

Ability 1st Utah

FUNDRAISER FOR

Ability 1st Utah Youth Program



When

Friday, January 20, 2023

Place your order for pickup or delivery on Friday, January 20 !

Where

Available at Panda Express locations nationwide

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How

Online orders only

Apply code 911911 in the Fundraiser Code box during online checkout at

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28% of sales will be donated to: Ability 1st Utah Youth Program

Ability 1st Utah Youth Program helps promote independence to those with disabilities

USILC Legislative Advocacy Training

Wednesday, January 25th 2023 11:30 AM – 3:00 PM.

Come & attend a training of legislative advocacy at the SLC Capital. Learn how to speak for your rights and on issues that affect you.

Lunch will be provided.



CIL's Legislative Advocacy Training & LCPD Reception!

Thursday, January 26th, 2023

CIL's Legislative Advocacy Training: 9AM - 3 PM

Learn how to advocate with your local legislator, see a legislative session, and discover how bills are made and passed. We'll be joined with other IL centers.

Lunch will be provided.

Reception: 3:00 PM - 6:00PM

It's the **Legislative Coalition for People with Disabilities Reception!** Come greet and meet your State Legislators.

Light refreshments will be served.

USILC Legislative Training & CIL Advocacy training & LCPD Reception!

The Utah State Legislative session will be starting on January 17, 2023. Legislative training activities will provide you with opportunities to participate and learn about effective advocacy methods, to help our elected officials to understand and support issues affecting individuals with disabilities. Hearing directly from you about what issues you feel are most important is a very effective way to have your voice heard, they want to hear from their constituents living in their voting districts. The USILC Advocacy training will be held on January 25th and the CIL' Advocacy training & LCPD Reception will be held on January 26th. These events are great opportunities for people with disabilities to have their issues and voices heard by elected officials. Individuals with disabilities are encouraged to invite their local Representative and Senator to the reception so that they can speak to them directly.

Transportation and spaces are limited for both trips! Call early to reserve! THESE ARE ALL DAY EVENTS. Bring what you will need for a whole day out and about. These events will be at the Utah State Capitol.

Los horarios de las clases para adultos ahora son de 12:00 p. m. a 1:30 p. m.

1.4.23 Juego de cupones y compras

1.9.23 Compras

1.11.23 Preparación para emergencias y Almacenamiento de alimentos

1.16.23 CERRADO por el día de Martin Luther King

1.18.23 Bingo y Juegos

1.23.23 Sin Actividad

EVENTOS DE TODO EL DÍA (horarios de transporte será anunciado)

1.25.23 Capacitación en defensa legislativa 11:30 am-3 pm

1.26.23 Capacitación en defensa legislativa 9 am-3 pm

1.26.23 Recepción de la Coalición Legislativa para Personas con Discapacidades

1.30.23 Boliche 12 -3 pm

2.1.23 Día Cultural México

2.6.23 Clase de costura

2.8.23 Artesanía de San Valentín

2.13.23 Habilidades Sociales

2.15.23 Fiesta de San Valentín y baile

2.20.23 CERRADO por el Día de los Presidentes

2.22.23 DWS en servicio

Job Hack/Crear currículum

2.27.23 Trabajo/Caza/Habilidades informáticas



January 2023

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed	3	4 Coupons and Shopping Game 12-1:30 pm	5	6 Please RSVP for next week
9 Shopping 12-1:30 pm	10	11 Emergency Prep & Food Storage 12-1:30 pm	12	13 Please RSVP for next week
16 Closed for Martin Luther King Jr Day	17 	18 Bingo and Games 12-1:30 pm	19	20 Please RSVP for next week
23 No Activity	24	25 USILC Legislative Advocacy Training	CIL Legislative Advocacy Training LCPD Reception	27 Please RSVP for next week
30 Bowling 12-3 pm	31	1	2	3

Times for Adult Classes are now 12 pm to 1:30 pm

1.4.23 Coupons and Shopping game

1.9.23 Shopping

1.11.23 Emergency Prep and Food Storage

1.16.23 CLOSED for Martin Luther King Day

1.18.23 Bingo and Games

1.23.23 NO Activity

ALL DAY EVENTS (transportation times tba)

1.25.23 USILC Legislative Advocacy Training 11:30 am-3:00 pm



1.26.23 LCPD Legislative Reception 3-6 pm & CIL Advocacy Training 9 am-3 pm

1.30.23 Bowling 12 -3 pm



February 2023

Class Times May Change

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1 Cultural Day Mexico 12-1:30 pm	2	3 Please RSVP for next week
6 Sewing Class 12-1:30 pm	7	8 Valentine Craft 12-1:30 pm	9	10 Please RSVP for next week
13 Social Skills 12-1:30 pm	14 	15 Valentines Party and Dance 12-3 pm Location to be determined	16	17 Please RSVP for next week
20 Closed for President's Day	21 	22 DWS Inservice 12-1:30 pm	23	24 Please RSVP for next week
27 Job Hunt Computer Skills 12-1:30 pm	28	1	2	3

