



LARKSPUR

ACE-IT Gazette!



RUBY

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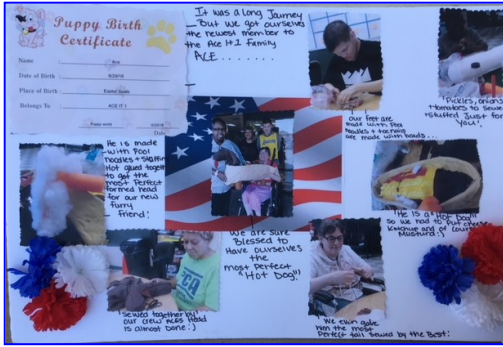
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2018



INDEPENDENCE DAY BARBECUE!!

We celebrated the Fourth of July a few days early this year and everyone had a wonderful time! There were lots of prizes to be won in the entertaining outdoor games, including *The Fishing Hole, Duck Catapult, Duck Ring Toss, and Water Balloon Toss*, where we had the chance to get wet and cool off from the heat. Some people chose to make decorative crafts such as colorful patriotic potted flowers while others stayed inside to play bingo or watch movies. Our very own *Splish-Splash Theater* cast put on another splendid performance before lunch, and all of the programs participated in a *"Hot Dog Art"* contest. Our entry was an adorable *"Weiner Dog"*, complete with a bun and assorted condiments. *Vera* and *Leslie* helped us create him out of pool noodles, felt, stuffing, and assorted sewing notions. We named him *"Ace"*, and we even gave him a cool bandana and a *Puppy Birth Certificate!* Amidst some stiff competition and great ingenuity, he came in second place in the big contest! The BBQ lunch was yummy, of course, and before we left, we even found time for a wild dance party! *We're pooped out!!*





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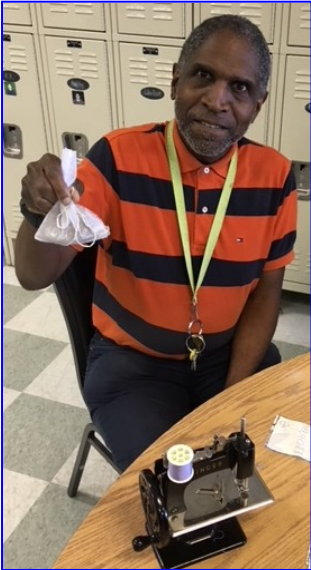
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SEWING CLASS: BATH SACHETS

Remember a while back when we were asking people to save old dryer sheets for us? Well, we finally put them to good use! *Janelle* and her friend *Linda*, the sewing teacher, came to volunteer with us again and showed us another very creative “up-cycling” project. We mixed up some bath salts scented with lavender and other herbals. Then, we sewed the used dryer sheets into little packets, filled them with the mixture, and tied them off with decorative twine. Simple, but useful! Just drop one in your bath, and you’ll come out with soft skin, smelling fresh as a daisy (or maybe a lavender bouquet)! Waste not, want not!! *Janelle* also helped *Patty* complete a cloth shoulder bag that she was determined to finish sewing, and it came out lovely.

Nice work, Patty!



MINI GOLF MADNESS

While *Ken* was out on vacation for a few days, *Lottisha* (one of the newer drivers from ACE-IT II) generously drove some outing groups for us, including this group that went up to *Scandia Fun Center* for a rollicking day of amusements. Some of us played the indoor arcade games, while *Justin, Dante, Nic Y,* and *David* took on the exciting *Miniature Golf* course onsite. All of the holes were fun, some were pretty silly, and some others were very challenging. We tried to be a little bit competitive without getting too obsessive about the scoring, and everyone had a really great time! *Thanks, Lottisha!*



STAFF TRANSFER

Rick came down to join us from the ACE-IT II Program, and we’re glad to have him! *Welcome to the team!*





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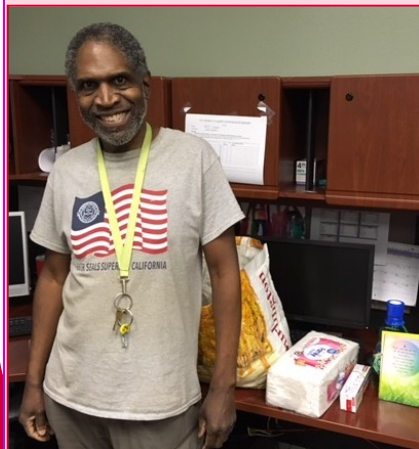
POOL PALS ON PARADE

We had another great day of exercise and relaxation at the *Warm Water Therapy Pool*. New client *LaTisha* led the way with her enthusiastic use of the water dumbbells, while others tried out various weights, flotation devices, pool noodles, and water resistance gear. It was a very hot day, but the warm water still felt good on sore muscles! While we were there, the *Easter Seals Marketing Department* was in the process of filming a video segment about the pool and asked us to participate. *We were quite happy to oblige, because we're a bunch of natural hams!*



