In January, consumers spent the day at the Utah State Capitol and learned about the legislation process. This adventure included walking around the capitol, observations of meetings, training on how to approach representatives, and more.

The day ended with the LCPD Reception where many people had the chance to discuss issues and concerns with various senators in attendance. Many issues were addressed which made the day a true success! Thanks to all who came!

If you’d like be part of our group, we meet on the first Wednesday of each month at Ability 1st Utah from 12:30-2:00pm
TAX SEASON

The last day to file your 2017 taxes is
TUESDAY APRIL 17TH.
If you need assistance, here are some local organizations that can help.

PROVO COMMUNITY PARTNERSHIP CENTER
817 South Freedom Blvd, Provo
Tuesdays & Wednesdays 6pm-9pm
Thursdays 9am-12pm
Saturdays 9am-3pm
Appointments Only.: 801-850-6013

KIDS ON THE MOVE
475 West 260 North, Orem
Tuesday from 2-5 PM
Appointment Only. 801-221-9930

SOUTH FRANKLIN COMMUNITY CENTER
770 South 700 West, Provo
Thursday from 5:15-8PM
Appointment Only. 801-374-2588

For other resources, go to utahtaxhelp.org, or call United Way at 211 for more information about more locations near you.

SATURDAY, SEPTEMBER 8TH, 2018

SAVE THE DATE

Our 16th Annual Run, Walk, & Roll 5/10k Race!

Go to www.ability1stutah.org for details and registration.
IMPORTANTE!
Muchos miembros del personal estarán fuera de la oficina Abril 9-11 para una conferencia. Vamos a estar abierto, pero los horarios de trabajo serán limitados. No tendremos clases esa semana.

Tendremos un Baile!
Cuando: El 26 de Abril. 11-2.
Lugar: 1122 N. Grand Avenue, Provo.
¡Invitamos a otros centros, así que ven a conocer a consumidores de otras ciudades!
El transporte es limitado así que intente venir por sus propios medios.

NECESITA AYUDA CON LOS IMPUESTOS?
EL ÚLTIMO DÍA PARA HACER SUS IMPUESTOS ES EL 17 DE ABRIL.
Llama Centro Hispano (801 655 0258) para hacer una cita.
O puedes visita utahtaxhelp.org para mas lugares que pueden ayudar.

ACTIVIDADES EN MARZO
3/6: Tendremos una reunión sobre qué clases quieres que ofrezcamos.
3/7: Abogacia
3/8: Boliche— NO TRANSPORTACION
3/13: Compras
3/14: Tendremos a la recién elegida Alcaldesa de Provo, Michelle Kaufusi, venga y hable con nosotros sobre lo que ha planeado para su mandato.
3/20: Clase de Yoga
3/21: Costura— No mas de 6 personas.
3/22: Clase de Computadora— NO TRANSPORTACION
3/27: Clase de Silla de Poder
3/38: Clase de Lenguaje de Señas

ACTIVIDADES EN ABRIL
4/3: Compras
4/4: Abogacia
4/5: Boliche— NO TRANSPORTACION
4/17: Cocina— No mas de 10 personas.
4/18: Costura— No mas de 6 personas.
4/24: Artes— No mas de 12 personas.
### Class Times May Change

### Olivia Siegel

Goodbye Olivia Siegel will be leaving us on March 2nd. We’ve loved having her as part of our team here at Ability 1st Utah, and we appreciate all that she did the youth. We all will miss her greatly!!! Thank you for what you’ve contributed to the Youth Program.

### SPRING FLING DANCE!

**WHEN:** April 26th from 11-2 PM  
**WHERE:** 1122 N. Grand Avenue in Provo. 
We’re inviting other IL centers so come meet consumers from other counties! **Transportation is limited** so try to come by your own means.

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<th>Monday</th>
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<tbody>
<tr>
<td>LLAMA CADA LUNES SI QUEDES VIENRE A LOS CLASES!</td>
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<tr>
<td>5 CALL TO RSVP FOR CLASSES</td>
<td>6 IL Class Planning</td>
<td>7 Advocates First – Training 12:30-2</td>
<td>8 Bowling 12-2 NO TRANSPORT</td>
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<tr>
<td>12 CALL TO RSVP FOR CLASSES</td>
<td>13 Shopping/ Compras</td>
<td>14 Mayor Visit/ Alcadesa 12-2</td>
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<td>19 CALL TO RSVP FOR CLASSES</td>
<td>20 Yoga 12-2</td>
<td>21 Sewing/ Costura 11-1</td>
<td>22 Computer Class 2-3:30 NO TRANSPORT!</td>
<td>23</td>
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<tr>
<td>26 CALL TO RSVP FOR CLASSES</td>
<td>27 Wheelchair Clinic/Silla de Ruedas 12-2</td>
<td>28 Sign Language 12-2</td>
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</table>
## MARCH ACTIVITIES

