## UILC Classes
### August 2019

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<th>Mon</th>
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<th>Wed</th>
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| *Express Yourself Through Writing* 10:30am-12:30pm (Tiffany)  
*Spanish* 1:00pm-2:00pm (Jana) | *Peer Support Group* 10:30am-12:00pm (Jana)  
*Money Management* 1:00pm-2:30pm *(Jana)*  
*Please note time change* | *Social Skills* 10:30am–12:00pm (Jana)  
*Young Adult Group* 3:00pm–4:30pm (Jana) | *Walking/Fishing* 11:30am-3:00pm (Jan)  
Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing. | **Meditation** 11:00 am-12:00 pm (Jana)  
**Bonwood Bowling** 2:00pm-3:30pm  
2500 S. Main St.  
$2/game (includes shoes) |

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*Please note time change*  
*Outing Annual Campout* Leave UILC 1:00pm | **Social Skills** 10:30am–12:00pm (Jana)  
*Young Adult Group* 3:00pm–4:30pm (Jana) | **Outing Canceled Annual Campout**  
Return UILC 2:00pm | **Meditation** 11:00 am-12:00 pm (Jana)  
**Bonwood Bowling** 2:00pm-3:30pm  
2500 S. Main St.  
$2/game (includes shoes) |

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*Please note time change* | **Social Skills** 10:30am–12:00pm (Jana)  
*Young Adult Group* 3:00pm–4:30pm (Jana) | **Outing Ogden Dinosaur Park**  
1544 East Park Boulevard, Ogden  
11:00am-3:00pm  
$3 per person, must RSVP, limited seating  
Meet at UILC 10:00am, return at 4:30pm  
Bring your own lunch | **Meditation** 11:00 am-12:00 pm (Jana)  
**Bonwood Bowling** 2:00pm-3:30pm  
2500 S. Main St.  
$2/game (includes shoes) | **Express Yourself Through Writing** 10:30am-12:30pm (Tiffany)  
*Spanish* 1:00pm-2:00pm (Jana) |
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).