



Mon	Tue	Wed	Thu	Fri
<p><u>January 2025 UILC Classes</u></p> <p>Notice a Time Change for Social Skills ↓</p>	<p>++SIGN UP REQUIRED to attend classes (see back)</p> <p>**Classes Accessible for Deaf/Hard of Hearing consumers**</p>	<p>1 UILC Closed</p> 	<p>2</p> <p>No UILC Transportation Available</p>	<p>3</p> <p><u>Peer Support</u> 11:00am-12:00pm (Louann) **Bonwood Bowling ** 1:00pm-2:30pm (Andy) 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
<p>6</p> <p><u>Social Skills</u> 10:30am-12:00pm (Louann) <u>Music Appreciation</u> 1:00pm-2:00pm (Louann) <u>Choir Group</u> 2:00pm-3:00pm (Louann)</p>	<p>7</p> <p>**DEAF/HH CLASS ONLY** <u>Cooking and Crafts</u> 11:00am-1:30pm (Sari) Class is taught in ASL only Must SIGN UP in advance</p>	<p>8</p> <p><u>Loom Knitting++</u> 10:30am-12:00pm (Louann) <u>Writing & Literacy ++</u> 1:00pm-2:30pm (Louann) <u>Young Adults</u> 3:00pm-4:00pm (Kathy)</p>	<p>9</p>	<p>10</p> <p><u>Peer Support</u> 11:00am-12:00pm (Louann) **Bonwood Bowling ** 1:00pm-2:30pm (Andy) 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
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<p>20 UILC Closed</p>  <p>THE DREAM IS STILL ALIVE. REMEMBERING DR. MARTIN LUTHER KING, JR.</p>	<p>21</p> <p>**DEAF/HH CLASS ONLY** <u>Cooking and Crafts</u> 11:00am-1:30pm (Sari) Class is taught in ASL only Must SIGN UP in advance</p>	<p>22</p> <p><u>Loom Knitting++</u> 10:30am-12:00pm (Louann) <u>Writing & Literacy ++</u> 1:00pm-2:30pm (Louann) <u>Young Adults</u> 3:00pm-4:00pm (Kathy)</p>	<p>23</p> <p><u>Utah Symphony @ Abravanel Hall</u> Access to Music Outing</p> <p><u>See back for details</u></p>	<p>24</p> <p><u>Peer Support</u> 11:00am-12:00pm (Louann)</p> <p><u>CANCELLED- Bonwood Bowling</u> **Wii bowling at UILC** 1:00pm-2:30pm (Andy)</p>
<p>27</p> <p><u>Social Skills</u> 10:30am-12:00pm (Louann) <u>Music Appreciation</u> 1:00pm-2:00pm (Louann) <u>Choir Group</u> 2:00pm-3:00pm (Louann)</p>	<p>28</p> <p>**DEAF/HH CLASS ONLY** <u>Cooking and Crafts</u> 11:00am-1:30pm (Sari) Class is taught in ASL only Must SIGN UP in advance</p>	<p>29</p> <p><u>Loom Knitting++</u> 10:30am-12:00pm (Louann) <u>Writing & Literacy ++</u> 1:00pm-2:30pm (Louann) <u>Young Adults</u> 3:00pm-4:00pm (Kathy)</p>	<p>30</p>	<p>31</p> <p><u>Peer Support</u> 11:00am-12:00pm (Louann) **Bonwood Bowling ** 1:00pm-2:30pm (Andy) 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>

Utah Independent Living Center Class Descriptions – January 2025

++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****

MONDAY:

Social Skills 10:30am-12:00pm (Time Change!) *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- **Cooking 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.

Jan 14th 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:

Loom Knitting 10:30am-12:00pm++ *Assigned Staff: Louann (ext. 205)*

This class will provide an opportunity to learn how to do Loom knitting, knit or crochet as well as socialize with others.

Writing and Literacy 1:00pm-2:30pm++ *Assigned Staff: Louann (ext. 205)*

This class is provided in partnership with the SLCC Community Writing Center. Come and grow your skills in writing, engaging in self-expression and literary skills.

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.**

January 2025 Outing

Assigned Staff: Jan

Exploring a variety of community locations and activities.



THURSDAY Jan 23, 2025

Utah Symphony @ Abravanel

Hall- Access to Music

123 W South Temple

SLC, UT 84101

Free, MUST Sign Up

(limited seats)

Arrive by 6:30pm

Performance is 7:00pm-8:00pm

Please include requests for reasonable accommodations (ASL interpreter, wheelchair or transfer seat, etc) in **sign-up below**, or contact Jan.

Scan QR Code to Sign-up!



Contact UILC with questions:

Jan Bigelow

801-466-5565 ext. 219

jbigelow@uilc.org