



LARKSPUR



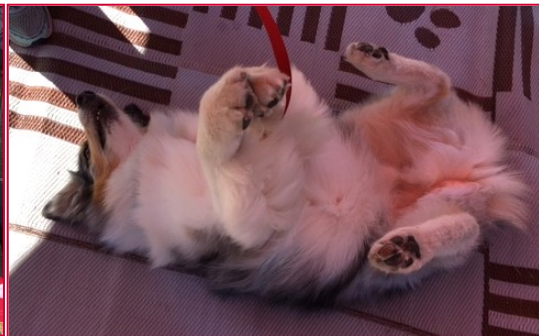
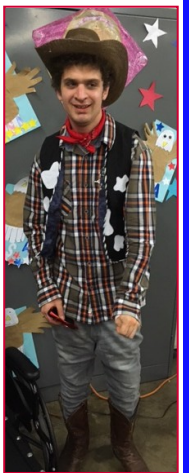
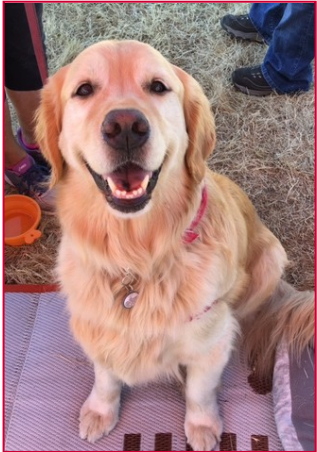
RUBY

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2017
Welcome JULY

INDEPENDENCE DAY BBQ PARTY

We always have a great time at the big Fourth of July shindig, and this year was no exception! To help get into the spirit of things, we all wore our special tee shirts bearing the newest Easter Seals slogan, *“Life, Liberty, and the Pursuit of Independence”!* There were so many choices, it was hard to pick what to do for fun. We had crafts, bingo, movies, and all sorts of indoor and outdoor games with exciting prizes. They even had a large covered booth filled with adorable therapy dogs from *Lend A Heart!* Before lunch, the fantastic *Splish-Splash Theatre* troupe put on their latest Disney themed show to a raucous ovation. The performers were wonderful and all of the colorful costumes were just stupendous! Well done, guys!! Meanwhile, there was also a *“Hot Dog Art Contest”* happening outside, with a host of creative entries from all the different programs. ACE- IT I took a slightly unusual approach when members of our art and science classes combined forces to put together a “Hot Dog Performance Art” piece. We all decorated a big box in patriotic colors and filled the bottom of the box full of real spring-loaded mousetraps and colorful ping-pong balls that we had decorated in festive red, white, and blue designs. Then, we very carefully balanced a real cooked hot dog and bun with all the fixings on top of all this. *Robert* set the contraption off by dropping one last ping-pong ball into the display. The result was, to say the least, spectacular, and when judging was finished we had tied for the first place prize! Hurrah!! By lunch-time, we were all ready to chow down on the freshly grilled hot dogs and hamburgers, baked beans, fresh fruit, chips, salad, and assorted beverages. Some of us even saved room for desert. Then, we danced away the calories!





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OLD SACRAMENTO TAFFY TASTING

After exploring the boardwalk's variety of quaint storefronts and interesting "touristy" merchandise, we stopped at *Candy Heaven*, where they gave each of us two free samples of hand-made saltwater taffy! Several of us also got shopping baskets and bought additional treats to take back to program. *Yummy!*



CHARACTERS AT THE MALL

After all the excitement of our big *Independence Day Show*, we decided to visit the *Disney Store* at *Arden Fair Mall* and checked out our favorite characters. *Maricella* picked *Mrs. Potts* as her favorite, *Robert* felt more like *Eeyore*, *Frank* thought *Moana* was cute, *Lorenzo* was drawn to a classic *Mickey Mouse* tee shirt, and *Duncan* felt a special kinship with *Pumba* from *The Lion King*.
Hakuna Matata, Baby!



NEW STAFF

Jennifer joined the team this month, and she informed us that she loves history and basketball. *Welcome, Jennifer!*





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WILDLIFE PRESERVE HIKE
We made the long trek down to *Galt* for an invigorating hike along the accessible wetlands trail at the *Consumnes River Preserve*. We got an early start because we knew it would be a warm day, and we also made sure to pack hats, bottled water, and sports drinks for hydration. The “wetlands” weren’t very wet, which is typical for this time of year, so we didn’t see many migratory waterfowl. However, we did see lots of birds and hosts of colorful butterflies. Our biggest surprise was a large turtle that we met walking next to the trail. It was very cute! We took some selfies with it, but made sure not to disturb this creature by picking it up. While we were tromping along one of the raised boardwalk bridges over the marsh, *Duncan* made a funny joke about “*Three Billy Goats Gruff*” and watching out for bridge trolls. Good one, *Dunc Man!* When we finished up on the trail, we stayed for lunch at the covered picnic area. We’ll return in the Fall when the wetlands are full and the birds are nesting.



