

Ability 1st Utah

NOVEMBER-DECEMBER 2019

THANKS!

To all the businesses that donated to our race. Thank you for supporting Ability 1st Utah in our efforts to help improve the lives of people with disabilities. A big **CONGRATULATIONS** to the participants that made our 17th Run, Walk & Roll 5k a success. We truly appreciate the continued support.



CENTRAL
BANK

dōTERRA[®]
Wellness Advocate



Stokes
FRESH FOOD MARKET



vivint.
SmartHome[®]

LITTLE
AMERICA
Hotel

ZIONS
BANK[®]



YOUNG LIVING[®]
ESSENTIAL OILS



NEW SEWING CLASS PROCEDURES!

- ♦ We're working at accommodating new students that have not participated by alternating consumers who attend. For example, if you attend the November class, you cannot participate until January.
- ♦ **No food allowed during class!** Please eat before or after.
- ♦ Come on time. **If you're more than 30 minutes late, we will not be able to accommodate you**, regardless if you are signed up.
- ♦ We'll only be using the center's sewing machines. If you have one of your own and would like it repaired, here are some resources:
 - Nuttall's: 518 N 2000 W St, Pl. Grove. (801) 763-7669
 - Bernina: 2017 N 550 W, Provo. (801) 374-5520



Good Luck Bryce!

A Big farewell to Bryce Harper!

He has been here as the center's van driver and as an AT coordinator for 4 years. He will be leaving us by the end of October.

We will all miss him and hope his new adventures will meet all of his expectations!





HOLIDAY DINNER

DATE: Wednesday, Dec. 4th.
TIME: 5:30 P.M.-7:30 P.M.
PLACE: Utah Valley Convention.
 220 W. Center Street, Provo.

☞ Try to come by your own or have someone bring you.

☞ **No transportation if you have guests.**

☞ **Dinner will be served. RSVP BEFORE Nov.28th!**

☞ **LIMITED SEATING:** If you come without a reservation, We may not be able to accomodate you.

☞ **GUESTS:** 1-2 guests per family. Children count as guests.



TRANSPORTATION IN WINTER

- If there are bad driving conditions where you live, the driver will call to make other arrangements to be picked up/dropped off at an alternate location close to your home.
- If you are sick and are signed up for an activity, **DO NOT COME!** We do not want the spread the sickness to others. Call the office as soon as you can to cancel your assigned activity.
- If the weather is too bad to drive in, the class may be cancelled.
- Call for any questions or concerns.



El Rinconcito

ESTARAMOS CERRADOS

11/8: Entrenamiento

11/11: Día de los
Veteranos

11/28-11/29: Día de
gracias

12/24-12/25: Navidad

1/1: Año Nuevo

REGLAS PARA COSTUDA!



◊ Estamos trabajando para dar cabida a nuevos estudiantes que no han participado. **Vamos a alternar los consumidores que vienen a la clase de costura.**

◊ Por ejemplo, si asiste a la clase de noviembre, no puede participar hasta enero.

◊ **No se permite comida durante la clase.**

◊ Llegar a tiempo. **Si estás más de 30 minutos tarde, no vamos a ser capaces de asiento que, sin importar si está registrado.**

◊ **Solo usaremos las máquinas de coser del centro.** Si tiene una máquina propia y desea repararla, estos son algunos recursos:

- Nuttall's: 518 N 2000 W St., Pl. Grove. (801) 763-7669

- Bernina: 2017 N 550 W, Provo. (801) 374-5520

Fiesta De Navidad

- ☞ **La cena será servida.**
- ☞ **LLAMA ANTES Nov. 28th!**
- ☞ **ASIENTOS LIMITADOS:**
Si vienes sin reserva, es posible que no podamos acomodarte.
- ☞ **INVITADOS: 1-2 invitados por familia.** Niños cuentan como invitados.

FECHA: Diciembre 4

HORA: 5:30 P.M.-7:30 P.M.

