

Mon

Tue

Wed

Thu

Fri

September

2023

UILC Classes

****Classes taught in ASL, Accessible for Deaf/Hard of Hearing consumers****

UILC Transportation temporarily unavailable.

New- SIGN UP
REQUESTED for classes
 Please contact the staff person teaching the class or email uilc@uilc.org



1 Using My Garden
 11:00am-12:00pm (Louann)
****Bonwood Bowling****
 1:30pm-3:00pm (Jan)
 2500 S. Main St. (Meet there)
\$3/game (change) (includes shoes)

4

Closed for Labor Day

5

****DEAF/HH CLASS ONLY****
 Class is taught in ASL only
 Must RSVP with Janene in advance
Nutrition/Cooking/Social Skills
 11:00am-2:00pm (Janene & Sari)

6

Small Group Money/Counting Skills- Contact Louann or Andy to SIGN UP, limited spots available!
Emergency Prep
 1:00pm-2:00pm (Louann)
Young Adults (Emergency Prep)
 3:00pm-4:00pm (Toni)

7

Service, Service, Service!
 11:00am-12:00pm (Louann)

****Spirit Club Exercise****
 1:00pm-2:00pm (Louann)

8 Using My Garden
 11:00am-12:00pm (Louann)
****Bonwood Bowling****
 1:30pm-3:00pm (Jan)
 2500 S. Main St. (Meet there)
\$3/game- Price change
 (includes shoes)

11

Walking Class
 10:00am-12:00pm (Jan)

Pre-Employment Skills
 1:00pm-2:00pm (Louann)

12

****DEAF/HH CLASS ONLY****
 Class is taught in ASL only
 Must RSVP with Janene in advance
Nutrition/Cooking/Social Skills
 11:00am-2:00pm (Janene & Sari)

13

Utah State Fair Outing
 9:15am-3:00pm
 \$1/person
Must RSVP in advance
See back for more details!

14

Service, Service, Service!
 11:00am-12:00pm (Louann)

****Spirit Club Exercise****
 1:00pm-2:00pm (Louann)

15 Using My Garden
 11:00am-12:00pm (Louann)
****Bonwood Bowling****
 1:30pm-3:00pm (Jan)
 2500 S. Main St. (Meet there)
\$3/game- Price Change
 (includes shoes)

18

Walking Class
 10:00am-12:00pm (Jan)

Pre-Employment Skills
 1:00pm-2:00pm (Louann)

19

****DEAF/HH CLASS ONLY****
 Class is taught in ASL only
 Must RSVP with Janene in advance
Nutrition/Cooking/Social Skills
 11:00am-2:00pm (Janene & Sari)

20

Small Group Money/Counting Skills- Contact Louann or Andy to SIGN UP, limited spots available!
Emergency Prep
 1:00pm-2:00pm (Louann)
Young Adults (Emergency Prep)
 3:00pm-4:00pm (Toni)

21

Service, Service, Service!
 11:00am-12:00pm (Louann)

****Spirit Club Exercise****
 1:00pm-2:00pm (Louann)

22 Using My Garden
 11:00am-12:00pm (Louann)
****Bonwood Bowling****
 1:30pm-3:00pm (Jan)
 2500 S. Main St. (Meet there)
\$3/game- Price Change
 (includes shoes)

25

Walking Class
 10:00am-12:00pm (Jan)

Pre-Employment Skills
 1:00pm-2:00pm (Louann)

26

****DEAF/HH CLASS ONLY****
 Class is taught in ASL only
 Must RSVP with Janene in advance
Nutrition/Cooking/Social Skills
 11:00am-2:00pm (Janene & Sari)

27

Small Group Money/Counting Skills- Contact Louann or Andy to SIGN UP, limited spots available!
Emergency Prep
 1:00pm-2:00pm (Louann)
Young Adults (Emergency Prep)
 3:00pm-4:00pm (Toni)

28

Ivie Acres Farm/Petting Zoo
 10:45am-4:00pm
 Free
 Limited transportation
Must RSVP in advance
See back for more details!

