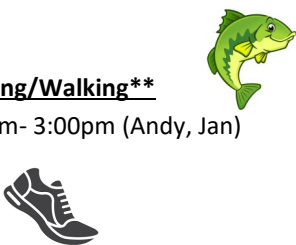



Mon	Tue	Wed	Thu	Fri
<p><b>JUNE 2023</b></p> <p><b>UILC Classes</b></p> <p>Assisting People with Disabilities to lead more Independent lives.</p>	<p><b><u>New- SIGN UP</u></b></p> <p><b><u>REQUESTED for classes</u></b></p> <p>if you want to attend.</p> <p>Please contact the staff person teaching the class.</p>	<p><b>**Classes accessible for Deaf/ Hard of Hearing consumers**</b></p> <p>You may call us at 801-466-5565 or email uilc@uilc.org with any questions</p>	<p>1</p> <p><b><u>**Fishing/Walking**</u></b></p> <p>11:00am- 3:00pm (Andy, Jan)</p> 	<p>2</p> <p><b><u>No Morning Class</u></b></p> <p><b><u>**Bonwood Bowling **</u></b></p> <p>1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>5</p> <p><b><u>Peer Support Topics (In-Person)</u></b></p> <p>11:00am-12:00pm (Andy &amp; Susan)</p> <p><b><u>**Spirit Club Exercise**</u></b></p> <p>1:00pm-2:00pm (April)</p>	<p>6</p> <p><b><u>Small Group Money/Counting Skills-</u></b> Contact Andy or Jan to SIGN UP, <u>limited spots available!</u></p> <p><b><u>Music Therapy</u></b></p> <p>1:00pm-2:00pm (Jan)</p>	<p>7</p> <p><b><u>ANNUAL UILC PICNIC</u></b></p> <p>Fitts Park, SLC (3050 S. 500 E.) 12:00pm-1:30pm Free Food served until gone</p>	<p>8</p> <p><b><u>Living Well in the Community (In-Person) FINAL CLASS</u></b></p> <p>10:00am-12:00pm (Kathy)</p> <p><b><u>**Fishing/Walking**</u></b></p> <p>12:00pm- 3:00pm (Andy, Jan)</p>	<p>9</p> <p><b><u>No Morning Class</u></b></p> <p><b><u>**Bonwood Bowling **</u></b></p> <p>1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>12</p> <p><b><u>Peer Support Topics (In-Person)</u></b></p> <p>11:00am-12:00pm (Andy &amp; Susan)</p> <p><b><u>**Spirit Club Exercise**</u></b></p> <p>1:00pm-2:00pm (April)</p>	<p>13</p> <p><b><u>Small Group Money/Counting Skills-</u></b> Contact Andy or Jan to SIGN UP, <u>limited spots available!</u></p> <p><b><u>Music Therapy</u></b></p> <p>1:00pm-2:00pm (Jan)</p> <p><b><u>Totally Teen</u></b></p> <p>2:30pm-3:30pm (Hailee)</p>	<p>14 <b><u>**DEAF/HH CLASS ONLY**</u></b></p> <p><b><u>Budget Skills/Peer Support/ Socialization</u></b></p> <p>11:00am-2:00pm (Janene &amp; Sari)</p> <p><b><u>Young Adults (In-Person)</u></b></p> <p>3:00pm-4:00pm (Toni)</p>	<p>15</p> <p><b><u>**Fishing/Walking**</u></b></p> <p>11:00am- 3:00pm (Andy, Jan)</p>	<p>16</p> <p><b><u>No Morning Class</u></b></p> <p><b><u>**Bonwood Bowling **</u></b></p> <p>1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>19</p> <p><b><u>CLOSED FOR JUNETEENTH</u></b></p> 	<p>20</p> <p><b><u>Small Group Money/Counting Skills-</u></b> Contact Andy or Jan to SIGN UP, <u>limited spots available!</u></p> <p><b><u>Music Therapy</u></b></p> <p>1:00pm-2:00pm (Jan)</p> <p><b><u>Totally Teen</u></b></p> <p>2:30pm-3:30pm (Hailee)</p>	<p>21 <b><u>**DEAF/HH CLASS ONLY**</u></b></p> <p><b><u>Budget Skills/Peer Support/ Socialization</u></b></p> <p>11:00am-2:00pm (Janene &amp; Sari)</p> <p><b><u>Young Adults (In-Person)</u></b></p> <p>3:00pm-4:00pm (Toni)</p>	<p>22</p> <p><b><u>GREAT SALT LAKE MARINA OUTING</u></b></p> <p>13312 W 1075 S, Magna 12:00pm-3:00pm Free, Must RSVP Bring a lunch to eat there Limited transportation available</p>	<p>23</p> <p><b><u>No Morning Class</u></b></p> <p><b><u>**Bonwood Bowling **</u></b></p> <p>1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>
<p>26</p> <p><b><u>Peer Support Topics (In-Person)</u></b></p> <p>11:00am-12:00pm (Andy &amp; Susan)</p> <p><b><u>**Spirit Club Exercise**</u></b></p> <p>1:00pm-2:00pm (April)</p>	<p>27</p> <p><b><u>Small Group Money/Counting Skills-</u></b> Contact Andy or Jan to SIGN UP, <u>limited spots available!</u></p> <p><b><u>Music Therapy</u></b></p> <p>1:00pm-2:00pm (Jan)</p> <p><b><u>Totally Teen</u></b></p> <p>2:30pm-3:30pm (Hailee)</p>	<p>28 <b><u>**DEAF/HH CLASS ONLY**</u></b></p> <p><b><u>Budget Skills/Peer Support/ Socialization</u></b></p> <p>11:00am-2:00pm (Janene &amp; Sari)</p> <p><b><u>Young Adults (In-Person)</u></b></p> <p>3:00pm-4:00pm (Toni)</p>	<p>29</p> <p><b><u>**Fishing/Walking**</u></b></p> <p><b><u>FINAL CLASS</u></b></p> <p>11:00am- 3:00pm (Andy, Jan)</p>	<p>30</p> <p><b><u>No Morning Class</u></b></p> <p><b><u>**Bonwood Bowling **</u></b></p> <p>1:30pm-3:00pm (Jan) 2500 S. Main St. (Meet there) \$2/game (includes shoes)</p>