2.1.23 Cultural Day Mexico

2.6.23 Sewing Class

2.8.23 Valentine Craft

2.13.23 Social Skills

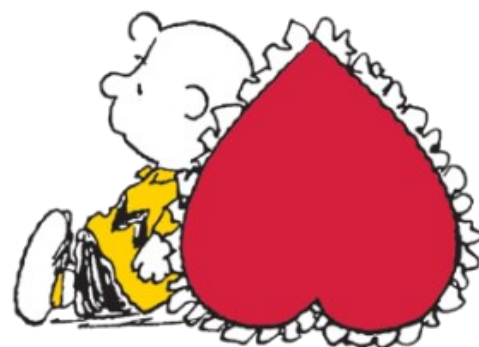
2.15.23 Valentines Party and Dance 12-3 pm Site to be determined

2.20.23 CLOSED for Presidents Day

2.22.23 DWS inservice

Job Hack/Build Resume

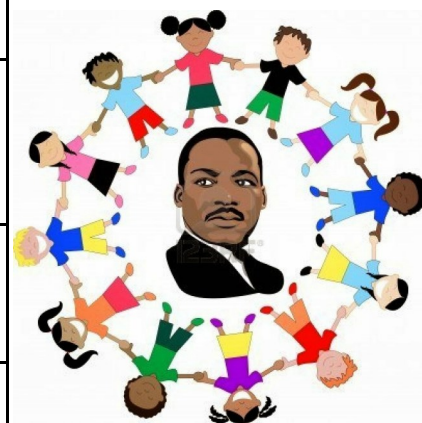
2.27.23 Job/Hunt/Computer Skills



January 2023

Youth Program

Tuesday	Wednesday	Thursday	Friday
3 Coping Skills 9-10 am	4	5 Preparing a Mexican Meal 9-11 am	6 Please RSVP for next week
10 Banking Money Basics: Part 1 9-10 am	11	12 BYU Bean Museum 9-11 am	13 Please RSVP for next week
17 Money Management: Part 2 9-10 am	18	19 Canvas Painting Technique 9-11am	20 Please RSVP for next week
24 Meal Planning 9-10 am	25	26 CIL Advocacy Training 9 am-3 pm LCPD Reception 3-6 pm	27 Please RSVP for next week
31 What is honesty? 9-10 am	1	2	3



February 2023

Tuesday	Wednesday	Thursday	Friday
31	1	2 Science Experiment 9-11 am	3 Please RSVP for next week
7 Write get well letters to the elderly 9-10 am		9 BYU Art Museum 9-11 am	10 Please RSVP for next week
14 Make Valentine Cards 9-10 am	15 Valentine's Party & Dance 12-3:00 pm Site to be determined	16	17 Please RSVP for next week
21 Make Goal Journals 9-10 am	22	23 Movie Day at The Center 9-11 am	24 Please RSVP for next week
28 Scavenger Hunt 9-10 am	1	2	3



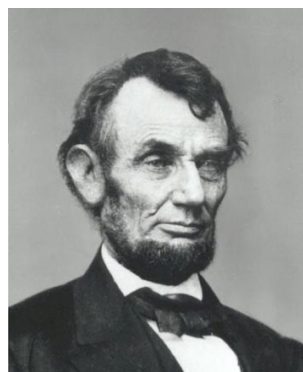
January 2023

Juab & Sanpete

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed	3	4 Shopping 8:30 am	5	6
9	10	11	12	13 Please RSVP for next week
16 Closed for MLK day	17	18 Shopping 8:30 am	19	20
23	24	25	26	27
30	31	1	2	3



February 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3 Please RSVP for next week
6	7	8 Shopping 8:30 am	9	10 Please RSVP for next week
13	14 Valentines day	15 Valentine's Day Party & Dance 12-3:00 pm Site to be determined	16	17
20 Closed for Presidents Day	21	22	23	24
27	28	1	2	3

Ability 1st Utah Staff

Utah & Wasatch

Sandra Curcio: Director
Jhilma Miranda: Supervisor
Deon Anderson: IL Coordinator
Janine Culver: TTW Coordinator
Robert Jordan: Loan Bank Equipment Manager / Van Driver
Danetta Sabin: Youth Coordinator
Clementine Murff: Youth Coordinator
Cheryl Campbell: Fiscal Officer
Angel Cortes: Outreach/Marketing
Daniel Lee: Receptionist
Jami Langeveld: Covid 19 Social Support Specialist
Michelle Tovar: Covid 19 Social Support Specialist
Horacio Ochoa: LB Asst/Van Driver

Juab & Sanpete

Wendy Hansen: IL Coordinator
Craig Ezzell: Youth Program Specialist

WAYS YOU CAN SUPPORT US!



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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.



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Instagram: [ability1stutah](https://www.instagram.com/ability1stutah)



Vision~

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

Promoting Independence for People with Disabilities

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Ability 1st Utah

Return Service Requested