

Mon

Tue

Wed

Thu

Fri

****Classes Accessible for
Deaf/Hard of
Hearing consumers.**

**ASL interpreters may be
provided for other
classes upon approval.**

JULY
UILC
Classes



1
A Tidy Transformation
11:00am-12:00pm
The Planted Plate
1:00pm-2:30pm
Young Adults
2:30pm-3:30pm



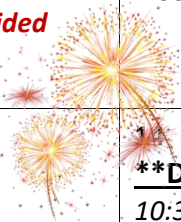
2
Art with Ellie
1:30pm—3:00pm
ASL Interpreter Provided



UILC CLOSED
4th of July
Observation



6
The Vibe Connect
11:00am-12:00pm
****O.N.E. Body**
1:00pm-2:00pm
ASL Interpreter Provided



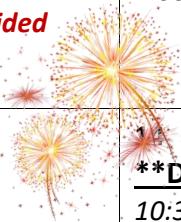
7
****Deaf IL Skills (It's back!)**
10:30am -1:00pm
Totally TEEN Summer
2:00pm-3:00pm

8
A Tidy Transformation
11:00am-12:00pm
The Planted Plate
1:00pm-2:30pm
Young Adults
2:30pm-3:30pm

9
Art with Ellie
1:30pm—3:00pm
ASL Interpreter Provided

10
****Bonwood Bowling**
1:00pm-2:30pm
2500 S. Main St. (Meet there)
\$3/game (includes shoes)

13
The Vibe Connect
11:00am-12:00pm
****O.N.E. Body**
1:00pm-2:00pm
ASL Interpreter Provided



14
****Deaf IL Skills (It's back!)**
10:30am -1:00pm
Totally TEEN Summer
2:00pm-3:00pm



15
A Tidy Transformation
11:00am-12:00pm
The Planted Plate
1:00pm-2:30pm
Young Adults
2:30pm-3:30pm

16
Art with Ellie
1:30pm—3:00pm
ASL Interpreter Provided

17
****Bonwood Bowling**
1:00pm-2:30pm
2500 S. Main St. (Meet there)
\$3/game (includes shoes)

20
The Vibe Connect
11:00am-12:00pm
****O.N.E. Body**
1:00pm-2:00pm
ASL Interpreter Provided



21
****Deaf IL Skills (It's back!)**
10:30am -1:00pm
Totally TEEN Summer
2:00pm-3:00pm

22
A Tidy Transformation
11:00am-12:00pm
The Planted Plate
1:00pm-2:30pm
Young Adults
2:30pm-3:30pm



23
NO ART TODAY

OUTING
Utah Museum of
Contemporary Art
1:30pm-2:30pm
(see back for details)

UILC CLOSED
Pioneer Day



27
The Vibe Connect
11:00am-12:00pm
****O.N.E. Body**
1:00pm-2:00pm
ASL Interpreter Provided



28
****Deaf IL Skills (It's back!)**
10:30am -1:00pm
Totally TEEN Summer
2:00pm-3:00pm



29
A Tidy Transformation
11:00am-12:00pm
The Planted Plate
1:00pm-2:30pm
Young Adults
2:30pm-3:30pm

30
Art with Ellie
1:30pm—3:00pm
ASL Interpreter Provided



31
****Bonwood Bowling**
1:00pm-2:30pm
2500 S. Main St. (Meet there)
\$3/game (includes shoes)



Utah Independent Living Center Class Descriptions – July 2026

SIGN-UP REQUESTED for classes, as space is limited. All classes are In-Person.

Please contact the staff person over the class you want to attend, by phone or email

****Classes accessible for Deaf/Hard of Hearing consumers**

MONDAY:

The Vibe Connect 11:00am - 12:00pm *Assigned Staff: Jena (ext. 205)*

Discover how to build confidence, empathy and connection for healthy relationships through socialization and communication.

****O.N.E. Body 1:00pm - 2:00pm** *Assigned Staff: Jena (ext. 205)*

(Optimal Nutrition & Exercise) We have just ONE Body, let's take care of it! This is a split class for nutrition and exercise for all levels. Learn about the importance of eating healthy and movin' and groovin' the body to feel your best! **ASL Interpreter Provided**

TUESDAY:

**** Deaf IL Skills (3-D Printing) 10:30am –1:00pm** *Assigned Staff: Sari ASL Video Phone: 385-300-8521*

This class is for those who are deaf or hard of hearing and use ASL to communicate.

This month will be 3-D Printing. Learn how to design, create and print in 3D and meet new friends!

Totally TEEN Summer! 2:00pm-3:00pm *Assigned Staff: Kathy (ext. 211)*

Every Tuesday, June 16th - July 28th only! Are you a teen with a disability aged 12-17? Looking for summer fun?

OUR TOTALLY TEEN PROGRAM IS RETURNING THIS SUMMER! Come learn basic life skills including social skills, cooking, safety, etc, and meet new friends this summer!



WEDNESDAY:

A Tidy Transformation 11:00am-12:00pm *Assigned Staff: Jena (ext. 205)*

Do you care about your surroundings? Your home? Join us for some lessons on healthy home care and hygiene. Learn how to keep your home and spaces clean, tidy and organized!

The Planted Plate: Taste the Garden 1:00pm-2:00pm *Assigned Staff: Jena (ext. 205)*

This is a continuation of the garden class with the added bonus of learning about tastes and textures, recipes, food composing and light cooking. Enjoy learning about your palate and food!

Young Adults 2:30pm-3:30pm *Assigned Staff: Kayla (ext. 214)*

Come learn independent living skills among your peers aged 18-28.



THURSDAY:

ART: 1:30pm - 3:00pm *Assigned Staff: Sariah (ext. 215)*

Art Class: Ellie from DrawInc. will be teaching some art skills.

ASL Interpreter Provided

FRIDAY:

****Bonwood Bowling 1:00pm-2:30pm** *Assigned Staff: Sariah (ext. 215)* UILC meets at Bonwood Bowling, located at 2500 South

Main St. Prices are discounted for UILC consumers (\$3.00 per game including shoes). **Please DO NOT show up before 12:30pm.**

July 2026 Outings

SPECIAL EVENT

Thursday, July 9, 2026

Walk 4 Inclusion

6:00pm-8:00pm

Location: Murray Park

Address: 296 E Murray

Park Ave, Murray, UT 84107

Special Olympics Fundraiser
(Not a UILC Activity)



OUTINGS

Assigned Staff: Sariah

Thursday July 2, 9, 16, & 30

Art Class with Ellie

1:30pm-3:00pm

Location: UILC

Through teaching artistry, Ellie gives creatives the resources and platforms they need to share their voices and make a positive impact.

Thursday, July 23, 2026

Utah Museum of Contemporary Art

1:30pm-2:30pm

Address: 20 S W Temple St.

Salt Lake City, UT 84101

-Tour begins at 1:30pm

-Eat beforehand

*\$10 donation to museum (not required)

-MUST sign-up in advance



Contact UILC with questions:

801-466-5565

Jena- jfranken@uilc.org (ext. 205)

Kathy- kself@uilc.org (ext. 211)

Kayla- kwilliams@uilc.org (ext. 214)

Sariah- sdowdakin@uilc.org (ext. 215)

Sari- swilliams@uilc.org