

Mon

Tue

Wed

Thu

Fri

# UILC Classes

## August 2019



			<p><b>1</b> <b><u>Outing Cycling with National Ability Center</u></b> 1000 Ability Way, Park City 12:00pm-3:00pm \$10 per person, limit 18 people <u>Meet at UILC 11:00am, return 4:00pm</u></p>	<p><b>2</b> <b><u>Meditation</u></b> 11:00 am-12:00 pm (Jana) <b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p><b>5</b> <b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany) <b><u>Spanish</u></b> 1:00pm-2:00pm (Jana)</p>	<p><b>6</b> <b><u>Peer Support Group</u></b> 10:30am-12:00pm (Jana) <b><u>Money Management</u></b> 1:00pm-2:30pm *(Jana) <i>*Please note time change</i></p>	<p><b>7</b> <b><u>Social Skills</u></b> 10:30am-12:00pm (Jana) <b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Jana)</p>	<p><b>8</b> <b><u>Walking/Fishing</u></b> 11:30am-3:00pm (Jan) Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.</p>	<p><b>9</b> <b><u>Meditation</u></b> 11:00 am-12:00 pm (Jana) <b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p><b>12</b> <b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany) <b><u>Spanish</u></b> 1:00pm-2:00pm (Jana)</p>	<p><b>13</b> <b><u>Peer Support Group</u></b> 10:30am-12:00pm (Jana) <b><u>Money Management</u></b> 1:00pm-2:30pm* (Jana) <i>*Please note time change</i> <b><u>Outing Annual Campout</u></b> <u>Leave UILC 1:00pm</u></p>	<p><b>14</b> <b><u>Social Skills</u></b> 10:30am-12:00pm (Jana) <b><u>Young Adult Group</u></b> 3:00pm- 4:30pm (Jana) <b><u>Outing Annual Campout cont.</u></b></p>	<p><b>15</b> <b><u>Outing Canceled</u></b> <b><u>Annual Campout</u></b> <u>Return UILC 2:00pm</u></p>	<p><b>16</b> <b><u>Meditation</u></b> 11:00 am-12:00 pm (Jana) <b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p><b>19</b> <b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany) <b><u>Spanish</u></b> 1:00pm-2:00pm (Jana)</p>	<p><b>20</b> <b><u>Peer Support Group</u></b> 10:30am-12:00pm (Jana) <b><u>Money Management</u></b> 1:00pm-2:30pm *(Jana) <i>*Please note time change</i></p>	<p><b>21</b> <b><u>Social Skills</u></b> 10:30am-12:00pm (Jana) <b><u>Young Adult Group</u></b> 3:00pm- 4:30pm (Jana)</p>	<p><b>22</b> <b><u>Walking/Fishing</u></b> 11:30am-3:00pm (Jan) Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.</p>	<p><b>23</b> <b><u>Meditation</u></b> 11:00 am-12:00 pm (Jana) <b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p><b>26</b> <b><u>Express Yourself Through Writing</u></b> 10:30am-12:30pm (Tiffany) <b><u>Spanish</u></b> 1:00pm-2:00pm (Jana)</p>	<p><b>27</b> <b><u>Peer Support Group</u></b> 10:30am-12:00pm (Jana) <b><u>Money Management</u></b> 1:00pm-2:30pm* (Jana) <i>*Please note time change</i></p>	<p><b>28</b> <b><u>Social Skills</u></b> 10:30am-12:00pm (Jana) <b><u>Young Adult Group</u></b> 3:00pm-4:30pm (Jana)</p>	<p><b>29</b> <b><u>Outing Ogden Dinosaur Park</u></b> 1544 East Park Boulevard, Ogden 11:00am-3:00pm \$3 per person, must RSVP, limited seating <u>Meet at UILC 10:00am, return at 4:30</u> Bring your own lunch</p>	<p><b>30</b> <b><u>Meditation</u></b> 11:00 am-12:00 pm (Jana) <b><u>Bonwood Bowling</u></b> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>

## Utah Independent Living Center Class Descriptions– August 2019

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

### Monday:

**Express Yourself Through Writing** 10:30pm-12:30pm *Assigned Staff: Tiffany*

This class strives to help consumers express feelings through poetry while also assisting with writing and public speaking skills.

**Spanish** 1pm –2pm *Assigned Staff: Jana*

In this class you will learn the basics of speaking Spanish.

### Tuesday:

**Peer Support Group** 10:30am-12:00pm *Assigned Staff: Jana*

This peer group works to help people with all disabilities adjust to a more independent life in the community.

**Money Management** 1:00pm-2:30pm *Assigned Staff: Jana*

Come learn about the basics of managing and budgeting your money! You will be instructed on how to improve your personal finances and be able to save up for desired purchases and become more independent financially.

### Wednesday:

**Social Skills** 10:30am-12:00pm *Assigned staff: Jana*

This class will go over the how to interact with others and how to make a good impression while out in the public

**Young Adult Group (Social Skills/Manners)** 3:00pm-4:30pm *Assigned staff: Jana*

For consumers age 18-28, this class introduces and elaborates on independent living skills. This month young adults will be learning about interacting with others and how to act out in the public.

### Thursday:

**Walking/Fishing** 11:30am-3:00pm *Assigned Staff: Jan*

This fishing/walking group will meet at the UILC and then go to various ponds/lakes that have walking trails available. Participants can fish (with the appropriate fishing license) and/or walk on the trails. Fishing gear available upon request. Please bring a lunch as we will eat lunch at the various locations.

**Outings** Times vary. *Assigned Staff: Jan*

Exploring a variety of venues and community activities, 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.

### Friday:

**Meditation** 11:00am-12:00pm *Assigned Staff: Jana*

How many of us take the time to focus on us? It's easy to just go through the day and just get what needs to get done. In this class we will discover how meditation can help you with stress and anxiety, the different types of meditation and how you practice it. We will take time in class to experience meditation in its different forms

**Bonwood Bowling** 2:00pm-3:30pm *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).