

Mon

Tue

Wed

Thu

Fri

# UILC Classes



## June 2019



**Saturday**  
**June 1st** →

**5K Run & Roll!!!**

Registration starts at 8:30am  
Race starts at 9:30am

## Utah Independent Living Center Class Descriptions– June 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: Janice/Janna*

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: Debbie/Solmaz*

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:

**Self-Empowerment** 10:30am-11:30am *Assigned Staff: Kathy/Janna*

This class will explore our strengths, weakness, motivations and ways to become empowered to be more successful and take more leadership in our lives.

**Job Skills** 1:00pm-2:30pm *Assigned staff: Todd/Janna*

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

**Young Adult Group (Money Management)** 3:00pm-4:30pm *Assigned staff: Jan*

For consumers age 18-28, this class introduces and elaborates on independent living skills. This month young adults will be learning about money management and being able to pay for the things you need and want.

### Thursday:

**Looming/Knitting/Crocheting** 10:30am-12:0pm *Assigned Staff: Jan*

This class will provide an opportunity to learn to loom, knit or crochet, as well as socialize with others.

**Fishing/Walking** 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/Janna*

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/Amy Stowers*

UILC meets at Bonwood Bowling, located at 2500 South Main St. Prices are discounted for UILC consumers (\$2.00 per game including shoes).