Mon	Tue	Wed	Thu	Fri
2 **Vocalize** *11:00am –12:00pm* **Pretty Penny Presents** *1:00pm—2:00pm* ***ASL Interpreter Provided**	**3** ****Deaf IL Skills** *11:00am -1:00pm* **VOTING DAY!** ***UILC Early Closure at 2:00pm*** *(Consumers see Jan for transportation to vote)*	**4** **Read the Room** *11:00am-12:00pm* **Healthy Holidays** *12:30pm-2:30pm* **Young Adults** *2:30pm-3:30pm*	**5** **Special Olympics Group Fitness** *10:30am-11:15am* *(see back for details)*	**6** ****Bonwood Bowling** 1:00pm-2:30pm 2500 S. Main St. (Meet there) **$3/game** (includes shoes)
9 **Vocalize** *11:00am –12:00pm* **Pretty Penny Presents** *1:00pm—2:00pm* ***ASL Interpreter Provided**	**10** ****Deaf IL Skills** *11:00am -1:00pm*	**11** **UILC CLOSED** **Veterans Day**	**12** **UILC Fall Party** **UILC Tooele Office** **1:30pm-3:00pm** *(see back for details)*	**13** ****Bonwood Bowling** 1:00pm-2:30pm 2500 S. Main St. (Meet there) **$3/game** (includes shoes)
16 **Vocalize** *11:00am –12:00pm* **Pretty Penny Presents** *1:00pm—2:00pm* ***ASL Interpreter Provided**	**17** ****Deaf IL Skills** *11:00am -1:00pm*	**18** Special Combo Class *11:00am-2:00pm* **Young Adults** *2:30pm-3:30pm* **"Being Heumann"** **UILC Film Screening** 5:00 *(see back for details)*	**19** **Special Olympics Group Fitness** *10:30am-11:15am* *(see back for details)*	**20** ****Bonwood Bowling** 1:00pm-2:30pm 2500 S. Main St. (Meet there) **$3/game** (includes shoes)
23 **Vocalize** *11:00am –12:00pm* **Pretty Penny Presents** *1:00pm—2:00pm* ***ASL Interpreter Provided**	**24** ****Deaf IL Skills** *11:00am -1:00pm*	**25** **NO CLASSES**	**26** **UILC CLOSED** **Thanksgiving**	**27** **UILC CLOSED** **NO BOWLING**
30 **Vocalize** *11:00am –12:00pm* **Pretty Penny Presents** *1:00pm—2:00pm* ***ASL Interpreter Provided**	Happy Thanksgiving			**NOVEMBER** **UILC** **CLASSES**



Utah Independent Living Center Class Descriptions – November 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:

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

Unlock your voice and support your mental, physical and emotional health through vocalizing tones and music. We will also practice to perform a Christmas song at our Christmas Party!

Pretty Penny Presents 1:00pm - 2:00pm *Assigned Staff: Jena (ext. 205)*

Make More, spend less. Save your cents and craft hand made holiday gifts! ***ASL Interpreter Provided***



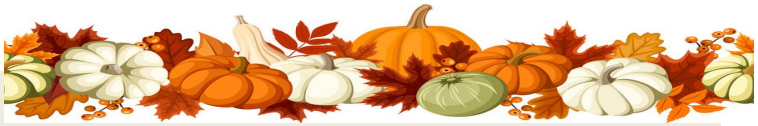
TUESDAY:

**** Deaf IL Skills Sewing 11:00am –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.

Bring your sewing machine and come to learn or just create! Join us for a fun class and to meet new friends!





WEDNESDAY:

Read the Room 11:00am-12:00pm *Assigned Staff: Jena (ext. 205)*

Go beyond the pages with your curiosity, unique perspective in group discussions and love of reading or listening to a good story.

Healthy Holidays 12:30pm-2:30pm *Assigned Staff: Jena (ext. 205)*

Learn to cook delicious, guilt-free holiday treats and meals while being mindful of your health. Enjoy a warm, social, and hands-on kitchen experience ending in a shared seasonal tasting.

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

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



THURSDAY:

Group Fitness with Special Olympics 10:30am-11:15am *Assigned Staff: Sariah (ext.215)*

This is an 8-week group fitness class led by Special Olympics! They will lead us in stretches and various activities for all abilities.

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.**

Utah Independent Living Center Address: 3445 S Main Street, South Salt Lake, UT. 84115

NOVEMBER 2026 Outings

Assigned Staff: Sariah

Thursday, November 12th



UILC Fall Party

1:30pm-3:00pm

Location:

UILC Tooele Office

52 N Main St, Tooele, UT 84074

Games, snacks, and A Charlie Brown Thanksgiving Show

MUST sign-up in advance!

Limited transportation available

SIGN UP DEADLINE:

Tuesday, November 10th!

Wednesday, November 18th

"Being Heumann"

UILC Film Screening

5pm (reception/light refreshments)
6pm- Movie screening begins
The Broadway Centre Cinema
111 E Broadway (300 S) Suite 99
Salt Lake City, UT 84111
MUST sign-up in advance!
*ASL interpreter provided
*Open captioning provided
LIMITED Free tickets available, must have a ticket to attend!

SIGN UP DEADLINE:
Monday, November 16th

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
ASL Video Phone: 385-300-8521