

Ability 1st Utah

A VOICE OF OUR OWN



JULY - AUGUST 2019

RUN WALK OR ROLL FUNDRAISER



DATE:

09/07/2019

PLACE:

**2225 W. 620 N.
Provo, UT**

CONSUMERS!

We have **LIMITED TRANSPORTATION** for **consumers** who can't transport themselves or have any way of getting there.

REGISTRATION

ONLINE: ability1stutah.org

OFFICE: 491 N. Freedom Blvd.
Provo, UT 84601

Annual BBQ!



Date: Wednesday, August 21

Time: 4:30 PM - 6:30 PM

Place: City Center Park,
100 North 300 East, Orem

You can bring family and friends! **Transportation from us is LIMITED** so try to come to the park on your own. If you are bringing guests, you must have your own transportation.

CALL STARTING AUGUST 5TH!!

TRANSPORTATION RULES

- * **INSIDE MANNERS:** Use your inside voice and wear headphones if you are listening to your own music. **No food/drinks on the van.** You make a mess, you clean it up.
- * **NO DISTRACTING THE DRIVER:** **Unless it's an emergency,** wait until the van is parked if you need to speak to the driver.
- * **NORTHERN/SOUTHERN AREAS:** It can be 1-2 hours before/after the activity for pick ups/drop offs (depending on the best route).
- * **ALTERNATE LOCATION:** If you live on the edges of the county, we can transport you to/from a location closer to our center.
- * **DRIVERS WILL CALL WHEN THEY'RE 10 MINUTES AWAY:** Be outside and ready **before** the van arrives. The longer the driver is waiting, the longer transportation takes.
- * **CANCELLATIONS: ASAP!** Not cancelling beforehand takes up spots for consumers on the waiting list.
- * **TRY TO FIND A WAY OF GETTING TO THE CENTER BEFORE ASKING FOR TRANSPORTATION FROM US.**

ADVOCATES FIRST

July 3rd: Potluck, "How to be Safe in Summer Heat", & Deputy Mayor. 12-2

July 26th: Board Meeting. 8:30-9:15. **NO TRANSPORT**

August 7th: Food Storage & Utah Housing Coalition. 12-2

August 30th: Board Meeting. 8:30-9:15. **NO TRANSPORT**

IMPORTANT!

We need you to call at most one week before the activity you want to come to. There may be exceptions (BBQ, Aquarium, etc.) and it'll say it on the calendar. If it becomes full, we'll put you on a waiting list.

DON'T COME THE DAY OF ACTIVITY HOPING FOR CANCELATIONS! It's unfair to those on the waiting list that were turned down.

El Rinconcito

Picnic Anual

DIA: Miércoles, Augusto 21

HORA: 4:30 PM - 6:30 PM

LUGAR: City Center Park
100 Norte 300 Este, Orem

Trae a tus amigos y familiares.

El transportation de nosotros es LIMITADO.

Intente venir al parquet por tu mismo. Pueden llamar desde Augusto 5.



Oficina Cerrada: Julio 4th & Julio 24th

JULIO

7/10: UTA Training- Iremos al planetario utilizando el Frontrunner. Trae dinero para el almuerzo/un almuerzo. Encuéntrenos en una de las estaciones posible.

7/16: Jardin- No mas de 8 personas.

7/17: Costura- No mas de 6 personas.

7/23: Ejercicio- Formas divertidas y fáciles de mantenerte activo para una vida mejor. Tendremos aperitivos.

7/30: Voluntariado en la Comunidad-

¡NUESTRA CARRERA ANUAL SE ACERCA!

Sábado, Septiembre 7.

2225 W. 620 N. Provo.

¡Ven y apoya a nuestra organización! Las contribuciones de la Carrera son para las actividades, programma de jóvenes, y mucho más.



Aprende a ser voluntario en tu propia comunidad. Trae una lata de comida para donar. Tendremos aperitivos.

AUGOSTO



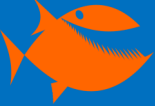
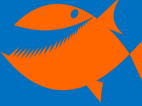
8/20: Computadora- No mas de 5 personas.

8/27: Película- Iremos al teatro provo mall. traer dinero para concesiones.

8/28: Stress & Meditation: Aprende a manejar tu estrés con técnicas de relajación y meditación. Tendremos aperitivos.

