



DAFFODIL



AQUAMARINE

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2018



### GENEROUS ORGANIC HOSPITALITY

*Ken* arranged a guided tour of the new *Sacramento Natural Foods Co-op* building downtown on *R Street*. Our tour guides were *Christina* and *Lily*. They were both extremely helpful, and the rest of the staff were just as nice! *Griffin* passed out assorted citrus samples, including exotic varieties like *Blood Oranges* and *Tangellos*. We strolled the aisles, learning fascinating facts and sampling wholesome, locally sourced delicacies along the way. We ground and tasted fresh peanut butter, tried *Kombucha*, *Kefir*, various artisanal cheeses, and even their famous *Gelato Bar* (our favorite). Later, we each got a goody bag filled with treats, informational brochures, and valuable coupons. We stayed for lunch, and some of us got organic pizza slices and/or salad bar...and, of course, more gelato (we're lookin' at *you, Maricella!*). Our buddy *K.K.* was especially excited because he got to visit with a good friend named *Ashley*, who works there at the Co-op. *Thanks everyone. We had a blast!*



### PROUD OF OUR POOL PROGRESS

*Elean* and *Maricella* have both been regulars at *Warm Water Pool Therapy* with us for several months now, but they mostly haven't ventured out from the security of the parallel bars...until now! With some prodding and encouragement from new *Pool Director Lori*, they both got out of their comfort zones and tried walking around in the water with the help of various flotation aids. Before long, they were challenging each other to "lap races" back and forth across the shallow end! They even tried using ankle weights for help with balance and added resistance training. This was quite a

milestone month for them both, and everyone at the pool was cheering them on. *Way to go, you two, and thanks for your valuable help, Lori!*





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SEWING CLASS PROJECTS

We had another nice visit from *Janelle* and her friend *Linda*, the sewing teacher. They taught us more about proper threading and maintenance of our sewing machines and helped us work on a fun project making holiday table decorations. They also let each class participant pick out a personal "sewing notions" box and filled it with a great selection of tools and supplies for use during our future classes.

*Thanks for coming!*

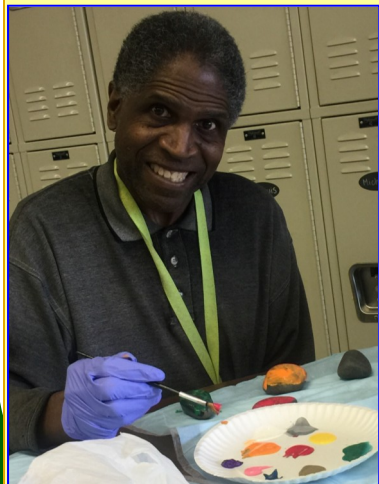


ART CLASS ROCKS, DUDE!

*Vera* helped lead an afternoon art class painting fun decorative designs on local river rocks. *Lizzy* asked her to help him paint his name on a rock, and she was happy to oblige! Meanwhile, *Sam* had a great time getting creative with an assortment of his favorite colors. *Patty* really got busy and did a depiction of the Easter Seals lily symbol on one rock and an adorable bumble bee on another. Who knew painting rocks could be so much fun?  
*We'll have to do this again some time!*

ACE-IT | STAFF UPDATES

*C.S.T. Kimiko* joined the team this month and brings a wealth of experience from her native country of Japan.  
*Wakarimaska, Kimiko!*  
We'd also like to congratulate our very own *Leslie* on her promotion to full-time Core Instructor. *Well done, Leslie!*





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Everyone's Irish On March 17th.

**A STAR IS BORN!**

After some thought, new client *Marquis* has decided that he'd like to have his picture taken after all, especially because he loves being a part of our theater group. He's a natural performer who fits right in with rest of the *Splish-Splash* gang, and he's already been given his own solo number! Here he is giving a very soulful rendition of the classic, "*Stand By Me*".



**NEW CUSTOM CHAIR PAD!**

*Lizzy* has been having some ongoing fit and comfort issues with his powered wheelchair, and it may be some time before he can get it replaced. In the meantime, C.S.T. *Erik* has stepped up and risen to the challenge of finding a good, temporary solution. He and *Lizzy* have been brainstorming and tinkering with various ideas. With the help of our sewing class, Erik has constructed an additional padded seat cushion molded to give *Lizzy* much better support. The sewing class also helped him make a nice, colorful fleece cover for it so that the pad can be tied onto the wheelchair for extra stability. It took several tries and some fine-tuning, but *Lizzy* approves of the result! *Thanks, Erik!!*



**SMARTY PANTS: STUMPER WINNER**

We have a winner, folks! For the February puzzle, *Stephanie* asked us which item shown in the newsletter could "give you a break". The answer was, of course, the *Kit Kat Bar* shown in one of the photos on Page Two in the article about the *ACE IT III Photography Exhibit* (remember the Kit Kat Jingle?) *Anna* from the *Warm Water Therapy Pool* was the first in with the correct answer, and our pool therapy group happily delivered her well-deserved \$10.00 prize. Congratulations, *Anna*! We also have to give a "shout-out" to *Karla*, who gave an incorrect, but hilarious response. She thought the answer was "the chef" because of his broken head! Better luck next time, *Karla*, and please keep playing!





