



| Mon | Tue | Wed | Thu | Fri |
|--|---|--|--|--|
| <p>2</p> <p>UILC Closed</p> <p>Labor Day</p> | <p>3</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>Emergency Preparedness</u> 1:00pm-2:00pm (Jana)</p> | <p>4</p> <p><u>Social Skills</u> 10:30am-12:00pm (Jana)</p> <p><u>Young Adult Group</u> (Safety/Community Access) 3:00pm-4:30pm (Jana)</p> | <p>5</p> <p><u>Walking/Fishing</u> 11:30am-3:00pm (Jan)</p> <p>Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.</p> | <p>6</p> <p><u>Meditation</u> 11:00 am-12:00 pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p> |
| <p>9</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>How the Body Works</u> 1:00pm-2:00pm (Jana)</p> | <p>10</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>Emergency Preparedness</u> 1:00pm-2:00pm (Jana)</p> | <p>11 <u>OUTING ONLY TODAY</u></p> <p><u>Outing- Utah State Fair</u> 155 N. 1000 W Salt Lake City 10:00am-3:00pm \$1 per person, <u>Must enter as a group</u></p> | <p>12</p> <p><u>Walking/Fishing</u> 11:30am-3:00pm (Jan)</p> <p>Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.</p> | <p>13</p> <p><u>Meditation</u> 11:00 am-12:00 pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p> |
| <p>16</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>How the Body Works</u> 1:00pm-2:00pm (Jana)</p> | <p>17</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>Emergency Preparedness</u> 1:00pm-2:00pm (Jana)</p> | <p>18</p> <p><u>Social Skills</u> 10:30am-12:00pm (Jana)</p> <p><u>Young Adult Group</u> (Safety/Community Access) 3:00pm- 4:30pm (Jana)</p> | <p>19</p> <p><u>Walking/Fishing</u> 11:30am-3:00pm (Jan)</p> <p>Bring a lunch. We will go to a local trail and eat lunch there before walking/fishing.</p> | <p>20</p> <p><u>Meditation</u> 11:00 am-12:00 pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St. \$2/game (includes shoes)</p> |
| <p>23</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>How the Body Works</u> 1:00pm-2:00pm (Jana)</p> | <p>24</p> <p><u>Peer Support Group</u> 10:30am-12:00pm (Jana)</p> <p><u>Emergency Preparedness</u> 1:00pm-2:00pm (Jana)</p> | <p>25</p> <p><u>Social Skills</u> 10:30am-12:00pm (Jana)</p> <p><u>Young Adult Group</u> (Safety/Community Access) 3:00pm- 4:30pm (Jana)</p> | <p>26</p> <p><u>Outing- All Star Bowling & Entertainment—Tooele</u> 11:00am-3:00pm \$17/person for All Day Pass <u>Meet at UILC 10m, returning 4pm</u></p> | <p>27 ***ANNUAL EQUIPMENT GIVEAWAY*** 10:00am-3:00pm</p> <p><u>Meditation</u> 11:00 am-12:00 pm (Jana)</p> <p><u>Bonwood Bowling</u> 2:00pm-3:30pm (Jan) 2500 S. Main St.</p> |
| <p>30</p> <p><u>Express Yourself Through Writing</u> 10:30am-12:30pm (Tiffany)</p> <p><u>How the Body Works</u> 1:00pm-2:00pm (Jana)</p> | <p><i>UILC Classes</i></p> <p><i>September 2019</i></p>   | | | |

Utah Independent Living Center Class Descriptions– September 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.

How the body works 1pm –2pm *Assigned Staff: Jana*

In this class we will be discussing why it's important to take care of your body, how it affects your health and ability to function during the day.

Tuesday:

Peer Support Group 10:30am-12:00pm *Assigned Staff: Jana*

This peer group provides an environment where people with all disabilities can support and encourage each other, to adjust to a more independent life at home and in the community.

Emergency Preparedness 1:00pm-2:00pm *Assigned Staff: Jana*

This class will cover what to do in emergencies, what kind of things to pack with you, how to prepare food when there is no electricity, basic first aid, and basic disaster preparedness.

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 (Safety/Community Access) 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 how to safely access the community.

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 do 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 it's 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).