



Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">October 2024</p> <p style="text-align: center;">UILC Classes</p>	<p>1</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> **Classes Accessible for Deaf/Hard of Hearing consumers** </div> <p>**DEAF/HH CLASS ONLY**</p> <p><u>Exercise & Budgeting Skills</u> 11:00am-1:30pm (Sari)</p> <p>Class is taught in ASL only Must SIGN UP in advance</p>	<p>2</p> <p>**Light Exercise** <i>11:30am-12:30pm</i> (Louann)</p> <p><u>Effective Goal Setting</u> 1:30pm-2:30pm (Louann)</p> <p><u>Young Adults (see back)</u> 3:00pm-4:00pm (Kathy)</p>	<p>3</p> <p style="text-align: center;"><i>New Adjusted Class Times!</i></p>	<p>4</p> <p>Peer Support 11:00am-12:00pm (Louann)</p> <p>**Bonwood Bowling** 1:00pm-2:30pm (Andy) 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
<p>7</p> <p><u>Social Skills</u> 11:00am-12:00pm (Louann)</p> <p><u>Music Appreciation</u> <i>1:00pm-2:00pm</i> (Louann)</p> <p><u>Choir Group</u> <i>2:00pm-3:00pm</i> (Louann)</p>	<p>8</p> <p>**DEAF/HH CLASS ONLY**</p> <p><u>Exercise & Budgeting Skills</u> 11:00am-1:30pm (Sari)</p> <p>Class is taught in ASL only Must SIGN UP in advance</p>	<p>9</p> <p>**Light Exercise** <i>11:30am-12:30pm</i> (Louann)</p> <p><u>Effective Goal Setting</u> 1:30pm-2:30pm (Louann)</p> <p><u>Young Adults (see back)</u> 3:00pm-4:00pm (Kathy)</p>	<p>10</p>	<p>11</p> <p>Peer Support 11:00am-12:00pm (Louann)</p> <p>**Bonwood Bowling** 1:00pm-2:30pm (Andy) 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
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Utah Independent Living Center Class Descriptions – October 2024

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

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

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

ADJUSTED CLASS TIMES! SEE BELOW



MONDAY:

Social Skills 11:00am-12:00pm Assigned Staff: Louann (ext. 205)

The purpose of this class is to enhance social understanding through instruction of skills necessary to engage in successful communication, enhance self awareness and navigate the social world both in/out of the classroom environment.

Music Appreciation 1:00pm-2:00pm Assigned Staff: Louann (ext. 205)

Learn the fundamentals of music, discover basic terminology and instrument families. You will learn to recognize the development of music from a historical and cultural perspective.

Choir Group 2:00pm-3:00pm Assigned Staff: Louann (ext. 205)

Please be committed to attend each week. Choir is a performance class that teaches the basics of musicianship, teamwork, unity and confidence through different styles of music. Ability to read music helpful but not required.

TUESDAY:

****DEAF/HARD OF HEARING CLASS ONLY- Exercise & Budgeting Skills** 11:00am-1:30pm** Assigned Staff: Sari

Classes are taught in American Sign Language only. Must sign up with Sari in advance (VP 385-300-8521).

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:

****Light Exercise** 11:30am-12:30pm** Assigned Staff: Louann (ext. 205)

Come enjoy some light exercise like walking, yoga, strength training, etc. Some classes may be held outside.

Effective Goal Setting 1:30pm-2:30pm Assigned Staff: Louann (ext. 205)

Learn how to set and follow through on your life's goals using methods such as vision boards and charts.

Young Adult Group (Cooking) 3:00pm-4:00pm Assigned Staff: Kathy (ext. 211)

Come learn independent living skills among your peers ages 18-28. In this month's class you will learn basic cooking skills and make some delicious dishes.

THURSDAY:

NO CLASSES HELD TODAY

FRIDAY:

Peer Support Group 11:00am-12:00pm Assigned Staff: Louann (ext. 205)

This peer support group provides an environment where people of all disabilities can discuss issues and support and encourage each other. Also learn strategies and methods to process stress and communicate with others.

****Bonwood Bowling** 1:00pm-2:30pm** Assigned Staff: Andy (ext. 209)

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**.



October 2024 Outing



Assigned Staff: Jan

Exploring a variety of community locations and activities.

TUESDAY October 29, 2024

Halloween Party!!

UILC Skills Center
12:00pm-2:00pm

Lunch will be provided.

Come dressed up for the **Costume Contest** and other activities!

No Sign up needed. See you there!

Contact UILC with questions:

Jan Bigelow
801-466-5565 ext. 219
jbigelow@uilc.org

