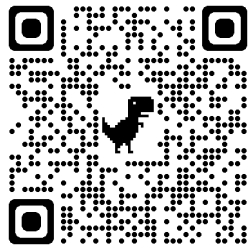


**RUN
WALK
ROLL**



FUNDRAISER RACE

*Our 20th Annual
Run, Walk, or Roll will
be on
**September 23,
2023***



Pre-registration is available at <https://ability1stutah.org>

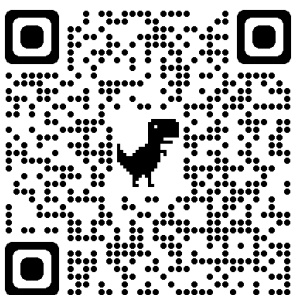
If you have any questions please call Daniel Lee at:
(801)- 373-5044 or email daniel@ability1stutah.org

Race will be at 8:30 AM at

1455 West 820 North Provo, Utah 84601

Consumer Satisfaction Survey

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 or use the QR code provided here. To access the Survey in another form, please contact the executive director, Sandra Curcio. We appreciate your feedback!



Fundraiser for the Month of September

Ability 1st Utah

Round Up and make a Difference

When you visit Teton Toys this month and Round up on your purchase, you're benefiting the wonderful participants of Ability 1st! Providing them with more resources for better opportunities.



Matching Every Dollar

The impact of your donation doesn't stop there however! Teton Toys has pledged to match every dollar raised during this fundraiser, so your cents can turn into dollars.

Let's Spread the Word

Ability 1st and Teton Toys believe in the power of community, and your support and donations go a long way in raising awareness, and helping others. We kindly ask that you share this on social media, with your friends, family, and colleagues.



575 E University Pkwy,
Orem Utah, 84097

Your Kindness truly makes a difference

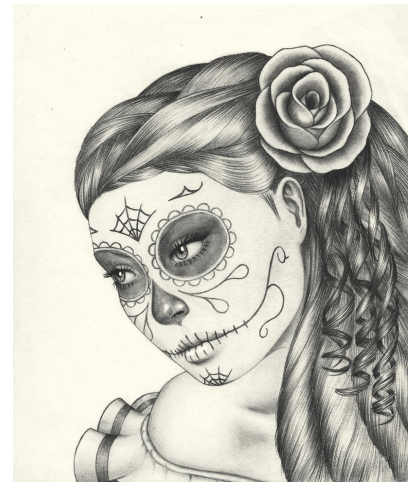
Septiembre

- 4. ¡Cerrado por el Día del Trabajo!
- 6. 1.^a reunión de defensores/orador del LCPD 12-2 PM
- 11. Compras 12-2 PM
- 13. Feria Estatal de Utah Traer Almuerzo SLC 11 AM-3 PM
- 18. Nutrición+Cocina/Acondicionamiento Físico 12-2 PM
- 23. Recaudación de fondos Anual Run Walk and Roll 8:30-11 AM
- 25. Nutrición+Cocina 12-2 PM
- 27. Cove Fort Freemont Indian Museum + Lechería
9 AM-4 PM ALMUERZO PROPORCIONADO



Octubre

- 2. Compras 12-2 PM
- 4. Activistas 1.^a reunión/Calor+climatización/Acción comunitaria 12-2 PM
- 9. Hogle Zoo SLC 11 AM-3 PM Trae tu propio almuerzo
- 11. Wilkerson Farm Orem 12-2 PM Traiga su propio almuerzo
- 16. Seguro de Salud / Artesanía 12-2 PM
- 18. Clase de Nutrición 12-2 PM
- 23. Deseret Industries Habilidades Laborales 12-2 PM
- 25. Fiesta de Halloween 1122 Grand Ave Provo 11 AM-2 PM
- 30. Nutrición+Cocina 12-2 PM



September 2023

Class Times May Change

Monday	Tuesday	Wednesday	Thursday
4 Closed Labor Day	5	6 Advocates 1st Meeting LCPD Speaker 12-2 PM	7 RSVP for next week At 801-850-5566
11 Shopping 12-2 PM	12	13 Utah State Fair Bring Lunch SLC 11 AM-3 PM	14 RSVP for next week At 801-850-5566
18 Nutrition+Cooking Physical Fitness 12-2 PM	19	20	21 RSVP for next week At 801-850-5566
25 Nutrition+Cooking 12-2 PM	26	27 Cove Fort Freemont Indian Museum+Creamery 9 AM-4 PM LUNCH PROVIDED	28 RSVP for next week At 801-850-5566

- 4. Closed for Labor Day!
- 6. Advocates 1st Meeting / LCPD Speaker 12-2 PM
- 11. Shopping 12-2 PM
- 13. Utah State Fair Bring Lunch SLC 11 AM-3 PM
- 18. Nutrition+Cooking /Physical Fitness 12-2 PM
- 23. Run Walk and Roll Annual Fundraiser 8:30-11 AM**
- 25. Nutrition+Cooking 12-2 PM
- 27. Cove Fort Freemont Indian Museum + Creamery
9 AM-4 PM LUNCH PROVIDED



