00pm (Jana) <u>Basic Cartoon Drawing (In-Person)</u> 1:00pm– 2:00pm (Jana) <u>Totally TEEN (Zoom)</u> 2:30pm-3:30pm (Hailee)</p>	<p>9 <u>How the World Works (In-person)</u> 11:00am– 12:00pm (Jana) <u>Spirit Club Exercise (In-person)</u> 12:30pm-1:30pm (Jana) <u>Young Adult Group (Zoom)</u> (Vocational Skills) 3:00pm-4:00pm (Jana)</p>	<p>10 <u>Walking/Fishing</u> 11:00am– 3:00pm (Jan) Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing. Limited transportation available</p>	<p>11 <u>Spirit Club Meditation (Zoom)</u> 10:30am-11:30pm (Jana) <u>Bonwood Bowling</u> 1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
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<p>28 <u>Express Yourself Through Writing (Blog)</u> <u>New Participants needed</u> <u>Contact Tiffany if interested</u> 10:30am-12:30pm (Tiffany) <u>Gardening (Zoom)</u> 1:30pm-2:30pm (Jana)</p>	<p>29 <u>Peer Support Group (Zoom)</u> 10:30am-12:00pm (Jana) <u>Basic Cartoon Drawing (In-Person)</u> 1:00pm– 2:00pm (Jana) <u>Totally TEEN (Zoom)</u> 2:30pm-3:30pm (Hailee)</p>	<p>30 <u>How the World Works (In-person)</u> 11:00am– 12:00pm (Jana) <u>Spirit Club Exercise (In-person)</u> 12:30pm-1:30pm (Jana) <u>Young Adult Group (Zoom)</u> (Vocational Skills) 3:00pm-4:00pm (Jana)</p>	<div style="text-align: center;">  <p>June 2021 UILC Classes</p> </div>	
<p>All Consumers coming to the center Must Wear A Mask, Be Symptom Free, and Must Only Go To The Back Building. Consumers are NOT able to hang out and visit the front offices. Thank you.</p>				

Utah Independent Living Center Class Descriptions– June 2021

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 (Computer Blog) 10:30pm-12:30pm *Assigned Staff: Tiffany* (Contact Tiffany if Interested)

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

Gardening (Zoom) 1:30pm –2:30pm *Assigned Staff: Jana*

We will be learning about how to plant and take care of a garden. We will be starting with planting seeds and then transferring them out to the garden outside later in the season.

Tuesday:

Peer Support Group (Zoom) 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 Cartoon Drawing Class (In-Person) 1:00pm-2:00pm *Assigned Staff: Jana*

We will learn the basics of how to draw cartoon characters by following drawing videos online and getting tips from amateur artists.

Totally TEEN (Zoom) 4:00pm-5:00pm After June 8: 2:30pm-3:30pm *Assigned Staff: Hailee*

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

Wednesday:

How the World Works (In-Person) 11:00am-12:00pm *Assigned Staff: Jana*

This class will go over how the world works. We will talk about the oceans and lakes, gravity, animals, rocks, and more.

Spirit Club Exercise (In-Person) 12:30pm-1:30pm *Assigned Staff: Jan*

We are continuing with Spirit Club to bring you some new exercise opportunities! These will include fitness and strength training to accommodate all ability levels. No exercise equipment needed. By joining this class you will also have online access to all the Zoom exercise classes provided by Spirit Club, available on-demand any day or night

Young Adult Group (Vocational Skills) (Zoom) 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 learning about getting a job and how to keep a job.

Thursday:

Walking/Fishing (In-Person) 11:00am-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:

Meditation w/ Spirit Club (Zoom) 10:30am-11:30am *Assigned Staff: Jana*

We are teaming up with Spirit Club to do some Meditating. Come join us while we explore meditation. We will have a short lesson on different aspects of meditating. We will meditate for the last 30 minutes of class. You can grab a pillow or mat to sit on while meditating or just relax in a chair, it's up to you.

Bonwood Bowling 1:30pm-3:00pm *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).