Lugar: Utah Valley Convention-
220 Oeste. Center Street, Provo.

☞ Intenta venir por tus propios medios o con alguien.

☞ **No hay transporte si tienes invitados.**

(Class Times
May Change)

NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Call to RSVP for Classes/ Llama para clases	5 Shopping/ Compras	6 Advocates First/ Abogocia 12-2	7	8 Office Closed
11 Closed/Cerrado 	12	13 Advocates First Thanksgiving Potluck 12-2	14 Bowling @ BYU/Boliche NO TRANSPORT 12-1:30	15
18 Call to RSVP for Classes\ Llama para clases	19 Sewing/costura 12:30-2:30	20 Arts & Crafts 10:30-1:30	21	22
25 Call to RSVP for Classes\ Llama para clases	26 Cooking Class 12-2	27	28 Office Closed 	29 Office Closed

WE'LL BE CLOSED THE FOLLOWING DAYS:

11/8: Staff Training
11/11: Veteran's Day
11/28-11/29: Thanksgiving
12/24-12/25: Christmas.
1/1: New Year's Day.

Advocates First


11/6: We'll be meeting with the Utah Housing Coalition. **Call for details.**

11/13: **Pot Luck-** We'll have our Thanksgiving Social.

12/11: We'll have United Way and Community Action come and speak about their services.

DECEMBER 2019

(Class Times
May Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Call to RSVP for Classes\ Llama para clases	3 Healthcare Bingo 12:30-2	4 Holiday Party/ Fiesta de Navidad (pg 2/pagina 3)	5	6
9 Call to RSVP for Classes\ Llama para clases	10 Holiday Shopping! (see below)	11 Advocates First/ Abogocia 12-2	12 Temple Lights/ Viaje a Salt Lake (see below)	13
16 Call to RSVP for Classes\ Llama para clases	17 Christmas Movie/pelicula @center	18 Sewing/Costura 12:30-2:30	19	20
23	24 Office Closed 	25 Office Closed 	26	27
30	31			

NOVEMBER ACTIVITIES

11/5: Shopping - Limit 6 Consumers.

11/19: Sewing- Limit 6 consumers.

11/20: Arts & Crafts: Limit 12 consumers. Bring a snack or light lunch.

11/26: Cooking - Limit 10 consumers.

DECEMBER ACTIVITIES

12/10: Holiday Shopping: We'll be visiting retail stores for holiday shopping. Limit 6 consumers.

12/17: We will be watching a holiday movie at the center.

12/18: Sewing- Limit 5 Consumers.

TEMPLE LIGHTS!

*We'll be taking the Frontrunner and Trax.

Meet us at one of the following stations:

Provo: By 2:00 - Orem: By 2:10

- American Fork: By 2:15

*Transport from your home is **LIMITED!** Try to find a way to get to the frontrunner station.

*We have limited UTA passes to loan out. **If you have a UTA pass of your own, please bring it.**

*We plan to be back in the early evening. **Bring everything you will need.**

*We'll stop at City Creek Center. **Bring money for lunch or bring your own meal.**

YOUTH VORTEX

November 2019

MON	TUES	WED	THURS
4 EB- 11:15	5 EB- 10:00	6	7 OY- 10:00 EB- 11:30
11 Office Closed	12 EB- 10:00	13	14 OY- 10:00 EB- 11:30
18 EB- 11:15	19 EB- 10:00	20	21 OY- 10:00 EB- 11:30
25	26	27 Office Closed	28 Office Closed

December 2019

MON	TUES	WED	THURS
2 EB- 11:15	3 EB- 10:00	4 Holiday Party!	5 OY- 10:00 EB- 11:30
9 EB- 11:15	10 EB- 10:00	11	12 Temple Trip
16 EB- 11:15	17 EB- 10:00	18	19 OY- 10:00 EB- 11:30
23	24 Office Closed	25 Office Closed	26
30	31		

OFFICE WILL BE CLOSED:

