



Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;"><b>May 2025</b> <b>UILC Classes</b></p> 	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>**Classes Accessible for Deaf/Hard of Hearing consumers</b></p> </div> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p><b>No UILC Transportation Available</b></p> </div>	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>++SIGN UP REQUIRED to attend classes (see back)</b></p> </div>	<p><b>1</b> <b>**Fishing Prep++ <i>NEW!</i></b> 11:00am-12:00pm (Andy)</p> <p><b>Living Well in the Community (LWC)</b> 1:00pm-2:30pm(Kathy)</p>	<p><b>2</b> <b>Spring Gardening++ <i>NEW!</i></b> 10:30am-12:00pm (Louann) <b>**Bonwood Bowling</b> 1:00pm-2:30pm (Sariah) 2500 S. Main St. (Meet there) <b>\$3/game</b> (includes shoes)</p>
<p><b>5</b> <b>Social Skills</b> 10:30am-12:00pm (Louann) <b>Music Appreciation</b> 1:00pm-2:00pm (Louann) <b>Choir Group</b> 2:00pm-3:00pm (Louann)</p>	<p><b>6</b> <b>**DEAF/HH CLASS ONLY</b> <b>Recreation</b> 11:00am-1:00pm (Sari) <b>Class is taught in ASL only</b> Must SIGN UP in advance</p>	<p><b>7</b> <b>**Loom Knitting++ FULL</b> 10:30am-12:00pm (Louann) <b>Writing &amp; Literacy ++FULL</b> 1:00pm-2:30pm (Louann) <b>Young Adults</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>8</b> <b>**Fishing Prep++</b> 11:00am-12:00pm (Andy)</p> <p><b>Living Well in the Community (LWC)</b> 1:00pm-2:30pm(Kathy)</p>	<p><b>9</b> <b>Spring Gardening++</b> 10:30am-12:00pm (Louann) <b>CANCELLED!- Bonwood Bowling</b> <b>**Car-Making for Pinewood Derby!</b> 1:00pm-3:00pm (Sariah) <b>Cost \$6 (cash)</b> -See back for more details...</p>
<p><b>12</b> <b>Social Skills</b> 10:30am-12:00pm (Louann) <b>(Mental Health Presentation, \$1)</b> <b>Music Appreciation</b> 1:00pm-2:00pm (Louann) <b>Choir Group</b> 2:00pm-3:00pm (Louann)</p>	<p><b>13</b> <b>CANCELLED!- DEAF/HH CLASS</b>  <b>**Outing to Cinemark Century 16 Theatre</b> See back for details</p>	<p><b>14</b> <b>**Loom Knitting++ FULL</b> 10:30am-12:00pm (Louann) <b>Writing &amp; Literacy ++FULL</b> 1:00pm-2:30pm (Louann) <b>Young Adults</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>15</b> <b>**Fishing Prep++</b> 11:00am-12:00pm (Andy)</p> <p><b>Living Well in the Community (LWC)</b> 1:00pm-2:30pm(Kathy)</p>	<p><b>16</b> <b>Spring Gardening++</b> 10:30am-12:00pm (Louann)  <b>CANCELLED!- Bonwood Bowling</b>  <b>**Car-Making for Pinewood Derby!</b> 1:00pm-3:00pm (Sariah)</p>
<p><b>19</b> <b>Social Skills</b> 10:30am-12:00pm (Louann) <b>Music Appreciation</b> 1:00pm-2:00pm (Louann) <b>Choir Group</b> 2:00pm-3:00pm (Louann)</p>	<p><b>20</b> <b>**DEAF/HH CLASS ONLY</b> <b>Recreation</b> 11:00am-1:00pm (Sari) <b>Class is taught in ASL only</b> <b>Neuro-Inclusive Autism Community Coalition (NACC)</b> 6:30pm-8:00pm (Kathy)</p>	<p><b>21</b> <b>**Loom Knitting++ FULL</b> 10:30am-12:00pm (Louann) <b>Writing &amp; Literacy ++FULL</b> 1:00pm-2:30pm (Louann) <b>Young Adults</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>22</b> <b>**Fishing Prep++</b> 11:00am-12:00pm (Andy)</p> <p><b>FINAL CLASS!- Living Well in the Community (LWC)</b> 1:00pm-2:30pm(Kathy)</p>	<p><b>23</b> <b>Spring Gardening++</b> 10:30am-12:00pm (Louann)  <b>CANCELLED!- Bonwood Bowling</b>  <b>**PINWOOD DERBY!</b> 1:00pm-3:00pm (Sariah)</p>
<p><b>26</b>     <b>UILC CLOSED</b></p> 	<p><b>27</b> <b>**DEAF/HH CLASS ONLY</b> <b>Recreation</b> 11:00am-1:00pm (Sari) <b>Class is taught in ASL only</b> Must SIGN UP in advance</p>	<p><b>28</b> <b>**Loom Knitting++ FULL</b> 10:30am-12:00pm (Louann) <b>Writing &amp; Literacy ++FULL</b> 1:00pm-2:30pm (Louann) <b>Young Adults</b> 3:00pm-4:00pm (Kathy)</p>	<p><b>29</b> <b>**Fishing Prep++</b> <b>11:00am-1:30pm</b> (Andy) <b>We will go fishing today!</b> Bring a sack lunch and your fishing gear.</p>	<p><b>30</b> <b>Spring Gardening++</b> 10:30am-12:00pm (Louann) <b>**Bonwood Bowling</b> 1:00pm-2:30pm (Sariah) 2500 S. Main St. (Meet there) <b>\$3/game</b> (includes shoes)</p>



## Utah Independent Living Center Class Descriptions – May 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 phone or email (see bottom right)**

**\*\*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- Recreation 11:00am-1:00pm**

**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 an opportunity to participate in different recreational activities, peer support and socialization with other individuals that are deaf or hard of hearing (communication in ASL). Bring a lunch to eat.

**May 21st 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 rotate topics, providing different IL skill learning experiences.

### **THURSDAY:**

**\*\*Fishing Prep:** We are partnering with an instructor from Scheels who will be teaching the basics of how to fish, types of fish in Utah, fly fishing techniques and the final day we will go to a local fishing pond to test out our fishing skills!

**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:**

**Spring Gardening 10:30am-12:00pm**

**Assigned Staff: Louann (ext. 205)**

This class will discuss creating a satisfying garden, good soil preparation, planting/growing tips and much more.

**\*\*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.**

## **May 2025 Outings**

**Assigned Staff: Sariah/Jan**

**Tuesday, May 13, 2025**

**\*\*Movies @ Cinemark Century 16**

125 E 3300 S, Salt Lake City

\$6 per ticket (approx. with tax)

**Time and movies to be determined\***

Bring money for food or eat before or after movie.

\*An email will be sent with time & movie options as it gets closer

**Friday May 9th & 16th, 2025**

**\*\*Pinewood Derby Car-Making!!!**

@ UILC (3445 S. Main St)

1:00pm-3:00pm

**Cost: \$6 cash**



**Friday May 23, 2025**

**\*\*Pinewood Derby!!**

@ UILC (3445 S. Main St)

1:00pm-3:00pm

**Family and Friends encouraged to come watch and cheer us on!!!**



**Contact UILC with questions:**

**801-466-5565**

**sdownakin@uilc.org (ext. 215)**

**lditmyer@uilc.org (ext. 205)**

**aandersen@uilc.org (ext. 209)**

**kself@uilc.org (ext. 211)**