3 Strike System.
After 3 strikes, you will not be eligible to receive transportation from us for 3 months (starting from the last strikes)

Example of Strikes:
• You don’t cancel transportation BEFORE the driver calls or they’re already picking up people.
• Driver waits outside your home or location for more than 5 minutes.
• You don’t clean up after yourself.
• Disruptive behavior in the van.
• Refusal to listen to the driver.
• Other forms of misconduct.

Pre-registration is available at https://ability1stutah.org!
If you have any questions please call Daniel Lee at:
(801)- 373-5044 or email daniel@ability1stutah.org
Race will be at 8:30 AM at 1455 West 820 North Provo, Utah 84601

In this issue:
Page 2: Upcoming Events
Page 3: Spanish Calendar
Page 4: Calendar May
Page 5: Calendar June
Page 6: Youth Program Calendar
Page 7: Juab and Sanpete Counties
Page 8: Additional Information

How are we doing?
At Ability 1st Utah we are committed to providing quality services to our consumers. We invite you to fill out a brief Consumer Satisfaction Survey to give us your opinion on how we are doing. Your opinion is very important to us. To complete this survey please visit our website at www.ability1stutah.org. We appreciate your feedback!
PERSONAL GROWTH AND FINANCIAL INDEPENDENCE

JOB HACKS WORKSHOP

When: May 10th, 11th and 12th 2022.
From: 10am-11:30am

Call 801-373-5044 or email Staff@ability1stutah.org to reserve a spot!

Refreshments and Drawing for Prizes!

Attend in Person or by Zoom!
Our Youth Summer Program starts June 1st and goes through August 4th. Preregistration is required. For more info, please contact:

**Peter Lahr**
Utah & Wasatch Counties
Pete@Ability1stUtah.org
801-850-5566

**Danetta Sabin**
Utah & Wasatch Counties
Danetta@ability1stutah.org
801-850-5562

**Craig Ezzell**
Juab & Sanpete Counties
Craig@Ability1stUtah.org
435-283-4949

Nuestro programa de verano para jóvenes comienza el 1 de Junio y termina en Agosto 4. Se requiere preregistración. Llámenos para más información.

**Calendario de Mayo**

Mayo 3: Comprar Mandado a las 9 AM, el transporte está disponible.

Mayo 4: vamos a ir a los boliches en Miracle Bowl a las 12PM

Mayo 10-12: Semana de Taller de trabajo—¡Ven y aprende excelentes habilidades de trabajo y desarrolla tu currículum! @10 AM-12 PM

Mayo 17: Ven a ver con nosotros un partido de beisbol entre BYU y Utah a las 6 PM. El transporte está disponible.

Mayo 18: Vamos a tener un a capacitacion por UTA de como viajar seguro e inteligente. El transporte está disponible. @12:30-1:30 PM

Mayo 24: El Museo de Arte de Springville va a ser muy divertido. @12-1:30 PM

Mayo 25: Chetty nos va a ensenar como preparar una comida que a ella le gusta! Ven a disfrutar! El transporte está disponible. @12:30-1:30 PM

Mayo 31: Clase de habilidades sociales. Ven a aprender con nosotros como trabajar nuestras habilidades sociales. @12:30-1:30 PM

**Calendario de Junio**

Junio 1: Ven con nosotros a caminar en la naturaleza, y después hacer un picnic. Trae su propia comida. El transporte está disponible. @11 AM-1 PM

Junio 6: Vamos a ir de compras a las 9 am, el transporte está disponible.

Junio 8: Ven con nosotros a dar de comer a los patos. Vamos a proveer la comida para los patos. El transporte está disponible. @12-1 PM

Junio 13: Vamos a hacer una actividad de límites. El transporte está disponible. @11 AM-12 PM

Junio 15: Vamos a hacer camisas de teñido amarrado en el centro de Ability 1st Utah! Favor de asistir, y avisarnos si puede. @12:30-1:30 pm

Junio 20: Ven con nosotros a clase de Yoga. El transporte está disponible. @12:30-1:30 PM

Junio 22: Ven a jugar juegos con nosotros! El transporte está disponible. @ 11 AM-12 PM

Junio 27: Clase de presupuesto. ¡Ven a aprender a presupuestar tu dinero con nosotros! El transporte está disponible.

Junio 29: ¡Ven a refrescarte al centro con nosotros con algunas actividades de agua! El transporte está disponible.
## May 2022

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>2</td>
<td>3 Shopping @ 9 AM</td>
<td>4 Bowling @12-2 PM</td>
<td>5 RSVP FOR CLASSES CALL FRONT DESK</td>
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<tr>
<td>9</td>
<td>10 Job Hacks Workshop @10 AM-12 PM</td>
<td>11 Job Hacks Workshop @10 AM-12 PM</td>
<td>12 Job Hacks Workshop @10 AM-12 PM</td>
<td>13 RSVP FOR CLASSES CALL FRONT DESK</td>
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<tr>
<td>16</td>
<td>17 BYU Baseball Game @6-8:30 PM</td>
<td>18 UTA Travel Training @12:30-1:30 PM</td>
<td>19 RSVP FOR CLASSES CALL FRONT DESK</td>
<td>20</td>
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<tr>
<td>23</td>
<td>24 Springville Art Museum @12-1:30 PM</td>
<td>25 Cooking Class @12:30-1:30 PM</td>
<td>26 RSVP FOR CLASSES CALL FRONT DESK</td>
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<td>30</td>
<td>31 Social Skills Class @ 12:30-1:30 PM</td>
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### Tuesdays

- **May 3:** We will be doing shopping for food @ 9 AM! Transportation is available.
- **May 10:** Job Hack week! Come and learn great working skills and resume building!
- **May 17:** Come with us to watch a baseball game—BYU vs Utah at 6 PM. Transportation is available. Limit is 15 people.
- **May 24:** Springville Art Museum is going to be so much fun! Come enjoy the world’s art with us. Transportation is available.
- **May 31:** Social Skills class! Come join us in learning how to work on our social skills! Food will be provided.

