
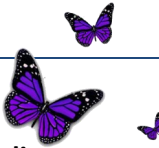













Mon	Tue	Wed	Thu	Fri
<p>**Classes Accessible for Deaf/Hard of Hearing consumers.</p> <p>ASL interpreters may be provided for other classes upon approval.</p>	<p>***Neuro-Inclusive Autism Community Coalition (NACC) 6:15pm-8:00pm (Kathy) -Held the 3rd Wed of each month. -See back for details</p>		<p>New- SIGN UP REQUESTED for classes Please contact the staff person teaching the class or email uilc@uilc.org</p>	<p>1</p> <p>**Bonwood Bowling 1:00pm-2:30pm 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p> 
<p>4</p> <p>Bold & Brave 11:00am-12:00pm **O.N.E. Body 1:00pm-2:00pm</p> 	<p>5</p> <p>No classes today</p> 	<p>6</p> <p>Get Your Glow On! 11:00am-12:00pm How Does Your Garden Grow? 1:00pm-2:00pm Young Adults 2:30pm-3:30pm</p>	<p>7</p> <p>Car Building 1:00pm –3:00pm</p> 	<p>8</p> <p>**Bonwood Bowling 1:00pm-2:30pm 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p> 
<p>11</p> <p>Bold & Brave 11:00am-12:00pm **O.N.E. Body 1:00pm-2:00pm</p> 	<p>12</p> <p>Century 16 Movie Theater Time: TBD *See back for details</p>	<p>13</p> <p>Get Your Glow On! 11:00am-12:00pm How Does Your Garden Grow? 1:00pm-2:00pm Young Adults 2:30pm-3:30pm</p>	<p>14</p> <p>Car Building 1:00pm –3:00pm</p> 	<p>15</p> <p>**Bonwood Bowling 1:00pm-2:30pm 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
<p>18</p> <p>Bold & Brave 11:00am-12:00pm **O.N.E. Body 1:00pm-2:00pm</p>	<p>19</p> <p>No classes today</p> 	<p>20</p> <p>Get Your Glow On! 11:00am-12:00pm How Does Your Garden Grow? 1:00pm-2:00pm Young Adults 2:30pm-3:30pm ***NACC</p>	<p>21</p> <p>Car Building 1:00pm –3:00pm</p> 	<p>22</p> <p>**Bonwood Bowling 1:00pm-2:30pm 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p> 
<p>25</p> <p>MEMORIAL DAY</p> <p>NO CLASSES TODAY</p>	<p>26</p> <p>No classes today</p> 	<p>27</p> <p>Get Your Glow On! 11:00am-12:00pm (Jena) How Does Your Garden Grow? 1:00pm-2:00pm Young Adults 2:30pm-3:30pm</p>	<p>28</p> <p>Car Building 1:00pm –3:00pm</p> 	<p>29</p> <p>PINEWOOD DERBY! Official Race Day! 1:00pm– 2:00pm *See back for details No Bowling Today</p>



Utah Independent Living Center Class Descriptions – May 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:

Get your Glow On! 11:00am-12:00pm *Assigned Staff: Jena (ext. 205)*

Do you care about YOU? Join us for some lessons on self-care and healthy hygiene and learn to look, feel and smell your best!

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.

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:

****Car Building for the Pinewood Derby!** The boy scouts will be coming to help consumers build their own pinewood derby cars to race in the derby on May 29th. *\$10 fee for car kit *Assigned Staff: Sariah (ext. 215)*

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.**

May 2026 Outings

Assigned Staff: Sariah

Tuesday, May 12, 2026

Century 16 Movie Theater

Location: 125 E 3300 S, SLC, UT

Time: TBD

-\$6 (approx. with tax)

-Bring extra money for snacks/drinks

-MUST sign-up in advance

*An email will be sent with time & movie options as it gets closer

Friday, May 29, 2026

UILC Pinewood Derby

Location: UILC

1:00pm—2:00pm

-Free

-Please bring a snack to share

Contact UILC with questions:

801-466-5565

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

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

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

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