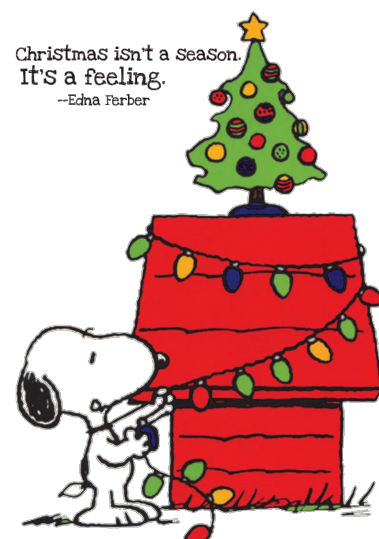
11/8-11/11: Staff training/Veterans
11/27-11/28: Thanksgiving Break.
12/24-12/25: Christmas Break.

Please keep track of what days we will not be having classes or which days the office will be closed. It can be tricky during the holiday season.

EVENTS COMING UP!

12/4: It's our **Annual Holiday Dinner Party!** See page 2 or call the office for more information.

12/12: SLC Temple Lights- See page 5 or call the office for more information.



Bret Guercio
 Office: (801) 850-5565
 Cell: (385) 375-1370
bret@ability1stutah.org

JUAB & SANPETE

Welcome to Autumn!

We have some fun and exciting activities for the next two months.

11/5: We will host the excellent craftsmanship of Shelly Pitchforth and Kathy Tucker who work in the Provo office. They are the true leaders in interesting crafts. It will be a whole day affair and we will be having lunch on this day also. Come and enjoy an activity with some good peer support and fun to bring in the holiday gift giving season.

12/4: We will be going to Provo for our **Annual Holiday Dinner Party!** Call to reserve a spot on the bus.

12/12: SLC Temple Lights- We will be visiting Salt Lake City to go and see Temple Square all lit up! Call to reserve a spot on the bus. We will be gone all day so bring what you will need.

Starting 11/1, you can **call (435) 835-2831 to make an appointment for HEAT assistance.** Appointments fill up fast so get on the list as soon as possible.

Cold & Flu season is upon us. If you are ill, do not plan on attending the activities. You can get much worse and make others around you sick as well. Be courteous and stay home!

OFFICE WILL BE CLOSED:

11/8-11/11: Staff training & Veterans Day

11/27-11/28: Thanksgiving Break.

12/24-12/25: Christmas Break.

Juab/Sanpete Satellite Office

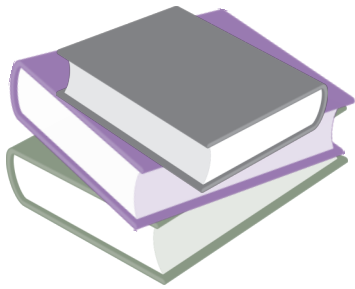
85 W. 100 N. Ephraim , Utah
(435) 283-4949

November 2019

TUES	WED	THURS
5 Arts & Crafts	6 Shopping	7
12	13	14
19	20	21
26	27 Office Closed	28 Office Closed

December 2019

TUES	WED	THURS
3 Shopping	4 Holiday Party!	5
10	11	12 Temple Lights
17 Shopping	18	19
24 Office Closed	25 Office Closed	26
31		



THE UTAH DEVELOPMENTAL DISABILITIES COUNCIL INVITES YOU TO JOIN THEIR BOOK CLUB!

The "Next Chapter Book Club" will meet in groups for an hour a week to read, learn, and laugh with each other in libraries and coffee shops around the state.

Club members decide the books they want to read and relate the stories to their own lives while improving their skills in literacy, social interaction, and self- advocacy.

We support all reading abilities!

Contact UDDC to find a club near you!

Telephone: 801 245 7350

Website: <https://www.utahddcouncil.org/next-chapter-book-club>

ABILITY 1ST UTAH

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

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

Vision~

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Promoting Independence for People with Disabilities

Ability 1st Utah



Return Service Requested