

Mon

Tue

Wed

Thu

Fri

**June 2022
UILC Classes**

Please contact UILC if you have any Covid related financial needs

***Saturday**

June 11th

5K Run & Roll!!!

Registration starts at 8:30am
Race starts at 9:30am

1
Beading (In-Person only)
For Deaf & Hearing participants
10:30am– 12:00pm (Jana & Sari)
Drawing (In-Person only)
1:00pm-2:00pm (Jan)
Young Adult Group (Zoom & In-Person)
(Recreational/ Leisure Skills)
3:00pm-4:00pm (Jana)

2
Meditation (Zoom & In Person)
10:30am– 11:30am (Jana)

Walking/Fishing (In-Person only)
11:45am -3:00pm (Jan)

3
Spirit Club Exercise (Zoom & In-Person)
11:30am-12:30pm (April)
Bonwood Bowling
1:30pm-3:00pm (Jan)
2500 S. Main St. (Meet there)
\$2/game (includes shoes)

6
Money Management (In-Person only)
10:30am-12:00 pm (Jana)
Job Skills (In-Person only)
1:00pm-2:00pm (Jana)

7
Peer Support Group (In-Person only)
10:30am-12:00pm (Jana)
Organizing Your Life (In-Person only)
1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom& In-Person)
4:00pm-5:00pm (Hailee)

8
Beading (In-Person only)
For Deaf & Hearing participants
10:30am– 12:00pm (Jana & Sari)
Drawing (In-Person only)
1:00pm-2:00pm (Jan)
Young Adult Group (Zoom & In-Person)
(Recreational/ Leisure Skills)
3:00pm-4:00pm (Jana)

9
*Outing– UILC 5K Fun Run & Roll on the 11th (Saturday)
See website for more information
Meditation (Zoom & In Person)
10:30am– 11:30am (Jana)
Walking/Fishing (In-Person only)
11:45am -3:00pm (Jan)

10
Spirit Club Exercise (Zoom & In-Person)
11:30am-12:30pm (April)
Bonwood Bowling
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\$2/game (includes shoes)

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1:00pm-2:00pm (Jana)

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17
Spirit Club Exercise (Zoom & In-Person) Moved to the Small Kitchen
11:30am-12:30pm (April)
Bonwood Bowling
1:30pm-3:00pm (Jan)
2500 S. Main St. (Meet there)
\$2/game (includes shoes)

20
Money Management (In-Person only)
10:30am-12:00 pm (Jana)
Job Skills (In-Person only)
1:00pm-2:00pm (Jana)

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Organizing Your Life (In-Person only)
1:00pm– 2:00pm (Jana)
Totally TEEN (Zoom& In-Person)
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Beading (In-Person only)
For Deaf & Hearing participants
10:30am– 12:00pm (Jana & Sari)
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(Recreational/ Leisure Skills)
3:00pm-4:00pm (Jana)

23
Outing– Annual UILC Picnic
Fitts Park,
3050 S. 500 E., SLC
12:00pm-1:30pm
Free, Please RSVP
Food served until gone

24
Spirit Club Exercise (Zoom & In-Person) Moved to the Small Kitchen
11:30am-12:30pm (April)
Bonwood Bowling
1:30pm-3:00pm (Jan)
2500 S. Main St. (Meet there)
\$2/game (includes shoes)

27
Money Management (In-Person only)
10:30am-12:00 pm (Jana)
Job Skills (In-Person only)
1:00pm-2:00pm (Jana)

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Peer Support Group (In-Person only)
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Organizing Your Life (In-Person only)
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Meditation (Zoom & In Person)
10:30am– 11:30am (Jana)

Walking/Fishing (In-Person only)
11:45am -3:00pm (Jan)

All Consumers coming to the center **Must Only Go To The Back Building.**
Consumers are **NOT** able to hang out and visit the front offices.
Thank you.

Utah Independent Living Center Class Descriptions– June 2022

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 has been canceled until further notice

Money Management (In-Person only) 10:30am –12:00pm *Assigned Staff: Jana*

Come learn about the basics of management and budgeting your money! You will be instructed on how to improve your personal finances and be able to save up for desired purchases and become more independent financially.

Job Skills (In-Person only) 1:00 pm– 2:00 pm *Assigned Staff: Jana*

We will learn what it takes to get a job. We will go over interviews, how to find a job, and how to keep a job.

Tuesday:

Peer Support Group (In-Person only) 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.

Organizing your Life (In-Person only) 1:00pm-2:00pm *Assigned Staff: Jana*

We will be learning the basics of how to keep your house and life free of clutter.

Totally TEEN (In-Person only) 4:00pm-5:00pm *Assigned Staff: Hailee*

For consumers age 12-17, This class introduces different independent living skills. Visit uilc.org and look at the teen summer flyer at the bottom of the page to find this month's topic.

Wednesday:

Beading (In-Person only) 10:30am-12:00pm *Assigned Staff: Jana & Sari*

This class is for the Deaf, Hard of Hearing, and People w/ Disabilities. We will be making projects with beads. From earrings to necklaces and more.

Drawing (In-Person only) 1:00pm-2:00pm *Assigned Staff: Jan*

We will have the opportunity to have an artist come and teach us how to draw. Come and improve your drawing skills

Young Adult Group (Recreational/Leisure Skills) (Zoom & In Person) 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 recreational/ leisure skills.

Thursday:

Meditation (Zoom & In-Person) 10:30am-11:30am *Assigned Staff: Jana*

This class will provide an opportunity to meditate and learn what meditation is.

Walking/Fishing (In-Person only) 11:45am-3:00pm *Assigned Staff: Jan*

This walking/fishing 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:

Spirit Club Exercise (Zoom & In-Person) 11:30am-12:30pm *Assigned Staff: Jana*

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.

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).