Mon	Tue	Wed	Thu	Fri
2	3 <u>Peer Support Group</u> 10:30am-12:00pm (Aspyn) <u>Food \$ense</u>	4 4th of July	5	6 <u>NEW- Art Class</u> 10:00-12:00pm (Aspyn)
	2:00pm– 3:00pm (Aspyn)	CLOSED	Knitting & Crocheting 1:30pm-3:00pm (Jan)	Bonwood Bowling ** 2:00pm-3:30pm (Jan)
9	10	11	12	13
Express Yourself Through	Peer Support Group	Advocacy and Disability Culture	Outing	Art Class
Writing	10:30am-12:00pm (Aspyn)	11:00am– 12:00pm (Aspyn)	Fashion Place Mall 1:00-3:00pm	10:00-12:00pm (Aspyn)
10:30am-12:30pm (Tiffany)	Food \$ense	NEW- Photography Class	Meet at UILC 12:00 to ride public	NEW- Deaf Peer Support Group
Peer Support Group	2:00pm– 3:00pm (Aspyn)	2:30-4:00pm (Aspyn)	transit (\$2.50 each way) or meet	10:30 am– 11:30 am (Carole)
1:30 pm –3:00 pm (Aspyn)		Young Adult Group	at Fashion Place Mall-West	Bonwood Bowling **
		3:00pm-4:30pm (Jan)	Entrance near H&M	2:00pm-3:30pm (Jan)
16	17	18	19	20
Express Yourself Through	Peer Support Group	Advocacy and Disability Culture		NEW- Art Class
Writing	10:30am-12:00pm (Aspyn)	11:00am– 12:00pm (Aspyn)		10:00-12:00pm (Aspyn)
10:30am-12:30pm (Tiffany)	Food \$ense	NEW- Photography Class		NEW- Deaf Peer Support Group
Peer Support Group	2:00pm– 3:00pm (Aspyn)	2:30-4:00pm (Aspyn)	Knitting & Crocheting	10:30 am– 11:30 am (Carole)
1:30 pm –3:00 pm (Aspyn)		Young Adult Group	1:30pm-3:00pm (Jan)	Bonwood Bowling **
		3:00pm-4:30pm (Jan)		2:00pm-3:30pm (Jan)
23	24	25	26	27
Express Yourself Through	24th of July	Advocacy and Disability Culture	Outing	NEW- Art Class
Writing	24th 01 July	11:00am– 12:00pm (Aspyn)	Dinner in the Mountains	10:00-12:00pm (Aspyn)
10:30am-12:30pm (Tiffany)	CLOSED	NEW- Photography Class	3:00-7:00pm	NEW- Deaf Peer Support Group
Peer Support Group	CLUSED	2:30-4:00pm (Aspyn)	Meet at the UILC 2:00pm	10:30 am– 11:30 am (Carole)
1:30 pm –3:00 pm (Aspyn)		Young Adult Group	LIMITED SEATING- MUST RSVP	Bonwood Bowling **
		3:00pm-4:30pm (Jan)		2:00pm-3:30pm (Jan)
30	31			** Bonwood Bowl
Express Yourself Through	Peer Support Group			2500 S. Main St.
Writing	10:30am-12:00pm (Aspyn)			\$2 per game, including shoe rental
10:30am-12:30pm (Tiffany)	Food \$ense			
Peer Support Group	2:00pm– 3:00pm (Aspyn)			
1:30 pm –3:00 pm (Aspyn)			Y 2018	

Class Descriptions

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.

Peer Support Group 1:30pm-3:00pm Assigned Staff: Aspyn, Debbie L.

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

Tuesday:

Peer Support Group 10:30am-12:00pm Assigned Staff: Aspyn, Debbie L.

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

Deaf Communications Class (Taught in ASL) Third Tuesday 10:30-12:00 (Carole)

Deaf individuals will learn more about communication skills

Gardening Skills 1:30pm-2:30pm Assigned Staff: Aspyn, Debbie L.

Consumers will learn about gardening and container gardening.

ASPIRE First and third Tuesdays. 4:00pm to 5:00pm Assigned Staff: Debbie Sarah Gamarra

Youth consumers will learn a variety of independent living skills.

Wednesday:

Advocacy and Disability Culture 11:00am-12:00pm Assigned staff: Aspyn

This class teaches about disability culture, the disability movement, self-advocacy, and participation in the legislative process.

Young Adult Group 3:00pm-4:30pm Assigned staff: Brenda

For consumers 18-28, this class introduces and elaborates on independent living skills.

<u>Thursday:</u>

Outings Times vary. Assigned Staff: Brenda

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) **Etiquette and Boundaries** 10:30am-11:30am *Assigned Staff: Aspyn*

This class will focus on describing what etiquette really is and why we need it. Specifically, we will focus on how and when to talk about our disabilities and to ask others about theirs. We'll talk about personal space and setting of boundaries.

Knitting & Crocheting: 1:30pm-3:00pm Assigned Staff: Brenda, Debbie L.

Will learn how to knit and crochet ..

Friday:

Literature 10:30am -11:30pm Assigned Staff: Aspyn

The Literature classes will be geared towards improving reading comprehension and writing skills. The hope is that this class will help improve understanding in other classes, as well as in day-to-day life, with application in jobs and furthered learning.

Bonwood Bowling 2:00pm-3:30pm Assigned Staff: Brenda

UILC meets at Bonwood Bowling, located at 2500 South Main St. Prices are discounted for UILC consumers (\$4.00 for 2 games including shoes)

Staff Contact: 801-466-5565

Aspyn Bennett (Independent Living Specialist) x 205Brenda Green (Community Integration) x 219Debbie Sarah Gamarra (Life Skills Specialist) x 215Tiffany Montoya (Assistive Technology Program) x 220Debbie Lambrose (Transition and Outreach Specialist) x 212Carole Tomkinson (Deaf Expansion Program) 801-657-5220 (video phone)