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.

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 accommodate 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.
**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

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**Fiesta De Navidad**

骢 La cena será servida.
骢 LLAMA ANTES Nov. 28th!
骢 ASIENTOS LIMITADOS: Si vienes sin reserva, es posible que no podamos acomodarte.
骢 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.

骢 Intenta venir por tus propios medios o con alguien.  
骢 No hay transporte si tienes invitados.

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**REGLAS PARA COSTURA!**

◊ 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 at 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
## 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.

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### November 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>Call to RSVP for Classes/ Llama para clases</td>
<td>Shopping/ Compras</td>
<td>Advocates First/ Abogocia 12-2</td>
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<td>Office Closed</td>
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<tr>
<td>11 Closed/Cerrado</td>
<td>12</td>
<td>13 Advocates First Thanksgiving Potluck 12-2</td>
<td>14 Bowling @ BYU/Boliche NO TRANSPORT 12-1:30</td>
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</tr>
<tr>
<td>18 Call to RSVP for Classes/ Llama para clases</td>
<td>19 Sewing/costura 12:30-2:30</td>
<td>20 Arts &amp; Crafts 10:30-1:30</td>
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<td>22</td>
</tr>
<tr>
<td>25 Call to RSVP for Classes/ Llama para clases</td>
<td>26 Cooking Class 12-2</td>
<td>27</td>
<td>28 Office Closed</td>
<td>29 Office Closed</td>
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**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.
<table>
<thead>
<tr>
<th>MONDAY</th>
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<tr>
<td>Call to RSVP for Classes</td>
<td>Healthcare Bingo 12:30-2</td>
<td>Holiday Party/Fiesta de Navidad (pg 2/pagina 3)</td>
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<td>Call to RSVP for Classes</td>
<td>Holiday Shopping! (see below)</td>
<td>Advocates First/Abogocia 12-2</td>
<td>Temple Lights/Viaje a Salt Lake (see below)</td>
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<tr>
<td>Call to RSVP for Classes</td>
<td>Christmas Movie/pelicula @center</td>
<td>Sewing/Costura 12:30-2:30</td>
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**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.

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**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.*

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November 2019

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<td>EB- 11:15</td>
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<td>OY- 10:00</td>
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<td>11 Office Closed</td>
<td>12 EB- 10:00</td>
<td>13</td>
<td>14 EB- 11:30</td>
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<td>18 EB- 11:15</td>
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<td>21 OY- 10:00</td>
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December 2019

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<td>EB- 10:00</td>
<td>Holiday Party!</td>
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<td>Temple Trip</td>
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<tr>
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<td>17 EB- 10:00</td>
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<td>19 OY- 10:00</td>
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Office Will Be Closed:
11/8-11/11: Staff training/Veterans
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
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!

December 2019

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<td>Shopping</td>
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</table>
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