




Mon	Tue	Wed	Thu	Fri
<p><b>November 2024</b></p> <p><b>UILC Classes</b></p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>**Classes Accessible for Deaf/Hard of Hearing consumers**</b></p> </div>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>SIGN UP REQUIRED to attend classes (see back)</b></p> </div> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p><b>No UILC Transportation Available</b></p> </div>	<p style="color: green; text-align: center;"><b><u>Some Class Times have changed!</u></b></p>	<p><b>1</b></p> <p><b>Peer Support</b> 11:00am-12:00pm (Louann)</p> <p><b>**Bonwood Bowling**</b> 1:00pm-2:30pm (Andy) 2500 S. Main St. (Meet there) <b>\$3/game</b> (includes shoes)</p>
<p><b>4</b></p> <p><b>Social Skills</b> 11:00am-12:00pm (Louann)</p> <p><b>Music Appreciation</b> 1:00pm-2:00pm (Louann)</p> <p><b>Choir Group</b> 2:00pm-3:00pm (Louann)</p>	<p><b>5</b></p> <p><b>**DEAF/HH CLASS ONLY**</b></p> <p><b>IL Skills and Crafts</b> 11:00am-1:30pm (Sari)</p> <p><b>Class is taught in ASL only</b> Must SIGN UP in advance</p>	<p><b>6</b></p> <p><b>Holiday Crafts</b> 11:00am-12:00pm (Louann)</p> <p><b>Effective Goal Setting</b> 1:00pm-2:30pm (Louann)</p> <p><b>Young Adults</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>7</b></p>	<p><b>8</b></p> <p><b>Peer Support</b> 11:00am-12:00pm (Louann)</p> <p><b>**Bonwood Bowling**</b> 1:00pm-2:30pm (Andy) 2500 S. Main St. (Meet there) <b>\$3/game</b> (includes shoes)</p>
<p><b>11</b> <b>Closed for Veterans Day</b></p> <div style="text-align: center;">  </div>	<p><b>12</b></p> <p><b>**DEAF/HH CLASS ONLY**</b></p> <p><b>IL Skills and Crafts</b> 11:00am-1:30pm (Sari)</p> <p><b>Class is taught in ASL only</b> Must SIGN UP in advance</p>	<p><b>13</b></p> <p><b>Holiday Crafts</b> 11:00am-12:00pm (Louann)</p> <p><b>Effective Goal Setting</b> 1:00pm-2:30pm (Louann)</p> <p><b>Young Adults</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>14</b></p>	<p><b>15</b></p> <p><b>Peer Support</b> 11:00am-12:00pm (Louann)</p> <p><b>**Bonwood Bowling**</b> 1:00pm-2:30pm (Andy) 2500 S. Main St. (Meet there) <b>\$3/game</b> (includes shoes)</p>
<p><b>18</b></p> <p><b>Social Skills</b> 11:00am-12:00pm (Louann)</p> <p><b>Music Appreciation</b> 1:00pm-2:00pm (Louann)</p> <p><b>Choir Group</b> 2:00pm-3:00pm (Louann)</p>	<p><b>19</b></p> <p><b>**DEAF/HH CLASS ONLY**</b></p> <p><b>IL Skills and Crafts</b> 11:00am-1:30pm (Sari)</p> <p><b>Class is taught in ASL only</b></p> <p><b>Neuro-Inclusive Autism</b> <b>Community Coalition</b> 6:30pm-8:00pm (Kathy)</p>	<p><b>20</b></p> <p><b>Holiday Crafts</b> 11:00am-12:00pm (Louann)</p> <p><b>Effective Goal Setting</b> 1:00pm-2:30pm (Louann)</p> <p><b>Young Adults</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>21</b></p> <p><b>Outing- Getting to Know You!</b> 12:00pm-3:00pm See back for details</p>	<p><b>22</b></p> <p><b>Peer Support</b> 11:00am-12:00pm (Louann)</p> <p><b>**Bonwood Bowling**</b> 1:00pm-2:30pm (Andy) 2500 S. Main St. (Meet there) <b>\$3/game</b> (includes shoes)</p>
<p><b>25</b></p> <p><b>Social Skills</b> 11:00am-12:00pm (Louann)</p> <p><b>Music Appreciation</b> 1:00pm-2:00pm (Louann)</p> <p><b>Choir Group</b> 2:00pm-3:00pm (Louann)</p>	<p><b>26</b></p> <p><b>**DEAF/HH CLASS ONLY**</b></p> <p><b>IL Skills and Crafts</b> 11:00am-1:30pm (Sari)</p> <p><b>Class is taught in ASL only</b> Must SIGN UP in advance</p>	<p><b>27</b></p> <p><b>Holiday Crafts</b> 11:00am-12:00pm (Louann)</p> <p><b>Effective Goal Setting</b> 1:00pm-2:30pm (Louann)</p> <p><b>Young Adults</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>28</b></p> <p><b>Closed for Thanksgiving</b></p> <div style="text-align: center;">  </div>	<p><b>29</b></p> <p><b>Closed for Thanksgiving</b></p> <div style="text-align: center;">  </div>

# Utah Independent Living Center Class Descriptions – November 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](mailto: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- \*\*IL Skills and Crafts\*\* 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.

**Nov 19th only- Neuro-Inclusive Autism Community Coalition 6:30pm-8:00pm** Assigned Staff: Kathy (ext. 211)

Doors open at 6pm. 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.

## WEDNESDAY:

**Holiday Crafts (limited space) 11:00am-12:00pm** Assigned Staff: Louann (ext. 205)

Must RSVP in advance. Unleash your creativity with a Holiday Craft class where we will craft and create many items associated with the upcoming Holidays. The possibilities are endless!

**Effective Goal Setting 1:00pm-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 3:00pm-4:00pm** Assigned Staff: Kathy (ext. 211)

Come learn independent living skills among your peers aged 18-28. This class will rotate topics, providing different IL skill learning experiences.

## 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.

## November 2024

### Outing ↓

Assigned Staff: Jan

Exploring a variety of community locations and activities.

### THURSDAY Nov 21, 2024

#### **Getting To Know You!**

UILC Skills Center  
12:00pm-3:00pm

Free

Bring a lunch and be ready to meet some new friends!

#### Contact UILC with questions:

Jan Bigelow

801-466-5565 ext. 219

[jbigelow@uilc.org](mailto:jbigelow@uilc.org)