July 2019

(Class Times May Vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Advocate's First 12-2 (pg 2)	4 Office Closed/ Oficina Cerrada 	5
8 CALL TO RSVP FOR CLASSES/ LLAMA PARA ACTIVIDADES	9 Shopping	10 UTA Training SLC Planetarium - Limited Space	11	12
15 CALL TO RSVP FOR CLASSES/ LLAMA PARA ACTIVIDADES	16 Gardening Class 1-3	17 Sewing 11-1	18	19
22 CALL TO RSVP FOR CLASSES/ LLAMA PARA ACTIVIDADES	23 Exercise Empowerment 1-2:30	24 Office Closed/ Oficina Cerrada 	25	26
29 CALL TO RSVP FOR CLASSES/ LLAMA PARA ACTIVIDADES	30 Give to the Community 1-2:30	31 Aquarium Trip 10-2	 AQUARIUM: Limited Spots! Bring lunch/money for lunch. 	

JULY ACTIVITIES

7/10: UTA Training- We'll be going to the Clark Planetarium using UTA. Bring lunch/money for lunch. Meet us at the Front-runner station if possible.

7/16: Gardening- Limit 8 consumers.

7/17: Sewing- Limit 6 consumers.

7/23: Exercise- Fun & simple ways to stay physically active for a better life. Snacks provided

7/30: Give to the Community- Learn how to become a volunteer in the community. Snacks provided. **Bring cans for donation.**

AUGUST ACTIVITIES

8/20: Computer Class

8/27: Movie Day- We'll be going to the Provo Town Mall theater. Bring money for concessions.

8/28: Stress & Meditation: Learn to manage stress with relaxation/meditation techniques. Snacks Provided.

August 2019

(Class Times May Vary)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>New Cooking Schedule:</u> We'll be starting a series of cooking classes with USU Extension– Food \$ense. The classes are to educate on how to cook healthy, yummy food on a budget. No transportation!			1 Cooking Class 4:30-6 NO TRANSPORT	2
5 CALL TO RSVP FOR CLASSES/ LLAMA PARA ACTIVIDADES	6 Shopping	7 Advocate's First 12-2 (pg 2)	8 Cooking Class 4:30-6 NO TRANSPORT	9
12	13	14	15	16
CAMPING				
19 CALL TO RSVP FOR CLASSES/ LLAMA PARA ACTIVIDADES	20 Computer Class 1-2:30	21 BBQ (page 1/ Pagina 3)	22 Cooking Class 4:30-6 NO TRANSPORT	23
26 CALL TO RSVP FOR CLASSES/ LLAMA PARA ACTIVIDADES	27 Movie Day at Cinemark 16	28 Manage Stress/ Meditation 12-1:30	29 Cooking Class 4:30-6 NO TRANSPORT	30

ANNUAL CAMPING TRIP

WHERE: Granite Flats Camp @ American Fork **WHEN:** August 13-15.

We have limited spots! RSVP from July 29th to August 9th.

8/13	8/14	8/15
Leave Provo @ Noon.	DAY TRIP Leave Center @ 10 AM.	Leave Camp @ Noon.

You're responsible for items you need for camping overnight, such as medications, personal hygiene, sleeping items, etc. Try to bring your own tent but make sure it's in good condition. We can't guarantee an extra tent if something happens to yours. **There are no electric outlets!** Applications are required before 8/9! Visit the office to pick one up or call us for more info.

DAY TRIP: On August 14th, we're taking a van from our Provo office for consumers that can't stay over night. We'll stay for lunch and for a few activities then return to Provo afterwards.



SUMMER PROGRAM: JULY

DATE	ACTIVITY	LOCATION	RIDE
7/11	Desert Ind. Professional Dress Activity	Desert Industries	Yes
7/12	Tie Dye Shirts	Ability 1st Office	No
7/18	Hogle Zoo Trip	Hogle Zoo	Yes
7/19	Money Management & Nickelcade	Office/Provo	No
7/25	Indoor Skydiving	Ogden	Yes
7/26	Cooking/Kitchen Safety	Ability 1st Office	No

SUMMER PROGRAM: AUGUST

DATE	ACTIVITY	LOCATION	RIDE
8/1	Adobe Tour	Provo	Yes
8/2	Job Poster/Fat Cats	Office/Fat Cats	No
8/8	Capital/Utah Museum of Natural History	Salt Lake City	Yes
8/9	Pot Luck & Movie Day	Ability 1st Office	No

OFFICE WILL BE CLOSED:
July 4th & July 24th

I'm out of the office July 1-July 5.
 We don't have activities that week.

