
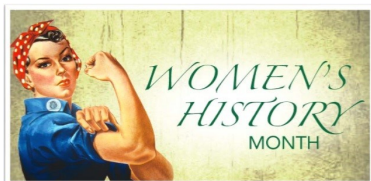
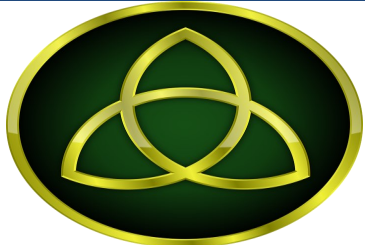



Mon	Tue	Wed	Thu	Fri
<p>No UILC Transportation Available</p> 	<p>March 2025</p> <p>**Classes Accessible for Deaf/Hard of Hearing consumers**</p>	<p>UILC Classes</p> 	<p>++SIGN UP REQUIRED to attend classes</p>	
<p>3</p> <p>Social Skills 10:30am-12:00pm (Louann)</p> <p>Music Appreciation 1:00pm-2:00pm (Louann)</p> <p>Choir Group 2:00pm-3:00pm (Louann)</p>	<p>4</p> <p>**DEAF/HH CLASS ONLY**</p> <p>Self-Care/Hygiene 11:00am-1:30pm (Sari)</p> <p>Class is taught in ASL only Must SIGN UP in advance</p>	<p>5</p> <p>**Loom Knitting**++ FULL 10:30am-12:00pm (Louann)</p> <p>Writing & Literacy ++FULL 1:00pm-2:30pm (Louann)</p> <p>Young Adults 3:00pm-4:00pm (Kathy)</p>	<p>6</p> <p>Living Well in the Community (LWC) 1:00pm-2:30pm(Kathy)</p>	<p>7</p> <p>Peer Support 11:00am-12:00pm (Louann)</p> <p>**Bonwood Bowling ** 1:00pm-2:30pm (Sariah) 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
<p>10</p> <p>Social Skills 10:30am-12:00pm (Louann)</p> <p>Music Appreciation 1:00pm-2:00pm (Louann)</p> <p>Choir Group 2:00pm-3:00pm (Louann)</p>	<p>11</p> <p>**DEAF/HH CLASS ONLY**</p> <p>Self-Care/Hygiene 11am-12pm (Sari)</p> <p>Class is taught in ASL only iHeart Radio Tour 1pm-2:30pm *See Back*</p>	<p>12</p> <p>**Loom Knitting**++ FULL 10:30am-12:00pm (Louann)</p> <p>Writing & Literacy ++FULL 1:00pm-2:30pm (Louann)</p> <p>Young Adults 3:00pm-4:00pm (Kathy)</p>	<p>13</p> <p>Living Well in the Community (LWC) 1:00pm-2:30pm(Kathy)</p>	<p>14</p> <p>Peer Support 11:00am-12:00pm (Louann)</p> <p>**Bonwood Bowling ** 1:00pm-2:30pm (Sariah) 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
<p>17</p> <p>Social Skills 10:30am-12:00pm (Louann)</p> <p>Music Appreciation 1:00pm-2:00pm (Louann)</p> <p>Choir Group 2:00pm-3:00pm (Louann)</p> 	<p>18</p> <p>**DEAF/HH CLASS ONLY**</p> <p>Self-Care/Hygiene 11:00am-1:30pm (Sari)</p> <p>Class is taught in ASL only Must SIGN UP in advance</p> <p>Neuro-Inclusive Autism Community Coalition (NACC) 6:30pm-8:00pm (Kathy)</p>	<p>19</p> <p>**Loom Knitting**++ FULL 10:30am-12:00pm (Louann)</p> <p>Writing & Literacy ++FULL 1:00pm-2:30pm (Louann)</p> <p>Young Adults 3:00pm-4:00pm (Kathy)</p>	<p>20</p> <p>Living Well in the Community (LWC) 1:00pm-2:30pm(Kathy)</p>	<p>21</p> <p>Peer Support 11:00am-12:00pm (Louann)</p> <p>**Bonwood Bowling ** 1:00pm-2:30pm (Sariah) 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
<p>24/31</p> <p>Social Skills 10:30am-12:00pm (Louann)</p> <p>Music Appreciation 1:00pm-2:00pm (Louann)</p> <p>Choir Group 2:00pm-3:00pm (Louann)</p>	<p>25</p> <p>**DEAF/HH CLASS ONLY**</p> <p>NO CLASS</p>	<p>26</p> <p>**Loom Knitting**++ FULL 10:30am-12:00pm (Louann)</p> <p>Writing & Literacy ++FULL 1:00pm-2:30pm (Louann)</p> <p>Young Adults 3:00pm-4:00pm (Kathy)</p>	<p>27</p> <p>Scheels Outing 1:30pm-3pm *See Back*</p>	<p>28</p> <p>Peer Support 11:00am-12:00pm (Louann)</p> <p>**Bonwood Bowling ** 1:00pm-2:30pm (Sariah) 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>



Utah Independent Living Center Class Descriptions – March 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

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- **Self-Care/Hygiene** 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.

March 18th 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++ FULL**

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++ FULL

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 focus on cooking skills.

THURSDAY:

Living Well in the Community (LWC) 1:00pm-2:30pm

Assigned Staff: Kathy (ext. 211)

A 12 week workshop grounded in Independent Living philosophy that can help people set and achieve quality-of-life goals, while building skills to support health and wellness. UILC staff will guide workshop participants through information, discussions, and activities.

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: 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.**

March 2025 Outing

Assigned Staff: Jan/Sariah

Exploring a variety of community locations and activities.

Tuesday March 11, 2025

iHeart Radio Tour 1pm-2:30pm

2801 Decker Lake Dr.

SLC, UT 84119

~Eat beforehand; MUST sign up in advance; ASL interpreter provided. **Free**

Thursday, March 27, 2025

Scheels 1:30pm-3pm

11282 S. State St.

Sandy, UT 84070

~Eat beforehand.

~Attractions include: Ferris wheel, mini bowling, and free displays.

~Each ride/game is \$1 per person

~Bring money for shopping, if desired



Contact UILC with questions:

801-466-5565

jbigelow@uilc.org (ext. 219)

kself@uilc.org (ext. 211)

lditmyer@uilc.org (ext. 205)

sdowdakin@uilc.org (ext. 215)