- **3/6**: IL Planning Meeting
- **3/7**: Advocate First—Training for those who want to be involved in the group.
- **3/8**: Bowling—It’ll be at Fat Cats. No Transport available.
- **3/13**: Shopping
- **3/14**: SPECIAL GUEST: We have Provo Mayor Kaufusi as a guest speaker.
- **3/20**: Yoga Class
- **3/21**: Sewing—6 consumers Only.
- **3/22**: Computer Class—4 consumers. NO TRANSPORT.
- **3/27**: Wheelchair Clinic—Medsorce will come to answer questions about your powerchair.
- **3/38**: American Sign Language Class

## APRIL ACTIVITIES

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<tr>
<td>2 CALL TO RSVP FOR CLASSES</td>
<td>3 Shopping/ Compras</td>
<td>4 Advocates First/Abogacia 12:30-2</td>
<td>5 Bowling 12-2 NO TRANSPORT</td>
<td>6</td>
</tr>
<tr>
<td>9 MOST OF THE STAFF WILL BE OUT OF THE OFFICE FROM APRIL 9-11 FOR OUR ANNUAL IL CONFERENCE. WE’LL BE OPEN BUT THE BUSINESS HOURS WILL BE LIMITED. WE WON’T HAVE ANY CLASSES THIS WEEK.</td>
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<td>16 CALL TO RSVP FOR CLASSES</td>
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<td>18 Sewing/ Costura 11-1</td>
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<td>23 CALL TO RSVP FOR CLASSES</td>
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<td>25 Arts &amp; Crafts/ Artes 12-2</td>
<td>26 Spring Fling/ Baile 11-2 (Pagina 3)</td>
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<td>30 CALL TO RSVP FOR CLASSES</td>
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- **APRIL ACTIVITIES**
  - **4/3**: Shopping
  - **4/4**: Advocates First
  - **4/5**: Bowling—It’ll be at Fat Cats. No Transport available.
  - **4/17**: Cooking—Limit to 10 consumers.
  - **4/18**: Sewing—Limit of 6 consumers.
  - **4/24**: Arts & Crafts—Limit 12 consumers
## March 2018

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<td>Donna’s EB: 10 AM</td>
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## April 2018

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<td>5 Bowling (see page 5)</td>
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<td>26 Spring Fling</td>
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<td>Donna’s EB: 10 AM</td>
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**Important**

Most of the staff will be out of the office from April 9-11 for our annual IL conference. We won’t have any classes that week.

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**Come and meet Bret, the new Youth Coordinator starting in March!**

**EBPH (East Bay Post High):**
- At the Office
  - **Tuesdays:** 10-11 AM
  - **Thursdays:** 12-1:30 PM

**Older Youth:** At The Office
- **Thursdays:** 10-11:30 AM
  (Open to all students)

**For an individual lesson call:**
Bret Guercio
Office: (801) 850-5565
Cell: (385) 375-1370
bret@ability1stutah.org
Juab and Sanpete Counties

THE OFFICE WILL BE CLOSED FROM APRIL 9 - 11 FOR OUR ANNUAL IL CONFERENCE. WE WON’T HAVE ANY CLASSES THAT WEEK.

If you still haven’t applied for the HEAT Assistance Program, there is still time left. You can contact Dorothy Spens at (435) 835-2831 in Manti. The HEAT program can help with your heating, gas, or electric bills. If we don’t use this resource, we can lose this program.

If you need transportation for a doctor’s appointment, please try to schedule it during one of the days that we are transporting for another activity. We can save a lot of money and time by combining trips rather than taking the van randomly every day.

Also if you need to go shopping, we’ll only provide transport for shopping on the days indicated on the calendar. This helps our agency save money.

On Movie Nights, we’ll purchase the ticket and you can purchase popcorn, treats and drinks on your own. Movies are a great activity and a fun way to connect with other consumers. Don’t let these opportunities pass.

We also will have the chance of going to the Provo Office for a Spring Fling Dance! Call if you are wanting to come along!

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<td>Shopping—9:30 AM</td>
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<td>Bowling 12-2</td>
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<td>Food Bank—Noon</td>
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<td>Movie Night</td>
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<td>Craft Class—12-2</td>
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KEEP AN EYE OUT FOR OUR SUMMER ACTIVITIES LIKE:
Camping – Annual BBQ— And More!

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<td>26 Spring Fling—Provo</td>
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Wendy Hansen
Phone: (435) 283-4949
Cell: (435) 340-1145
85 West 100 North
Ephraim, UT 84627
We’re always trying to improve how we run things for you guys. That’s why we are asking for your input and feedback!

If you want us to have a class on something you want to learn or have any suggestion about how we teach our classes, please let us know. We appreciate constructive feedback.