NEW STAFF
New C.S.T. *Angela* is the latest addition to our team. She told us that she loves to cook and enjoys teaching her boys to be independent in the kitchen. *We can’t wait for her first cooking group here with us!*



MEATBALL MANIA!
Our *Cooking Academy* went old-school *Italiano* this month with a classic: spaghetti and meatballs! *Gina* and *Renee* did a great job beating up the breadcrumbs while *Dante* stirred the delicious tomato sauce. Everyone helped mix in the ingredients, roll out the meatballs, and bake them while the pasta was simmering. The finished creations were plated with grated Parmesan cheese and fresh basil. Not a hint of leftovers in sight! *Mangia!!*





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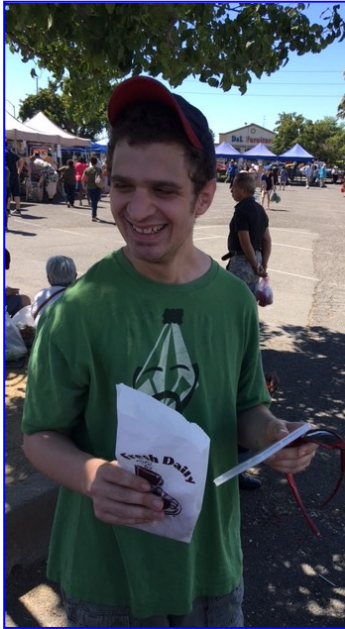
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SOUTH SACRAMENTO FARMER'S MARKET

Laida and *Ken* showed us around the *Florin Road Farmer's Market* this month. In addition to all of the healthy locally grown "Farm-to-Fork" fresh fruits and vegetables, we also found some very decadent cookies and pastries at one popular stand. *Nic* chose a healthier option of fresh strawberries, *Lizzy* got some grapes, *Larry* and *Anthony* bought fresh, juicy freestone peaches, and *Don S.* picked out a bag of cute little cherry tomatoes along with a cookie. *Frank* and *Nicky* browsed through all of the fruits and vegetables, but eventually succumbed to the irresistible siren song of the delicious pastries! *Better luck next time, healthy foods!*



 **LEADERSHIP: SUMMER SAFETY TIPS**
With the *hot weather* upon us, the *ACE-IT I Leadership Committee* brainstormed ideas and came up with some valuable tips for staying safe and healthy this summer. # 1: Wear hats, #2: Wear light-colored, comfortable clothing, # 3: Stay hydrated by drinking plenty of water and/or sports drinks, # 4: Wear sunscreen and re-apply often, # 5: Don't overdo it! Get plenty of rest breaks, # 6: Watch out for each other. If you notice someone suffering from the heat, report it immediately and get help!



Stephanie's Stumpers!

NO WINNER AGAIN! The correct answer for the June question was "*Homer Simpson*" (at the top of every page). Let's all play the quiz this time.
Put on your thinking cap and your *smarty pants* and win a \$10 gift certificate!

Our newsletter class works hard on their English and Grammar skills each week, but this month's newsletter contains a word in another language. What is it and for bonus points, what does it mean?

Be the first to email or call ACE IT I at 916-564-6117 and let us know the answer and what page it's on and you will fatten your wallet with a \$10 gift certificate!



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ATTENDANCE NEWS



EVERY DAY COUNTS!

Congratulations to the following consumers for their excellent year-to-date attendance records!!

100%: LINDA, ELL, DAVID, EARLINE, FRANK, RON, ROSELINE, JANICE, ROBERT

DON B., 99%, K.K. 99%, MAGDALENA 99%, PATTY 99%, TASI 98%, DUNCAN 97%, NIC 97%, DANTE 97%, NICKY 96%, JUSTIN 96%, MELANIE 95%, XAVIER 95%, MARIA 95%, THERESA 95%, JOSH 95%, MARICELLA 95%, NICOLE 95%, NGOC 94%, LISA 93%, RENEE 93%, GINA 92%, ELEAN 91%, LIZZY 91%, BALDIP 91%, SHENITA 90%, DON S. 90%

Thanks, Everyone!

VOCABULARY WORD: WETLANDS

"Land or areas (such as marshes or swamps) that are covered often intermittently with shallow water or have soil saturated with moisture".

WORDS OF WISDOM

"We are what we repeatedly do. Excellence, then, is not an act, but a habit"
~Will Durant

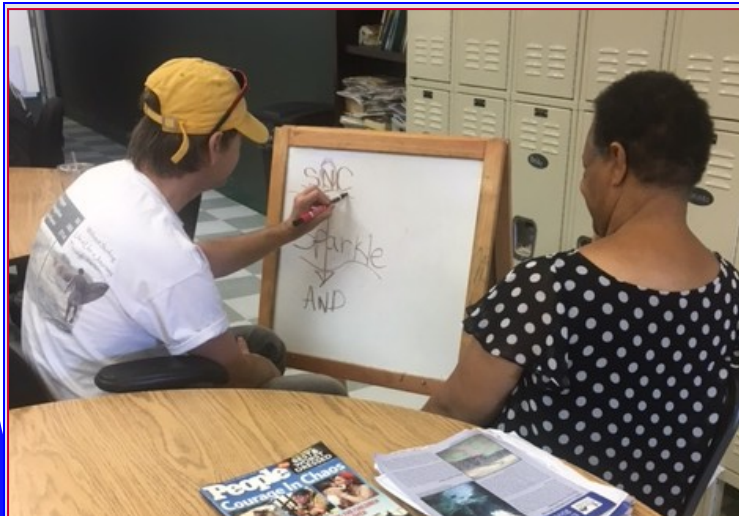


ACE-IT I COOKING ACADEMY "Independence With a Spicy Twist!"



CHICKEN AND RICE WITH SALAD

For this cooking group, we made a simple dish of chicken and rice and served it with a fresh garden salad. We got quite a bit of washing and chopping practice while we prepared our lettuce, cucumbers, tomatoes, and bell peppers. *Very nutritious!*



SPELLING AND GRAMMAR

Erik led a wonderful class on spelling and grammar. Many of us have goals to work on our spelling or writing skills, and we had a great time brushing up on our lettering by using erasable markers on the whiteboard. This group was focused on spelling and writing out our names, along with learning about parts of speech and how they are used.

Thanks, Erik!



JULY BIRTHDAYS

Maricella July 6th
Chuck July 7th
Earline July 17th

AUGUST BIRTHDAYS

Nicholas August 15th
Theresa August 19th
K.K. August 20th

