



Mon

Tue

Wed

Thu

Fri

****Classes Accessible for Deaf/Hard of Hearing consumers.**


ASL interpreters may be provided for other classes upon approval.

*****Neuro-Inclusive Autism Community Coalition (NACC)**
 6:15pm-8:00pm (Kathy)
 -Held the 3rd Wed of each month.
 -See back for details

1
Read to Lead!
 11:00am-12:00pm (Jena)
How Does Your Garden Grow?
 1:00pm-2:00pm (Jena)
Young Adults
 2:30pm-3:30pm (Kayla)

2
****Loom Knitting/Crochet**
 10:30am-12:00pm (Jan)


3
****Bonwood Bowling**
 1:00pm-2:30pm (Sariah)
 2500 S. Main St. (Meet there)
\$3/game (includes shoes)



6
Bold & Brave
 11:00am-12:00pm (Jena)
O.N.E. Body
 1:00pm-2:00pm (Jena)

7
No classes today

8
Read to Lead!
 11:00am-12:00pm (Jena)
How Does Your Garden Grow?
 1:00pm-2:00pm (Jena)
Young Adults
 2:30pm-3:30pm (Kayla)



9
****Loom Knitting/Crochet**
 10:30am-12:00pm (Jan)
Bring Characters to Life
1:00pm—2:00pm
(See back for details)

10
****Bonwood Bowling**
 1:00pm-2:30pm (Sariah)
 2500 S. Main St. (Meet there)
\$3/game (includes shoes)

13
Bold & Brave
 11:00am-12:00pm (Jena)
O.N.E. Body
 1:00pm-2:00pm (Jena)

14
No classes today



15
Read to Lead!
 11:00am-12:00pm (Jena)
How Does Your Garden Grow?
1:00pm-2:30pm (Jena)
Young Adults
 2:30pm-3:30pm (Kayla)
*****NACC**

16
****Loom Knitting/Crochet**
 10:30am-12:00pm (Jan)

17
****Bonwood Bowling**
 1:00pm-2:30pm (Sariah)
 2500 S. Main St. (Meet there)
\$3/game (includes shoes)

20
Bold & Brave
 11:00am-12:00pm (Jena)
O.N.E. Body
 1:00pm-2:00pm (Jena)

21
No classes today

22
Read to Lead!
 11:00am-12:00pm (Jena)
How Does Your Garden Grow?
 1:00pm-2:00pm (Jena)
Young Adults
 2:30pm-3:30pm (Kayla)

23
Adaptive Arena
1:00pm—2:30pm
(See back for details)

24
No Bowling Today

27
Bold & Brave
 11:00am-12:00pm (Jena)
O.N.E. Body
 1:00pm-2:00pm (Jena)

28
No classes today



29
Read to Lead!
 11:00am-12:00pm (Jena)
How Does Your Garden Grow?
 1:00pm-2:00pm (Jena)
Young Adults
 2:30pm-3:30pm (Kayla)

30
****Loom Knitting/Crochet**
 10:30am-12:00pm (Jan)

April 2026
UILC Classes





Utah Independent Living Center Class Descriptions – April 2026

SIGN-UP REQUESTED for classes, as space is limited. All classes are In-Person.

Please contact the staff person over the class you want to attend, by phone or email (see bottom right)

****Classes accessible for Deaf/Hard of Hearing consumers**

MONDAY:

Bold & Brave 11:00am-12:00pm

Assigned Staff: Jena (ext. 205)

Discover how to build self-esteem and cultivate self-compassion, while identifying and challenging negative self talk, set healthy boundaries and recognize emotions.

O.N.E. Body 1:00pm - 12:00pm *Assigned Staff: Jena (ext. 205)*

(Optimal Nutrition & Exercise) We have just ONE Body, let's take care of it! This is a split class for nutrition and exercise for all levels. Learn about the importance of eating healthy and movin' and groovin' the body to feel your best!

TUESDAY:

NO CLASSES HELD ON TUESDAYS

WEDNESDAY:

Read to Lead 11:00am-12:00pm *Assigned Staff: Jena (ext. 205)*

This is a Continuation of the previous Reading and Writing class. This class will continue to focus on functional reading and writing skills that will increase your independence.

How Does Your Garden Grow? 1:00pm-2:00pm

Assigned Staff: Jena (ext. 205)

Do you like being outside and getting in the dirt? Come grow the UILC garden with us! We will learn to plant, care for and harvest our garden. Featuring a top gardener guest speaker that will provide an opportunity to tour his personal gardens and volunteer.

APRIL 15 Off site gardening experience. We will provide the transportation.

Young Adults 2:30pm-3:30pm *Assigned Staff: Kayla (ext. 214)*

Come learn independent living skills among your peers aged 18-28.

*****Neuro-Inclusive Autism Community Coalition (NACC) 6:15pm-8:00pm** *Facilitated by: Kathy (ext. 211)*

Doors open at 5:45pm. Intake required to participate. Do you have a passion for advocating to make your community more Autism friendly? Join the Neuro-Inclusive Autism Community Coalition SLC Chapter to practice your advocacy skills in the community. Committees range from employment, transportation, housing, activities, and medical. All abilities welcome. Held the 3rd Wed of each month

THURSDAY:

****Loom Knitting 10:30am-12pm** *Assigned Staff: Jan (ext. 219)*

This class will provide the opportunity to learn how to loom knit, crochet, and knit along with building your socialization skills.

FRIDAY:

****Bonwood Bowling 1:00pm-2:30pm**

Assigned Staff: Sariah (ext. 215)

UILC meets at Bonwood Bowling, located at 2500 South Main St. Prices are discounted for UILC consumers (\$3.00 per game including shoes). **Please DO NOT show up before 12:30pm.**

April 2026 Outings

Assigned Staff: Sariah

Thursday, April 9, 2026

Bring Characters to Life with Storyboards

Location: UILC

1:00pm - 2:00pm

-Led by Utah Film Society

-Eat beforehand

-ASL interpreter provided

Thursday, April 23, 2026

Adaptive Arena Multi-Sport Day

Location: 14675 S 855 W,
Bluffdale, UT 84065

1:00pm—2:30pm

Transportation: We ask that consumers take public transportation to the Draper Frontrunner station, and a UILC bus will meet there to pick up consumers and then head to Adaptive Arena.

-Eat beforehand

Contact UILC with questions:

801-466-5565

Jan- jbigelow@uilc.org (ext. 219)

Jena- jfranken@uilc.org (ext. 205)

Kathy- kself@uilc.org (ext. 211)

Kayla- kwilliams@uilc.org (ext. 214)

Sariah- sdowdakin@uilc.org (ext. 215)