



VIOLET

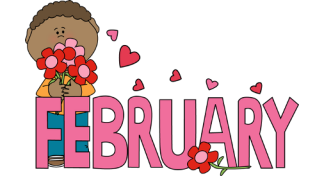
ACE-IT Valentine's Day Gazette!



AMETHYST

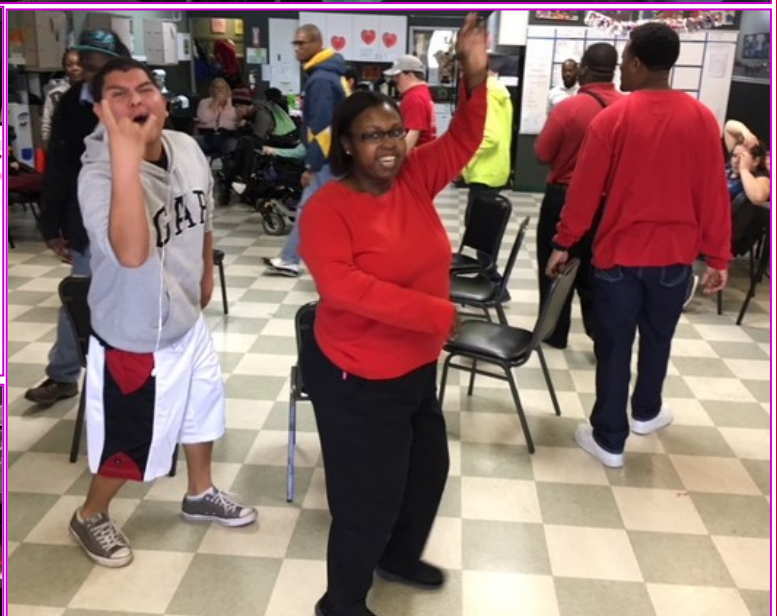
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2018



HAPPY VALENTINE'S DAY!

Love and festivity were in the air this month as we celebrated all things amorous and pink! We decorated the program with cute hearts and frilly accessories. The sewing group made some stuffed "heart pillows" and bags. We tried playing a game of musical chairs, but at first, the staff forgot how to play. They had everyone sitting in a circle with one person walking around while the music played. *Oops!* We finally figured it out, and *Marquis* and *Tasi* were the winners! Hand-made and store-bought valentines were shared all around and tasty goodies were consumed with gusto. One group even made a cake and we took cookies to the pool to join their cookie exchange. *Maricella* also brought in a huge delicious home-made pineapple upside-down cake, so nobody went home hungry! *Burp!!*





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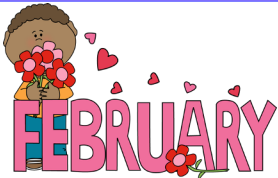
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GOLDIKEN AND THE THREE SEWING MACHINES

Ken made a valiant effort to lead a sewing group without the help of his lovely and talented wife, **Janelle**. He does have some experience sewing...from way back when he was in college taking costume design classes! He first got out the **Elna** machine, read the manual, and got it threaded properly, but once it was turned on, realized that it had a mechanical problem that he couldn't fix without help. He then tried getting out the old Sears model for which **Janelle** had just bought a new foot pedal, but couldn't find a manual for that one. He finally tried the **Janome** machine and got it going well. **Linda, Nic, Patty,** and **Roseline** all helped cut, sew, and stuff some cute Valentine's Day favors before they encountered a bobbin problem that Ken wasn't able to solve.
Success (more or less)!



FABULOUS PHOTOGRAPHY

We made a trip up to downtown **Lincoln** on a quest to see the art exhibit displayed in a local branch of **Umpqua Bank**. This particular art show featured new works of very imaginative photography from members of the **ACE-IT III Fine Arts Studio**, where artists have the opportunity to be creative and express themselves in a calm, relaxing atmosphere with music therapy to enhance the mood. There were many interesting and thought-provoking "still life" photos, but our favorite subjects were probably the colorful candy wrappers!
Because...yum! (Duhh!!)





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A SWEET SWEDISH SURPRISE

We traveled out to West Sacramento this month to check out the big **IKEA** store. The layout is interesting and different from most American stores. The whole place is set up like a maze, intended to get you to explore the entire store by following a set of arrows painted on the floor. They do show you “shortcuts” to follow if you want to get somewhere quicker. We had fun looking at all the showrooms and learning the Swedish names for everything. *Maricella* found bedroom sets called “Malm”, “Tarva”, and “Tyssedal”, but we decided our favorite was the “Hasselvika”! We also liked a chest of drawers called a “Hemnes” and a shelf organizer called an “Ivar”. *Dante’s* favorite piece was a shelving unit called a “Kallax” while *Nicky* and *Xavier* were feeling lazy and wanted to try out all the comfy couches and lounge chairs. We all had a good time with some cute stuffed animals on our way out. Once we made it through the maze, we stayed for lunch at the food court. *Chuck* especially loved their famous Swedish meat balls with mashed potatoes, gravy, and lingonberry sauce. *Ken* was tempted by the “Sjorapport” smoked salmon, but settled on a “Paj Rabarber” rhubarb crumble tart. *It was smaskens!* (yummy!) *Vill ser du senare (we’ll see you later!)*



