

Ability 1st Utah

NOVEMBER-DECEMBER 2020

WE MOVED!

1455 West 820 North, Provo, UT 84601

IN-PERSON IL CLASSES:

We are going to start offering IL classes and activities at our office on a limited basis. We will offer three kinds of classes, and have color-coded them on the main calendar (pages 4-5).

BLUE: The class will be offered **VIA Zoom only**.

GREEN: The class will be offered **both in person and Zoom (Mixed)**.

PURPLE: The class will be offered **in person only**.

LIVE/MIX: We'll be following COVID-19 guidelines. **A complete set of guidelines are on the next page.** Classes may be cancelled on a short notice.

THE OFFICE WILL BE CLOSED:

- November 11 • November 26 & 27
- December 21 – 25 • January 1

COVID-19

PREVENTION GUIDELINES

Here are the guidelines we will be using for
In-person classes/appointments/transportation.

- **MASKS:** Masks will be required for the duration of your visit/transportation. We have a limited supply so try to bring your own. If you refuse to wear one, we may ask you to leave.
- **HYGIENE:** Proper hand sanitizing will be in place. Gloves are an option. We will also disinfect the class area/van after every class/transport.
- **TEMPURATURE TAKING:** We will be taking temperatures when consumers arrive at the center/before transported. If you are found with a fever, we may ask you to leave the center/stay at home.
- **SYMPTOMS:** If you arrive at the center with any of the following symptoms, we may ask you to leave:
Fever, cough, loss of taste/smell, runny nose, breathing issues, and other symptoms of COVID-19.
- **DISTANCING:** We will keep 6 feet between consumers distance during class.
- **CLASS SIZES:** We're limiting the number of consumers for the in-person classes.

THESE GUIDELINES WILL BE IN PLACE UNTIL FURTHER NOTICE.

DIRECTRICES DE PREVENCIÓN DE COVID-19

**Estas son las directrices que vamos a utilizar para:
Clases en vivo • Citas • Transporte.**

- **MASCARAS:** Se requerirán máscaras durante la duración total de su visita/ transporte. Tenemos una cantidad limitada a fin de tratar de traer su propio. Si se niega a usar uno, podemos pedirle que se vaya.
- **HIGIENE:** Se aplicará una desinfección de manos adecuada. Los guantes son una opción. También vamos a desinfectar el área después de clase.
- **TOMA DE TEMPERATURE:** Estaremos tomando temperaturas cuando consumidores lleguen al centro/sean transportados. Si tiene fiebre, podemos pedirle que salga el centro/estancia en casa.
- **SINTOMAS:** Si llega con cualquiera de los siguientes síntomas, podemos pedirle que salga el centro: **Fiebre, tos, pérdida del gusto/olfato, secreción nasal, problemas respiratorios recientes y otros síntomas de COVID-19.**
- **DISTANCIA:** Mantendremos distancia de 6 pies entre consumidores durante la clase .
- **TAMAÑOS DE CLASE:** Estamos limitando el número de consumidores en los clases presenciales.



Estas Directrices Estarán En Lugar Hasta Más Aviso.

LA OFICINA SERÁ CERRADA:

- **Noviembre 11 • Noviembre 26 & 27**
- **Diciembre 21 – 25 • Enero 1**

(Class Times
May Change)

NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CALL/EMAIL TO RSVP TO CLASSES	3 Virtual Advocates First Board Meeting 12:30-1:30	4 Mix Board Game 12:30-1:30	5	6 In Person Bowling @ BYU 1-2:30 NO TRANSPORT
9 CALL/EMAIL TO RSVP TO CLASSES	10 Virtual Self-Advocacy Class 12:30-1:30	11 CLOSED 	12 Mix USU Extension Cooking Class 11-12:30	13
16 Virtual Setting Boundaries 12:30-1:30	17 Mix Beading Class 12:30-1:30	18 In Person Sewing Class 12-1:30	19 In Person Service Project 11:30-1:30	20
23 CALL/EMAIL TO RSVP TO CLASSES	24 Mix Cooking Basics 12:30-1:30	25	26 CLOSED Happy Thanksgiving!	27 CLOSED 

LIMITED TRANSPORTATION: Sign up for
classes at least **ONE WEEK** before to ensure a ride!