LIFE SKILLS: GROCERY SHOPPING

Every Tuesday, we go out shopping for our regular *Wednesday Cooking Group*. In addition to finding ingredients for the program, we also have the opportunity to practice our personal shopping skills. While *Earline* and *Chuck* were finding recipe items, *Robert* picked out some indulgent *Chewy Chips Ahoy Cookies*. *Patty* made a very healthy choice by selecting *Low-Sodium V-8 Juice* for herself. Meanwhile, *Sam* found quite a few things that he needed for his apartment, including napkins, toothpaste, some mouthwash, and a very thoughtful get-well card for a friend of his who is currently convalescing. *Nice job Everyone!*





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A SMART SHOPPING TRIP

We moseyed on down to *Shop Smart* to cool off indoors on a hot summer day. *Eli* found a good price on some nice shorts and tee shirts, while *Mariko* picked out a beautiful little bracelet. *K.K.* looked like he was ready to ride the range when he tried on a huge cowboy hat! When we were done perusing the merchandise, we stayed and had lunch at our favorite little food court, where *Chuck* got a humungous order of chili cheese fries, complete with jalapeño peppers! *K.K.* bought an old-school bottle of *Fanta Orange Soda* and an ice cream sandwich. *Maricella* drank a *Jarritos Fruit Punch*, *Robert* got himself a cinnamon roll, and *Mariko* treated herself to an ice cream crunch bar!



ON THE HUNT FOR BRAIN GAMES

We visited the big *Wal*Mart Super Center* in North Highlands, looking for games to challenge our math and thinking skills. After some searching, we found a great selection, including *Sorry, Skip-Bo, Phase 10, and Double Nine Dominos.* We also picked out a large *Family 10 Game Set* with *Pachisi, Backgammon, Tic-Tac-Toe, Passout, Solitaire, Snakes & Ladders, Chinese Checkers, Pick Up Sticks,* and a deck of regular playing cards.
We may be busy for awhile!



Stephanie's Stumpers!

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

How many numbers can you spot in this months newsletter? Only counting numbers in numeric symbols (e.g. 1, 53, 29). No need to count the phone number below or the attendance numbers. Hint: don't forget to look in the pictures! ;) Good luck!

Be the first to email or call ACE IT I at 916-564-6117 and let us know the answer 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%: MAGDALENA, DON B, ELL, DAVID, MICHAEL

FRANK G. 99%, RON 99%, THERESA 99%, PATTY 99%, ROBERT 99%, LISA 99%, NICKY B. 99%, K.K. 99%, ROSELINE 99%, MELANIE 98%, LIZZY 98%, SHENITA 98%, JUSTIN 98%, EARLINE 98%, MARIA 97%, CHUCK 97%, LATISHA 97%, DANTE 97%, DUNCAN 96%, NICOLE 96%, RENEE 95%, JANICE 95%, NGOC 94%, MARQUIS 94%, TASI 94%, XAVIER 93%, NIC Y. 93%, MARIKO 93%, CHILLON 93%, FRANK T. 93%, LINDA 92%, SAM 92%, DON S. 92%, LORENZO 91%, BALDIP 90%

Thanks, Everyone!

VOCABULARY WORD: INGREDIENTS

"Any of the edible foods or other substances that are combined to make a particular dish".

Words of Wisdom

"The future belongs to those who believe in the beauty of their dreams."

~Eleanor Roosevelt



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



MANGIA! MANGIA!!

This time, we were in the mood for *Italian* food, so we made some *Turkey Bolognese*. The base for the sauce consisted of chopped carrots, onions, celery, fresh basil, and garlic. After we chopped it all up it was simmered together and the ground turkey was added. Once the flavors were blended nicely, we added bottled marinara sauce into the Bolognese. The spaghetti noodles were cooked last and served topped with sauce and optional grated Parmesan cheese. *It all turned out very tasty!*



NOT STUMPED AFTER ALL!

At first, nobody guessed *Stephanie's Stumper Quiz* again this month, so *Ken* reminded everyone to check their newsletters carefully and remember to play the game. That's when *Lisa* looked closely at her copy and found the answer! The question was about what kind of prizes people won that had been mentioned in the June edition of the ACE-IT | Gazette. The correct answer was found on Page Two in the *Millennium Family Fun Center* article. Several of us had won *Squishy Balls* from the big *Claw Machine*.
 Nice detective work, *Sherlock!*



JULY BIRTHDAYS

Maricella	July 6th
Chuck	July 7th
Phillip	July 15th
Earline	July 17th
Michael	July 29th

AUGUST BIRTHDAYS

LaTisha	August 2nd
Nicky B.	August 13th
Theresa	August 19th
K.K.	August 20th
Mariko	August 30th

