

Mon	Tue	Wed	Thu	Fri
<p>May 2019</p> <p>UILC Classes</p>	 <p>* \$2/game (includes shoes)</p>	<p>1</p> <p><u>Self Empowerment</u> 10:30am-11:30am (Kathy)</p> <p><u>Job Skills</u> 1:00pm-2:30pm (Todd)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm (Amy C)</p>	<p>2</p> <p><u>Looming/Knitting/Crocheting</u> 10:30am-12:00pm (Jan)</p> <p><u>Hiking /Walking</u> 1:00pm-3:00pm (Jan)</p>	<p>3</p> <p><u>UILC Chefs</u> 10:30 am-12:00 pm (Solmaz)</p> <p>\$3 donation requested</p> <p><u>Bonwood Bowling</u> * 2:00pm-3:30pm (Jan) 2500 S. Main St.</p>
<p>6</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p>	<p>7</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Janice)</p> <p><u>Housing & Related Resources</u> 1:00pm-2:00pm (Debbie/Solmaz)</p>	<p>8</p> <p><u>Self Empowerment</u> 10:30am-11:30am (Kathy)</p> <p><u>Job Skills</u> 1:00pm-2:30pm (Todd)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm (Amy C)</p>	<p>9</p> <p><u>Looming/Knitting/Crocheting</u> 10:30am-12:00pm (Jan)</p> <p><u>Outing – Lunch at King Buffet</u> 3620 S. State St. 1:00pm-2:30pm (Jan)</p>	<p>10</p> <p><u>UILC Chefs</u> 10:30 am-12:00 pm (Solmaz)</p> <p>\$3 donation requested</p> <p><u>Bonwood Bowling</u> * 2:00pm-3:30pm (Amy S) 2500 S. Main St.</p>
<p>13</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p>	<p>14</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Janice)</p> <p><u>Housing & Related Resources</u> 1:00pm-2:00pm (Debbie/Solmaz)</p>	<p>15</p> <p><u>Self Empowerment</u> 10:30am-11:30am (Kathy)</p> <p><u>Job Skills</u> 1:00pm-2:30pm (Todd)</p> <p><u>Young Adult Group</u> 3:00pm- 4:30pm (Amy C)</p>	<p>16</p> <p><u>Looming/Knitting/Crocheting</u> 10:30am-12:00pm (Jan)</p> <p><u>Hiking /Walking</u> 1:00pm-3:00pm (Jan)</p>	<p>17</p> <p><u>UILC Chefs</u> 10:30 am-12:00 pm (Solmaz)</p> <p>\$3 donation requested</p> <p><u>Bonwood Bowling</u> * 2:00pm-3:30pm (Amy S) 2500 S. Main St.</p>
<p>20</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p>	<p>21</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Janice)</p> <p><u>Housing & Related Resources</u> 1:00pm-2:00pm (Debbie/Solmaz)</p>	<p>22</p> <p><u>Self Empowerment</u> 10:30am-11:30am (Kathy)</p> <p><u>Job Skills</u> 1:00pm-2:30pm (Todd)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm (Amy C)</p>	<p>23</p> <p><u>Looming/Knitting/Crocheting</u> 10:30am-12:00pm (Jan)</p> <p><u>Outing – Spring Dance!!!</u> UILC Skill Center 1:30pm-3:00pm (Jan)</p>	<p>24</p> <p><u>UILC Chefs</u> 10:30 am-12:00 pm (Solmaz)</p> <p>\$3 donation requested</p> <p><u>Bonwood Bowling</u> * 2:00pm-3:30pm (Amy S) 2500 S. Main St.</p>
<p>27</p> <p>UILC CLOSED</p> <p><i>Memorial Day</i></p> 	<p>28</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Janice)</p> <p><u>Housing & Related Resources</u> 1:00pm-2:00pm (Debbie/Solmaz)</p>	<p>29</p> <p><u>Self Empowerment</u> 10:30am-11:30am (Kathy)</p> <p><u>Job Skills</u> 1:00pm-2:30pm (Todd)</p> <p><u>Young Adult Group</u> 3:00pm-4:30pm (Amy C)</p>	<p>30</p> <p><u>Looming/Knitting/Crocheting</u> 10:30am-12:00pm (Jan)</p> <p><u>Hiking /Walking</u> 1:00pm-3:00pm (Jan)</p>	<p>31</p> <p><u>UILC Chefs</u> 10:30 am-12:00 pm (Solmaz)</p> <p>\$3 donation requested</p> <p><u>Bonwood Bowling</u> * 2:00pm-3:30pm (Amy S) 2500 S. Main St.</p>

Utah Independent Living Center Class Descriptions– May 2019

To contact the staff person over the class you are interested in attending, please call 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*

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

Housing & Related Resources 1:00pm-2:00pm *Assigned Staff: Debbie/Solmaz*

Come learn about affordable and accessible housing in the community, as well as other resources like deposit assistance, food, etc.

Wednesday:

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

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*

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

Young Adult Group (Vocational Skills) 3:00pm-4:30pm *Assigned staff: Amy Carmen*

For consumers age 18-28, this class introduces and elaborates on independent living skills. This month young adults will be learning about vocational skills that will help them find and keep a job, including visiting some job sites.

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.

Hiking/Walking 1:00pm-3:00pm *Assigned Staff: Jan*

This hiking/walking group will meet at the UILC and then go as a group to different trails in SL County to get some exercise and enjoy being out-of-doors.

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:

UILC Chefs 10:30am-12:00pm *Assigned Staff: Solmaz/Debbie*

Participants will have the opportunity to learn basic cooking skills, while gradually progressing week to week in kitchen talents. *Participants will be requested to donate \$3/class.*

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).