October 2023

Class Times May Change

Monday	Tuesday	Wednesday	Thursday
2 Shopping 12-2 PM	3	4 Advocates 1st Meeting Heat+Weatherization Community Action 12-2 PM	5 RSVP for next week At 801-850-5566
9 Hogle Zoo SLC 11 AM-3 PM Bring Own Lunch	10	11 Wilkerson Farm Orem 12-2 PM Bring Own Lunch	12 RSVP for next week At 801-850-5566
16 Health Insurance Crafts 12-2 PM	17	18 Nutrition Class 12-2 PM	19 RSVP for next week At 801-850-5566
23 Deseret Industries Work Skills 12 AM-2 PM	24	25 Halloween Party 1122 Grand Ave Provo 11 AM-2 PM	26 RSVP for next week At 801-850-5566
30 Nutrition+Cooking 12-2 PM	31		

- 2. Shopping 12-2 PM
- 4. Advocates 1st Meeting/Heat+Weatherization/
Community Action 12-2 PM
- 9. Hogle Zoo SLC 11 AM-3 PM Bring Own Lunch
- 11. Wilkerson Farm Orem 12-2 PM Bring Own Lunch
- 16. Health Insurance / Crafts 12-2 PM
- 18. Nutrition Class 12-2 PM
- 23. Deseret Industries Work Skills 12-2 PM
- 25. Halloween Party 1122 Grand Ave Provo 11 AM-2 PM
- 30. Nutrition+Cooking 12-2 PM



September 2023

Youth Program

Monday	Tuesday	Wednesday	Thursday
4 Closed Labor Day	5 DHHS Presentation 9:30-11:15 AM	6	7 BYU Art Museum 9:30-11:30 AM
11	12 Writing to Military 9:30-10:30 AM	13	14 BYU Planetarium 9:30-11:30 AM
18	19 Canvas Painting 9:30-10:30 AM	20	21 Payson Bowling Alley 9:30-11:30 AM
25	26 Assembling Hygiene Kits for NICU Babies 9:30-10:30 AM	27	28 Movie day at the center 9:30-11:30 AM



October 2023



Tuesday	Wednesday	Thursday
3 Painting Pumpkins 9:30 am-10:30 am	4	5 Cooking Mexican Food 9:30 am-11:30 am
10 Leadership Skills Training 9:30 am-10:30 am	11	12 Decorate Center for Halloween 9:30 am-11:30 am
17 Halloween Crafts 9:30 am-10:30 am	18	19 Farmer's Pumpkin Patch Orem 9:30 am-11:30 am
24	25 Halloween Party 11:00 am-2:00 pm	26 Jaker's Pumpkin Patch 10:00am-1:00 pm.
31 Decorate Halloween Cookies 9:30 am-10:30 am		

September 2023

Juab & Sanpete

Monday	Tuesday	Wednesday	Thursday
4 Labor Day Closed	5	6 Shopping Day	7
11	12	13	14
18	19	20 Shopping Day	21
25	26	27	28 Hogle Zoo



October 2023

Tuesday	Wednesday	Thursday	Friday
3	4 Shopping day	5	6
10	11	12	13
17	18 Shopping Day	19	20
24	25 Halloween Party	26	27
31			

Ability 1st Utah's Annual Run, Walk & Roll will be held on Saturday September 23rd, 2023. If you are interested in attending you can find information and registration link at Ability1stutah.org. Remember, if you need transportation for medical appointments or other day to day issues, the more notice you can give the better. You can call me at (435) 283-4949

Annual Halloween Party is going to be on Wednesday October 25th. If you want to attend please let me know so I can begin keeping a list of who wants to attend. Remember, if you need transportation for medical appointments or other day to day issues, the more notice you can give the better. You can call me at (435) 283-4949

Ability 1st Utah Staff

Utah & Wasatch

Sandra Curcio: Executive Director
Jhilma Miranda: Supervisor
Deon Anderson: IL Coordinator
Janine Culver: TTW Coordinator
Robert Jordan: Loan Bank Equipment Manager /Van Driver
Ethan Gregory: AT Coordinator/Bus Driver
Vanessa Ruiz: IL Life Skills Coordinator
Allyson Chamberlain: Youth Coordinator
Clementine Murff: Youth Coordinator
Cheryl Campbell: Fiscal Officer
Angel Cortes: Outreach/Marketing
Daniel Lee: Receptionist
Michelle Tovar: Covid 19 Social Support Specialist
Horacio Ochoa: Loan Bank Assistant/Van Driver
Roger Downing: Executive Director's Assistant

Juab & Sanpete

Wendy Hansen: IL Coordinator
Craig Ezzell: Youth Program Specialist

WAYS YOU CAN SUPPORT US!

Smith's

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.

Facebook: [Ability1stUtah](https://www.facebook.com/Ability1stUtah)

Twitter: [@Ability1stUtah](https://twitter.com/Ability1stUtah)

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

Tiktok: [ability1stutah](https://www.tiktok.com/@ability1stutah)



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

Promoting Independence for
 People with Disabilities

Ability 1st Utah

1455 West 820 North
 Provo Utah, 84601
 Phone: 801-373-5044
 Fax: 801-373-5094
www.ability1stutah.org

Return Service Requested