NOVEMBER

11/3: Board Meeting for Advocates First.
11/4: Board games!
11/6: Bowling: BYU Wilkinson Center.
NO TRANSPORT!
11/10: Self-Advocacy class.
11/12: USU Cooking Class.
11/16: Learning to set boundaries.
11/17: Crafting with beads.
11/18: Sewing: Bags. LIMIT 5.
11/19: Service: Assembling school kits.


11/24: Cooking Basics– Menu TBA.

DECEMBER

12/1: Advocates First Calendar Planning.
12/2: Sewing: Xmas pillows & stockings.
12/8: Crafting: Christmas cards & other!
12/9: Come watch a Christmas classic!
12/10: USU Cooking Class.
12/15: Learn about hazards in your home.
12/16: Service: Kits for kids in hospitals.
12/17: Cooking Basics– Menu TBD

DECEMBER 2020

(Class Times
May Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 CALL/EMAIL TO RSVP TO CLASSES	1 Virtual Calendar Planning 2021 11-1	2 In Person Sewing Class 12-1:30	3	4
7 CALL/EMAIL TO RSVP TO CLASSES	8 Mix Christmas Crafts 12:30-2	9 Virtual Christmas Party/ Movie 11-1	10 Mix USU Extension Cooking Class 11-12:30	11
14 CALL/EMAIL TO RSVP TO CLASSES	15 Virtual Hazards around the Home 12:30-1:30	16 In Person Service Project! 12-2	17 Mix Cooking Basics 12:30-1:30	18
21 CLOSED	22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED
<i>Closed for Holidays</i>				
28 NO CLASSES THIS WEEK!	29	30	31	1 CLOSED 

COLOR CODED CLASSES

BLUE: The class will be offered **virtually** only.

GREEN: The class will be offered **both** in person and online (**Mix**).

PURPLE: The class will be offered **in person** only.

! Please review the COVID-19 guidelines on page 2 !

YOUTH ACTIVITIES

Until further notice, we will provide the weekly Youth Classes on Zoom.

We are offering other activities in our office. Turn to main calendar and front page for more info.

To receive the zoom invites for the weekly classes, let me know either through text or email (see below).

WEEKLY ZOOM CLASSES



IL Skill Building:
Thursdays
12-1.

Movie Day:
Fridays
2-4.



WE WILL NOT HAVE ANY CLASSES ON:

- November 11 • November 26 & 27
- December 21 – 25 • January 1

Bret Guercio -

Youth Coordinator

Office: (801) 850-5565

Cell: (385) 375-1370

bret@ability1stutah.org



JUAB & SANPETE

THE OFFICE WILL BE CLOSED:

- November 11 • November 26 & 27
- December 21–25 • January 1

As COVID-19 pandemic continues, the activities for the center are limited to transportation for medical appointments and shopping.

NOVEMBER

11/4: SHOPPING

11/14: SHOPPING

DECEMBER

12/3: SHOPPING

12/16: SHOPPING

* If you need transportation for medical appointments, call the office to schedule.

EXTRA! EXTRA!

NEW HEAT SEASON!

STARTS NOVEMBER 1ST.

Contact local Six County Agency in Juab and Sanpete County.

FLU SHOTS -

Please get a flu shot for the upcoming flu season. **This is not the flu shot for the COVID Flu.** However if you get vaccinated for the regular flu, you will increase your chances of staying healthier and keep hospital beds free for seriously ill COVID patients. You can receive them at your local pharmacy or contact your physician.

EPHRAIM OFFICE

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Ephraim, UT 84627

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When you shop at Smith’s with your rewards card, either in store or online, they’ll donate 0.5% of your purchase to our agency.

Ability 1st Utah Staff

Sandra Curcio
Jhilma Miranda
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Shauna Parks
Angel Cortes
Roy Gerber
Bret Guercio
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Cheryl Campbell
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*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