# Utah Independent Living Center Class Descriptions – June 2023

SIGN UP REQUESTED for classes, as space is limited.

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)  
Janene's ASL Video Phone (for Deaf/Hard of Hearing classes) call 385- 831-0785.

**\*\*Classes accessible for Deaf/Hard of Hearing consumers\*\***

## 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: April*

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

## Tuesday:

**Small Group Money/Counting Skills (In-Person)-** *Contact Andy (ext 209) or Jan (ext 219) to SIGN UP, limited spots available!*

This small group will practice counting money, adding, subtracting, understanding percentages, estimating expenses and other basic money/counting skills.

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

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, and use musical instruments.

**Totally TEEN (In-Person only)** 2:30pm-3:30pm *Assigned Staff: Hailee*

For consumers age 12-17, This class introduces different independent living skills. Visit [uilc.org](http://uilc.org) and look at the teen summer flyer at the bottom of the page to find this month's topic.

## Wednesday:

**\*\*DEAF/HARD OF HEARING CLASS ONLY\*\***

**Budget Skills/Peer Support/Socialization** 11:00am-2:00pm (Janene)

This class will provide more support/instruction on budgeting skills and allow an opportunity for peer support and socialization with other individuals that are deaf or hard of hearing. Bring a lunch to eat.

**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:

**June 8th Only- Living Well in the Community– FINAL CLASS (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.

**June 8th Only– Fishing/Walking** 12:00pm-3:00pm *Assigned Staff: Andy, Jan*

**All other Thursdays- \*\*Fishing/Walking\*\* (In-Person Only)** 11:00am-3:00pm *Assigned Staff: Andy, Jan*

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 go fishing and enjoy being outside. Please bring a lunch, as we will eat lunch at the various locations.

## Friday:

**No Morning Class**

**\*\*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).

## June Outings

*Assigned Staff: Jan, Jan*

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.

## WEDNESDAY June 7, 2023

**ANNUAL UILC PICNIC**

Fitts Park, SLC (3050 S. 500 E.)

12:00pm-1:30pm

Free

Food served until gone

## Thursday June 22, 2023

**GREAT SALT LAKE MARINA OUTING**

13312 W 1075 S, Magna

12:00pm-3:00pm

Free, Must RSVP

Bring a lunch to eat there

Limited transportation available