### Wednesdays

- **May 4:** We are going bowling at Miracle bowl! Come join us! Transportation is available.
- **May 11:** Job Hack week! Come and learn great working skills and resume building!
- **May 18:** We will have a UTA training to teach us how to travel safe and smart! Transportation is available.
- **May 25:** Chetty will teach us how to make one of her favorite foods! Come and enjoy! Transportation is available.
### June 2022

**Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**
--- | --- | --- | --- | ---
1 | 2 | 3 | | 6
Nature Walk @11 AM-1 PM | | 2 RSVP FOR CLASSES CALL FRONT DESK | | 7
6 Shopping @9 AM | 7 | 8 Duck Feeding Activity @ 12–1 PM | 9 RSVP FOR CLASSES CALL FRONT DESK | 10
13 Boundaries Activity @11 AM-12 PM | 14 | 15 Tie Dye Shirts @12:30-1:30 PM | 16 RSVP FOR CLASSES CALL FRONT DESK | 17
20 Yoga Day @12:30-1:30 PM | 21 | 22 Game Activity @11 AM-12 PM | 23 RSVP FOR CLASSES CALL FRONT DESK | 24
27 Water Games Activity @12:30-1:30 PM | 28 | 29 Budgeting Class @11 AM-12 PM | 30 RSVP FOR CLASSES CALL FRONT DESK | 1

**Mondays**

June 6: We will be doing shopping for food @ 9
Transportation is available.

June 13: Boundaries activity @ 11-12 PM.
Transportation is available.

June 20: Come join us for the yoga class at the center! @12:30-1:30 PM. Transportation is available.

June 27: Come cool off at the center with us with some water activities! Drinks and snacks provided
Transportation is available.

**Wednesdays**

June 1: come join us on a nature walk and a picnic after!
Sack lunch provided and transportation is available.

June 8: Come join us feeding ducks! Food will be provided for the ducks! Transportation is available.

June 15: We are going to making tie dye shirts at the center! Please RSVP and let us know if you can come.

June 22: Come play games with us at the center! @11-12PM. Transportation is available.

June 29: Budgeting class! Come learn how to budget your money with us!
Transportation is available.
# Youth Program

## May

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<tr>
<td>2</td>
<td>3 Boundaries 10-11 AM</td>
<td>4</td>
<td>5 Creating Affirmation Journals 1-3PM</td>
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<td>9</td>
<td>10 Awareness of Self and Others 10-11 AM</td>
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<td>12 Intro to Exercise Class 1-3 PM</td>
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<td>16</td>
<td>17 Taking Responsibility 10-11 AM</td>
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<td>19 Loving Self and Others 1-3 PM</td>
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<td>23</td>
<td>24 Conflict Resolution 10-11 AM</td>
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<td>26 Art Therapy 1-3 PM</td>
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## June

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<td>8</td>
<td>2 Introduction games Meet at Glen Park 10 AM-3 PM</td>
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<td>6</td>
<td>7 Following a Recipe-Making Slime 10 AM-12:30 PM</td>
<td>15</td>
<td>16 Provo Rec Center swimming 10 AM-3 PM</td>
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<td>13</td>
<td>14 Setting Boundaries Meet @ Center 10 AM-12:30 PM</td>
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<td>23 Making a Terrarium 10 AM-3 PM</td>
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<td>20</td>
<td>21 Volunteer at Deseret Industries Meet @ Center 10 AM-12:30 PM</td>
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<td>27</td>
<td>28 Plan 4th of July BBQ 10 AM-12:30 PM</td>
<td>29</td>
<td>30 4th of July BBQ @ Memorial Park Provo 10 AM-3 PM</td>
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*Class Times May Change*
## May

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Class Times May Change

## June

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<td>8 Fish Hatchery</td>
<td>9 Meet @ Office 10 AM-12:30 PM</td>
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<td>21 Fremont Indian State Park</td>
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*Note: Times may change.*
1. Using your Amazon credentials, sign into smile.amazon.com.
2. Go to “Your Account” at the top of the page and select “Your Amazon Smile”.
3. Select “Change your Charity” to “Ability 1st Utah”.

Amazon will donate 0.5% of eligible purchases to us, when you use smile.amazon.com!
Go to smile.amazon.com/about for more information.

1. Go to smithsfoodanddrug.com/inspire
2. Sign into your account.
3. Enter our agency’s number (SX024) and choose “Save” to link your account to our agency.

Now when you shop at Smith’s, either in the store with your rewards card or online, they will donate 0.5% of your total purchase to our agency.

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

Return Service Requested
Ability 1st Utah - Promoting Independence for People with Disabilities