

Mon

Tue

Wed

Thu

Fri

SEPTEMBER

UILC CLASSES

2026



1
****Deaf IL Skills (It's back!)**
 10:30am -1:00pm



2
A Tidy Transformation
 11:00am-12:00pm
Safe & Sound
 1:00pm-2:30pm
Young Adults
 2:30pm-3:30pm



3
NO ART TODAY
OUTING
Tooele Valley Museum
 12:00pm -2:00pm
 (see back for details)

4
****Wii Bowling**
 1:00pm—2:30pm
UILC



7
**UILC CLOSED FOR
 LABOR DAY!**



8
****Deaf IL Skills (It's back!)**
 10:30am -1:00pm



9
A Tidy Transformation
 11:00am-12:00pm
Safe & Sound
 1:00pm-2:30pm
Young Adults
 2:30pm-3:30pm



10
Art with Ellie
 12:30pm—1:30pm
ASL Interpreter Provided



11
****Bonwood Bowling**
 1:00pm-2:30pm
 2500 S. Main St. (Meet there)
\$3/game (includes shoes)

14
The Vibe Connect
 11:00am-12:00pm
****Minutes Matter**
 1:00pm-2:00pm
ASL Interpreter Provided

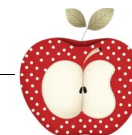
15
****Deaf IL Skills (It's back!)**
 10:30am -1:00pm



16
ALL CLASSES CANCELLED
OUTING
Utah State Fair
 9:30am-3:00pm
 See back for details

17
Art with Ellie
 12:30pm—1:30pm
ASL Interpreter Provided

18
****Bonwood Bowling**
 1:00pm-2:30pm
 2500 S. Main St. (Meet there)
\$3/game (includes shoes)



21
The Vibe Connect
 11:00am-12:00pm
****Minutes Matter**
 1:00pm-2:00pm
ASL Interpreter Provided

22
****Deaf IL Skills (It's back!)**
 10:30am -1:00pm



23
A Tidy Transformation
 11:00am-12:00pm
Safe & Sound
 1:00pm-2:30pm
Young Adults
 2:30pm-3:30pm



24
Art with Ellie
 12:30pm—1:30pm
ASL Interpreter Provided



25
****Bonwood Bowling**
 1:00pm-2:30pm
 2500 S. Main St. (Meet there)
\$3/game (includes shoes)

28
The Vibe Connect
 11:00am-12:00pm
****Minutes Matter**
 1:00pm-2:00pm
ASL Interpreter Provided



29
UILC CLOSED
State IL Conference

30
UILC CLOSED
State IL Conference

****Classes Accessible for
 Deaf/Hard of
 Hearing consumers.**
**ASL interpreters may be
 provided for other
 classes upon approval.**



Utah Independent Living Center Class Descriptions – September 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.

****Minute Matters 1:00pm - 2:00pm** *Assigned Staff: Jena (ext. 205)*

A Time Management Class. Your minutes matter! Learn how to manage your time and conquer daily overwhelm, ditch distractions, boost productivity, and reclaim your schedule. **ASL Interpreter Provided**

TUESDAY:

**** Deaf IL Skills Variety of Classes 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's classes are on Peer Support and Socialization. Join us for fun classes and to meet new friends!



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!

Safe & Sound 1:00pm-2:30pm *Assigned Staff: Jena (ext. 205)*

Get prepared with essential safety skills for daily life. Learn to prevent and handle accidents in the kitchen, respond safely to natural disasters, and use basic first aid for just in case of an emergency!

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

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



THURSDAY:

ART: 12:30pm - 1:30pm *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.

****Wii Bowling 1:00pm-2:30pm at UILC**

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

SEPTEMBER 2026 Outings

Assigned Staff: Sariah



Thursday, September 3rd
Tooele Valley Museum

35 N Broadway St, Tooele, UT 84074

12:00pm- 2:00pm

-SL consumers meet at UILC by 11:10am

-Bring sack lunch

-Limited Transportation!

-MUST sign-up in advance!

Wednesday, September 16th

Utah State Fair

155 1000 W, Salt Lake City, UT 84116

9:30am-3:00pm

-\$1 entry fee (cash)

-MUST sign-up in advance!!

More info to come



Contact UILC with questions:

801-466-5565

Jena– jfranken@uilc.org (ext. 205)

Kathy- ksell@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