29 Using My Garden
 11:00am-12:00pm (Louann)
****Bonwood Bowling****
 1:30pm-3:00pm (Jan)
 2500 S. Main St. (Meet there)
\$3/game- Price Change
 (includes shoes)

Utah Independent Living Center Class Descriptions – September 2023

SIGN UP REQUESTED for classes, as space is limited.

Please contact the staff person over the class you want to attend, by calling us at 801-466-5565 or email uilc@uilc.org

Janene's ASL Video Phone (for Deaf/Hard of Hearing classes) call 385- 831-0785.

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

Monday:

Walking Class 10:00am-12:00pm *Assigned Staff: Andy*

Must meet at the UILC no later than 10:00am to go walking in various areas. Will return to UILC by 12:00pm

Pre-Employment Skills (In-Person) 1:00pm-2:00pm *Assigned Staff: Louann*

Learn more about our skills & strengths. Will build a resume, prepare for interviews and learn the basic building blocks of being a solid employee.

Tuesday:

****DEAF/HARD OF HEARING CLASS ONLY****

Classes are taught in American Sign Language only. Must RSVP with Janene in advance (see above contact info).

****Nutrition/Cooking/Social Skills****

11:00am-2:00pm *Assigned Staff: Janene & Sari*

This class will provide instruction on different independent living skills and allow an opportunity for peer support and socialization with other individuals that are deaf or hard of hearing (communication in ASL). Bring a lunch to eat.

Wednesday:

Small Group Money/Counting Skills (In-Person)- *Contact Louann (ext 205) or Andy (ext 209) to SIGN UP, limited spots*

available! This small group will practice counting money, adding, subtracting, understanding percentages, estimating expenses and other basic money/counting skills.

Emergency Preparedness 1:00pm-2:00pm *Assigned Staff Louann*

Getting all the tools to be prepared through earthquakes, floods, and disasters alike. Gathering a food storage on a limited budget along with a 72 hour kit to protect you and your loved ones and will learn how/where to preserve protected documents needed to rebuild yourself.

Young Adult Group (Emergency Preparedness/Safety) 3:00pm-4:00pm *Assigned Staff: Toni*

Come learn independent living skills among your peers ages 18-28. This month's class will be about Emergency Preparedness/Safety.

Thursday:

Service, Service, Service! 11:00am-12:00pm *Assigned Staff: Louann*

Lets give back! We will be learning ways we can be of service to others, learn new skills that we can apply to future possibilities, and help our community to continue to thrive.

****Spirit Club Exercise** (In-Person)** 1:00pm-2:00pm *Assigned Staff: Louann*

This class will provide opportunities to stay fit by moving our bodies through a variety of physical activities.

Friday:

Using My Garden 11:00am-12:00pm *Assigned Staff: Louann*

This class will teach tips and tricks of uses vegetables and herbs from your garden!

****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 (\$3.00 per game including shoes).

September Outings ↓

Assigned Staff: Jan

Exploring a variety of community venues and activities.

*Meeting at outing locations is recommended. UTA public transit is available (\$2.50 one way OR \$1.25 one way with a reduced fare card)

*RSVP required for outings

WEDNESDAY, September 13, 2023

Utah State Fair Outing

155 N. 1000 W, Salt Lake City

Meet at North Gate C/Arena Entrance

at 9:15am, done by 3:00pm (you may stay longer if independent in transportation)

\$1/person, limited spots

Must RSVP in advance

Thursday, September 28, 2023

Ivie Acres Farm & Petting Zoo Outing

5605 W Higley Lane, Grantsville

Meet at UILC 10:45am for a ride,

return to SL UILC by 4pm.

Bring a lunch to eat there

Free, limited transportation

Must RSVP in advance

Contact Jan with questions

jbigelow@uilc.org

801-466-5565 ext. 219