JELLY BEAN HEAVEN

We prepared ourselves for quite a drive when we headed out to the *Jelly Belly Factory* in *Fairfield*. Along the way, we saw quite a few farm animals. As we arrived, the excitement instantly kicked in when we saw such a colorful display of a giant Jelly Belly and two of their company cars that were covered in Jelly Bellies! We enjoyed the cafeteria/gift shop area where we ate our lunches and tried to count as many decorative Jelly Bellies as we could, but there were too many to count! The tour was the most eventful part as we learned the life cycle of a Jelly Belly and how they get their perfect shape, color, and flavor. We were given super-fashionable hats that are mandatory to wear while on the tour for sanitary reasons. After the tour, we were each given a “fun-size” bag of Jelly Bellies to take home and made sure to snap a picture in front of all the colorful artwork they had. *These weren’t your average paintings: they were made entirely of Jelly Bellies!*





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ACE-IT I
Gazette!



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2018

FEBRUARY

AFRICAN-AMERICAN HISTORY

We took a self-guided tour of the *Sojourner Truth African Heritage Museum*. This small museum in South Sacramento displays art representing our multicultural communities. It was founded in 1966 by *Shonna McDaniels*, a local professional artist, teacher and muralist. The museum is named for *Sojourner Truth* who, although born a slave, worked tirelessly throughout her long, eventful life for the abolition of slavery, non-violence, and the civil and economic advancement of oppressed people. We had a wonderful time wandering the halls and seeing all of the inspiring murals and photographs.



HOW TO GET A HEAD IN LIFE

Our *Cooking Academy Kitchen* mascot, *The Chef*, is a very cute little guy, but he's a bit accident-prone! Over the years, he has had several cracked ribs and a broken arm or two. Eventually, he fell down and broke his head off! We kept meaning to fix it, but somehow never got around to it. Recently, we were cleaning out some drawers and came across the missing head again, so *Melanie* stepped up and volunteered to glue our favorite chef back together again. Now, he's almost as good as new.

Nice work, Mel!



Stephanie's Stumpers!

Put on your thinking cap and your *smarty pants* and win a \$10 gift certificate!

Where in the newsletter can you find an item that can, "give you a break"?

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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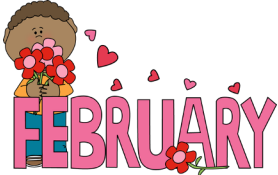
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ATTENDANCE NEWS



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



EVERY DAY COUNTS!

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

100%: MAGDALENA, DANTE, NICKY B., DON B., MELANIE, ELL, DAVID, TASI, FRANK G., RON, ROSELINE, MARICELLA, MARIA, PATTY, LISA, LIZZY, JANICE, ROBERT, NIC, DON S., RENEE, NICOLE, MICHAEL

LORENZO 98%, NGOC 98%, SAM 98%, EARLINE 98%, THERESA 98%, CHILLON 98%, K.K. 98%, DUNCAN 98%, JUSTIN 95%, CHUCK 95%, ELEAN 95%, MARIKO 95%, SHENITA 94%, LINDA 93%, KIM 93%, XAVIER 93%, JOSH 93%,

Thanks, Everyone!

VOCABULARY WORD: *Exotic*

"Originating in or characteristic of a distant foreign country."

WORDS OF WISDOM

Immature love says: "I love you because I need you." Mature love says: "I need you because I love you."

~Gilda Radner



A TASTE OF THAILAND

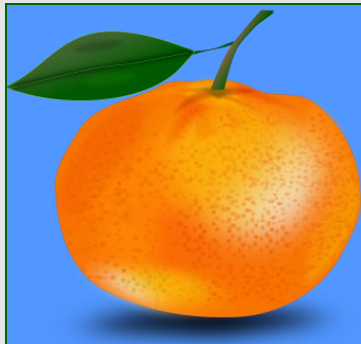
We made a special trip out to *Koreana Plaza International Market* in *Rancho Cordova* to find exotic ingredients for a flavorful *Thai Chicken Curry*. To save calories and fat, we used boneless, skinless chicken breasts. *Ken* and *Vera* helped us wash and chop onions, bell peppers, mushrooms, sweet potatoes, and carrots. We flavored it with bottled *Thai Green Curry* paste and simmered the mixture in a combination of broth, coconut milk and garlic, along with fresh ginger and lemongrass. While the curry was

bubbling, we also cooked a big pot of *Jasmine Rice* to serve with it. When it was almost done, we added fresh spinach and cut up some firm tofu to toss in for extra protein. Ken went a little easy on the curry paste, and we thought it was plenty spicy and delicious!



A VERY PUZZLING PUZZLE!

Last month, *Stephanie* asked us to find some "real cuties" in one of the newsletter articles, but nobody guessed correctly. The answer could be found on *Page Two* in the article about *Fresh Fruits and Vegetables*, where we talked about *mandarin oranges*. Get it? Our favorite brand is called "*Cuties*"! That darn Stephanie: she stumped us again. We'll really have to put on our thinking caps this month! *We'll get you next time, my pretty! And your little dog, too!!*



FEBRUARY BIRTHDAYS

- Kim February 2nd
- Vera February 6th
- Janice February 6th
- Mariah February 10th
- Joshua February 11th
- Frank G February 19th
- Ron February 28th

MARCH BIRTHDAYS

- Leslie March 4th
- Linda March 10th
- Duncan March 17th
- Robert March 20th
- Alecia March 23rd
- Ell March 27th