Bret Guercio

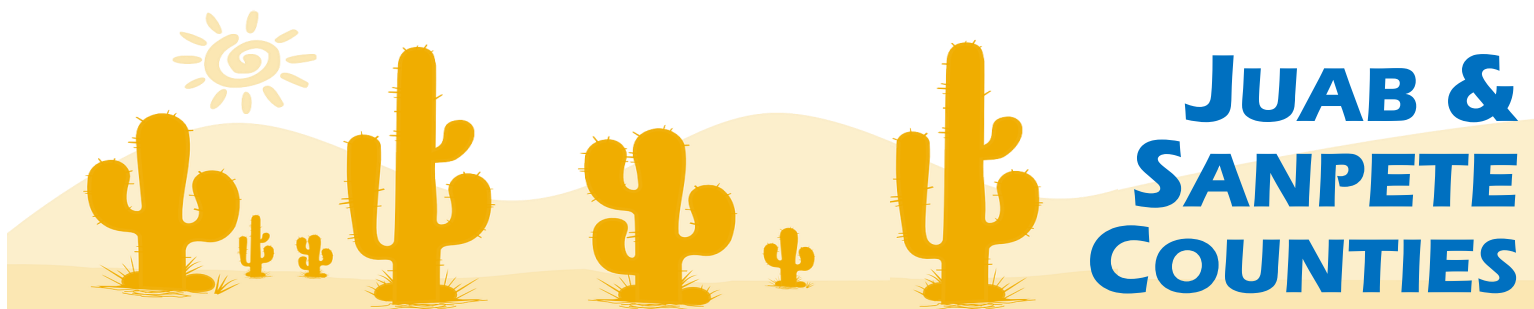
Office: (801) 850-5565

Cell: (385) 375-1370

bret@ability1stutah.org

CAMPING: August 13-15 (pg 5)

ANNUAL BBQ: August 21 (pg 1)



CAMPING TRIP *Dinosaur Quarry*

If you want to go on the camping trip, please let me know by the **August 1st**. You will need to fill out a medical information form from me so I can be aware of what any issues that may come up.

We will be going to American Fork Canyon. You should bring with you all items that you have to make your trip happy and successful. That can be additional food, blankets, games, and other items. If you have your own camping materials (tent, sleeping bags, lanterns, flashlights) please bring those with you as well.

I have rescheduled the trip to dinosaur quarry for **July 10th**. This will be an all day trip so please be sure to bring medications, lunch/money to buy lunch, and anything else you will need.



Wendy Hansen

Office: 435-283-4949

85 W. 100 N., Ephraim UT
wendy@ability1stutah.org

July 2019

TUE	WED	THUR
2	3 Shopping 8:30	4 OFFICE CLOSED
9	10	11
16 Shopping 8:30	17 Dinosaur Quarry Trip	18
23	24 OFFICE CLOSED	25
30	31	

August 2019

TUE	WED	THUR
		1
6 Shopping 8:30	7	8
13 CAMPING	14	15
20 Shopping 8:30	21 Annual BBQ Provo (Pg 2)	22
27	28	29

PARTICIPATE & EARN PRIZES!

Starting July, we shall be handing out "Ability Bucks" to consumers when they attend our classes and activities.

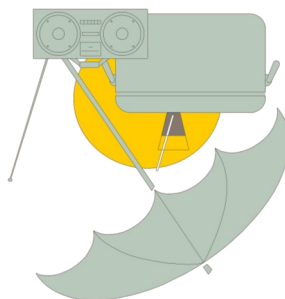
At the end of each month, you can use your "Ability Bucks" to buy prizes. The more "Ability Bucks" you collect, the better prizes you can get!



Ability 1st Utah Staff

Sandra Curcio
Jhilma Miranda
Deon Anderson
Janine Culver
Wendy Hansen
Shelly Pitchforth
Kathy Tucker
Bryce Harper
Cheryl Campbell
Kailee Rivera
Bret Guercio
Roy Gerber
Angel Cortes
Shauna Parks
Darren Spencer
Cynthia Gonzalez

Vision~
To integrate, build, and
strengthen abilities for all
individuals with disabilities.



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Promoting Independence for People with Disabilities

Ability 1st Utah

Return Service Requested