

Mon	Tue	Wed	Thu	Fri
<p>1 <u>Peer Support Topics (In-Person)</u> 11:00am -12:00pm (Andy & Susan) <u>Spirit Club Exercise</u> 1:00pm-2:00pm (Paddy)</p>	<p>2 <u>Cooking (In-Person)</u> 11:00am-12:30pm (Mimi & Guest) **OUTING Hale Theater– Hello Dolly (RSVP Required) 12:30pm-3:30pm See back for details</p>	<p>3 <u>Basic Budgeting</u> 11:00am-12:00pm (Mimi) <u>Looming Knitting (In-Person)</u> 1:00pm-2:30pm (Jan) <u>Young Adults (In-Person)</u> 3:00pm-4:00pm (Toni)</p>	<p>4 <u>Living Well in the Community (In-Person)</u> 10:00am-12:00pm (Kathy) <u>Fishing/Walking</u> 12:00pm— 3:00pm (Andy, Paddy, Mimi)</p>	<p>5 <u>Gardening (In-Person)</u> 11:30am-12:30pm (Andy & Mimi) <u>Bonwood Bowling</u> 1:30pm-3:00pm (Paddy) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>8 <u>Peer Support Topics (In-Person)</u> 11:00am-12:00pm (Andy & Susan) <u>Spirit Club Exercise</u> 1:00pm-2:00pm (Paddy)</p>	<p>9 <u>Cooking (In-Person)</u> 11:00am-12:30pm (Mimi & Guest) <u>Music Therapy</u> 1:00pm-2:00pm (Mimi)</p>	<p>10 <u>Basic Budgeting</u> 11:00am-12:00pm (Mimi) <u>Looming Knitting (In-Person)</u> 1:00pm-2:30pm (Jan) <u>Young Adults (In-Person)</u> 3:00pm-4:00pm (Toni)</p>	<p>11 <u>Living Well in the Community (In-Person)</u> 10:00am-12:00pm (Kathy) <u>Fishing/Walking</u> 12:00pm— 3:00pm (Andy, Paddy, Mimi)</p>	<p>12 <u>Gardening (In-Person)</u> 11:30am-12:30pm (Andy & Mimi) <u>Bonwood Bowling</u> 1:30pm-3:00pm (Paddy) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
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<p>22 <u>Peer Support Topics (In-Person)</u> 11:00am-12:00pm (Andy & Susan) <u>Spirit Club Exercise</u> 1:00pm-2:00pm (Paddy)</p>	<p>23 <u>Cooking (In-Person)</u> 11:00am-12:30pm (Mimi & Guest) **OUTING Megaplex Movies 11:00am—3:00pm See back for details</p>	<p>24 <u>Basic Budgeting</u> 11:00am-12:00pm (Mimi) <u>Looming Knitting (In-Person)</u> 1:00pm-2:30pm (Jan) <u>Young Adults (In-Person)</u> 3:00pm-4:00pm (Toni)</p>	<p>25 <u>Living Well in the Community (In-Person)</u> 10:00am-12:00pm (Kathy) <u>Fishing/Walking</u> 12:00pm— 3:00pm (Andy, Paddy, Mimi)</p>	<p>26 <u>Gardening (In-Person)</u> 11:30am-12:30pm (Andy & Mimi) <u>Bonwood Bowling</u> 1:30pm-3:00pm (Paddy) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>29 CLOSED FOR MEMORIAL DAY</p> 	<p>30 <u>Cooking (In-Person)</u> 11:00am-12:30pm (Mimi & Guest) <u>Music Therapy</u> 1:00pm-2:00pm (Mimi)</p>	<p>31 <u>Basic Budgeting</u> 11:00am-12:00pm (Mimi) <u>Looming Knitting (In-Person)</u> 1:00pm-2:30pm (Jan) <u>Young Adults (In-Person)</u> 3:00pm-4:00pm (Toni)</p>	<p>May 2023 <i>UILC Classes</i> Assisting People with Disabilities to lead more Independent lives.</p>	<p>*ALL classes are now accessible for deaf/hard of hearing consumers (2 minimum) with 48 hour notice. Please contact Jan to request an ASL interpreter. jbigelow@uilc.org or 801-466-5565 ext. 219</p>

Utah Independent Living Center Class Descriptions – May 2023

Space may be limited. Please contact the staff person over the class you are interested in attending, by calling the front desk at 801-466-5565.

*ALL classes are now accessible for deaf/hard of hearing consumers (2 minimum) with 48 hour notice.

Please contact Jan to request an ASL interpreter. jbigelow@uilc.org or 801-466-5565 ext. 219

Monday:

Peer Support Topics Group (In-Person Only) 11:00am-12:00pm *Assigned Staff: Andy & Susan*

This peer group provides an environment where people with all disabilities can discuss issues, support and encourage each other, and help each other to adjust to a more independent life at home and in the community.

Spirit Club Exercise (In-Person) 1:00pm-2:00pm *Assigned Staff: Paddy*

We want to continue to stay fit by moving our bodies through a variety of physical activities.

Tuesday:

Cooking (In-Person Only) 11:00am-12:30pm *Assigned Staff: Mimi & Guest*

We will be making different recipes to learn how to cook. We will also eat our food at the end of class.

Music Therapy (In-Person Only) 1:00pm-2:00pm *Assigned Staff: Mimi*

This class will introduce music therapy, led by Harmony Music Therapy staff. We will learn the value and therapeutic benefit to music in our lives.

Wednesday:

Basic Budgeting (In-Person Only) 11:00am-12:00pm *Assigned Staff: Mimi*

We will review basic math skills, how to budget money and then test our skills on an outing.

Loom Knitting (In-Person Only) 1:00pm-2:30pm *Assigned Staff: Jan*

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

Young Adult Group (In-Person only) 3:00pm-4:00pm *Assigned Staff: Toni*

Come learn independent living skills among your peers ages 18-28. This class will teach different topics each month.

Thursday:

Living Well in the Community (In-Person Only) 10:00am-12:00pm *Assigned Staff: Kathy*

This class will cover a variety of aspects of healthy living, such as; basic hygiene, emergency preparedness and Living Well in the Community.

Fishing and Walking (In-Person Only) 12:00pm– 3:00 pm *Assigned Staff: Andy, Paddy, Mimi*

This walking and fishing group will meet at the UILC and then go to various ponds/lakes that have walking trails available. Participants walk on the trails or fishing and enjoy being outside. Please bring a lunch as we will eat lunch at the various locations.

Friday:

Gardening (In-Person Only) 11:30am-12:30pm *Assigned Staff: Andy & Mimi*

We will be talking all sorts of things Garden!!! We will take what we learn to grow a garden!

Bonwood Bowling 1:30pm-3:00pm *Assigned Staff: Jan*

UILC meets at Bonwood Bowling, located at 2500 South Main St. Prices are discounted for UILC consumers (\$2.00 per game including shoes).

****May Outings**

Assigned Staff: Jan, Paddy

Exploring a variety of venues and community activities by using UTA services. (\$2.50 one way OR \$1.25 one way with a reduced fare card).

See current Outing Sheet for more details on specific outings. RSVP required for most outings.

TUESDAY, May 2, 2023

Hale Theater– Hello Dolly

9900 South Monroe Street, Sandy

Meet at Hale Theater 12:30pm-3:30pm

Limited Free donated tickets.

Must RSVP to Jan.

ASL interpreter provided

Please eat before, there is no food allowed

TUESDAY, May 23, 2023

Megaplex Movies

3620 S 2400 W, West Valley City

11:00am-3:00pm

\$6/ticket

May bring or buy lunch