




Mon	Tue	Wed	Thu	Fri
<p>1 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p>	<p>2 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Money Management</u> 1:00pm-2:00pm (Jana)</p>	<p>3 <u>Job Skills</u> 1:00pm-2:30pm (Jana) <u>Young Adult Group</u> 3:00pm-4:30pm (Jana)</p>	<p>4 CLOSED FOR 4TH OF JULY </p>	<p>5 <u>Basic Sewing</u> 10:30 am-11:30 pm (Debbie) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>8 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p>	<p>9 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Money Management</u> 1:00pm-2:00pm (Jana)</p>	<p>10 <u>Job Skills</u> 1:00pm-2:30pm (Jana) <u>Young Adult Group</u> 3:00pm-4:30pm (Jana)</p>	<p>11 <u>Outing – Archery at NAC</u> 1000 Ability Way, Park City 12:00pm-3:00pm \$10/person, limit 18 people <u>Meet at UILC 11:00am, returning 4:00pm. Bring a lunch</u></p>	<p>12 <u>Basic Sewing</u> 10:30 am-11:30 pm (Debbie) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>15 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p>	<p>16 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Money Management</u> 1:00pm-2:00pm (Jana)</p>	<p>17 <u>Job Skills</u> 1:00pm-2:30pm (Jana) <u>Young Adult Group</u> 3:00pm- 4:30pm (Jana)</p>	<p>18 <i>Please Note time change</i> <u>Walking/Fishing</u> 11:30am-3:00pm (Jan) Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.</p>	<p>19 <u>Basic Sewing</u> 10:30 am-11:30 pm (Debbie) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>22 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p>	<p>23 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Money Management</u> 1:00pm-2:00pm (Jana)</p>	<p>24 CLOSED FOR PIONEER DAY </p>	<p>25 <i>Please Note time change</i> <u>Walking/Fishing</u> 11:30am-3:00pm (Jan) Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.</p>	<p>26 <u>Basic Sewing</u> 10:30 am-11:30 pm (Debbie) <u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p>
<p>29 <u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p>	<p>30 <u>Peer Support Group</u> 10:30am-12:00pm (Jana) <u>Money Management</u> 1:00pm-2:00pm (Jana)</p>	<p>31 <u>Job Skills</u> 1:00pm-2:30pm (Jana) <u>Young Adult Group</u> 3:00pm-4:30pm (Jana)</p>	<p><i>UILC Classes</i>  <i>July 2019</i></p>	

Utah Independent Living Center Class Descriptions– July 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.

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-2:00pm *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:

Job Skills 1:00pm-2:30pm *Assigned staff: Jana*

This class will go over the benefits of employment, resume writing, filling out job applications, interview skills including mock interviews, etc.

Young Adult Group (Disability History) 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 disability history.

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:

Basic Sewing 10:30am-12:00pm *Assigned Staff: Debbie*

Participants will have the opportunity to learn basic sewing skills focusing on hand sewing. This class will go over basic hand sewing stitches and will finish by making a small hand-sewing project.

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).