








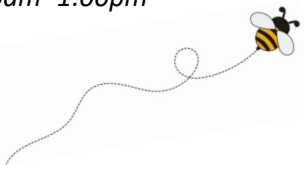









Mon	Tue	Wed	Thu	Fri
<p>1 <u>Bold & Brave</u> 11:00am-12:00pm **O.N.E. Body 1:00pm-2:00pm</p> 	<p>2 <u>**Deaf IL Skills (It's back!)</u> 10:30am -1:00pm</p> 	<p>3 <u>Get Your Glow On!</u> 11:00am-12:00pm <u>How Does Your Garden Grow?</u> 1:00pm-2:00pm <u>Young Adults</u> 2:30pm-3:30pm</p>		<p>5 <u>**Wii Bowling</u> 1:00pm—2:30pm UILC</p> 
<p>8 <u>Bold & Brave</u> 11:00am-12:00pm **O.N.E. Body 1:00pm-2:00pm</p> 	<p>9 <u>**Deaf IL Skills (It's back!)</u> 10:30am -1:00pm</p> 	<p>10 <u>Get Your Glow On!</u> 11:00am-12:00pm <u>How Does Your Garden Grow?</u> 1:00pm-2:00pm <u>Young Adults</u> 2:30pm-3:30pm</p> 	<p>11 UILC 2026 Picnic 12:00pm - 2:00pm *See back for details</p>	<p>12 NO BOWLING</p> 
<p>15 <u>Bold & Brave</u> 11:00am-12:00pm **O.N.E. Body 1:00pm-2:00pm</p> 	<p>16 <u>**Deaf IL Skills (It's back!)</u> 10:30am -1:00pm</p> 	<p>17 <u>Get Your Glow On!</u> 11:00am-12:00pm <u>How Does Your Garden Grow?</u> 1:00pm-2:00pm <u>Young Adults</u> 2:30pm-3:30pm ***NACC</p> 		<p>19 NO BOWLING JUNETEENTH UILC CLOSED</p>
<p>22 <u>Bold & Brave</u> 11:00am-12:00pm **O.N.E. Body 1:00pm-2:00pm</p>	<p>23 <u>**Deaf IL Skills (It's back!)</u> 10:30am -1:00pm</p> 	<p>24 <u>Get Your Glow On!</u> 11:00am-12:00pm <u>How Does Your Garden Grow?</u> 1:00pm-2:00pm <u>Young Adults</u> 2:30pm-3:30pm</p>	<p>25 Benson Grist Mill 11:00am -1:00pm *See back for details</p> 	<p>26 <u>**Bonwood Bowling</u> 1:00pm-2:30pm 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
<p>29 <u>Bold & Brave</u> 11:00am-12:00pm **O.N.E. Body 1:00pm-2:00pm</p> 	<p>30 <u>**Deaf IL Skills (It's back!)</u> 10:30am -1:00pm</p> 	<p>***Neuro-Inclusive Autism <u>Community Coalition (NACC)</u> 6:15pm-8:00pm (Kathy) -Held the 3rd Wed of each month. -See back for details</p>	<p>UILC CLASSES JUNE</p> 	<p>**Classes Accessible for Deaf/Hard of Hearing consumers. ASL interpreters may be provided for other classes upon approval.</p>



Utah Independent Living Center Class Descriptions – June 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

**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:

**** Deaf IL Skills (Cooking) 10:30am –1:00pm** *Assigned Staff: Sari ASL Video Phone: 385-300-8521*

This class is for those who are deaf or hard of hearing and use ASL to communicate.

This month will be cooking skills. Come learn to make healthy meals and meet new friends!



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.

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

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

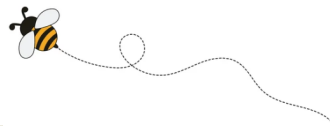
*****Neuro-Inclusive Autism Community Coalition (NACC) 6:15pm-8:00pm** *Facilitated by: Kathy (ext. 211)*

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 Wednesday of each month



THURSDAY:

****OUTINGS:** See column to the right



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.**

****Wii Bowling 1:00pm –2:30pm Location: UILC**

June 2026 Outings

SPECIAL EVENT

Saturday, June 6, 2026

Unified Salt Lake City 5K

Race: 10:00am

Expo: 9:00am—12:00pm

Liberty Park

600 Harvey Milk Blvd

Salt Lake City, UT 84105

No Transportation

OUTINGS

Assigned Staff: Sariah

Thursday, June 11, 2026

UILC 2026 Picnic

12:00pm-2:00pm

Location: Lion's Pride

Pavilion at Fitts Park

Address: 3050 S 500 E, South Salt Lake, UT 84106

-Free

-Food served until gone

Thursday, June 25, 2026

Benson Grist Mill

11:00am-1:00pm

Address: 325 Pole Canyon Rd,

Stansbury Park, UT

-Tour begins at 11am

-Bring a sack lunch

-Outing ends at 1pm (return back

to SL around 1:45pm)

-MUST sign-up in advance

*Limited transportation available-

please contact Sariah

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)

Sari– swilliams@uilc.org

ASL Video Phone: 385-300-8521