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Page Four

**2018**  
Everyone's Irish On March 17th.

**HEALTH AND FITNESS**  
One Thursday each month, we attend a special **Adaptive Yoga** class downtown at the **Yoga Seed Collective**. The instructors are very kind and patient with us as we practice our **Asanas**.  
*Ohhhmmmmm!*



**HAY IS FOR HORSES (CATS ARE FOR CUTENESS)**  
Almost every Monday, we make the long trek down to **Elk Grove** and volunteer at the **Project RIDE Strong Arena** building. We've done many different volunteer activities there over the years, but lately we've settled into a routine of cleaning and restocking the bathrooms for them, and we're getting very good at it! We love helping out, and always have fun spending time with the assorted denizens of the barn (some of the cats even come in and "help" us with the cleaning jobs). **LOL Meow!!**



## Stephanie's Stumpers!

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

I'm sure our avid readers have noticed by now that some of the words in our articles are given special colors for **special emphasis**.. Well one of our article words has been jumbled! Can you figure out which **colorful** article word this used to be?

**"LGOTELSAN"**

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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## 2018



Everyone's Irish  
On March 17th.

## ATTENDANCE NEWS



### 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, PATTY, LISA, LIZZY, NIC, MICHAEL**

K.K. 98%, ROBERT 98%, ROSELINE 98%, MARICELLA 98%, THERESA 98%, EARLINE 97%, JANICE 97%, JUSTIN 97%, MARIA 97%, DUNCAN 95%, LORENZO 95%, NGOC 95%, RENEE 95%, CHUCK 95%, MARIKO 95%, XAVIER 95%, FRANK T. 94%, NICOLE 94%, SHENITA 94%, LINDA 92%, CHILLON 90%, KIM 90%

**Thanks, Everyone!**

### VOCABULARY WORD: *Shillelagh*

"A Gaelic war club made of an oak or blackthorn sapling from Ireland"

### Words of Wisdom

"May you live as long as you want, and never want as long as you live".

~An old Irish blessing

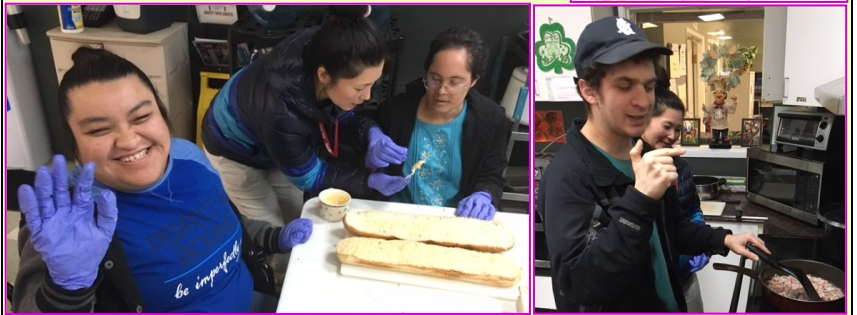


## ACE-IT | COOKING ACADEMY "Independence With a Spicy Twist!"



### FULL PLATES AND SATISFIED CUSTOMERS

*Ken* showed us how to make *Pasta Carbonara with Baby Peas!* We cooked thick-cut bacon until crispy and then we sautéed some garlic and mixed it with toasted breadcrumbs and chopped flat-leaved parsley. Then, we boiled our *Farfalle* pasta and added the peas. Meanwhile, others whisked up 10 eggs with a mixture of Italian cheeses and pepper before folding it into the pasta along with the drained bacon and the breadcrumbs. We stirred in some of the pasta-cooking liquid, which resulted in a luscious, creamy sauce. Finally, we served it with a garden salad and hot garlic bread that we had made earlier. *A delicious feast!*



## A BIG WIN FOR MOMMA!

We took another drive down to South Sacramento and joined the regular crowd for the bingo games at the seniors center on Florin Road. Guess who won the biggest pot! *Earline* raked in a whopping \$6.00 in change, and her smile says it all. Congratulations, *Earline!* *Sharp as a tack and still going strong!*



### MARCH BIRTHDAYS

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

### APRIL BIRTHDAYS

Laida	April 5th
Ngoc	April 11th
Patty	April 16th
Andreia	April 17th
Baldip	April 18th
Lizzy	April 20th
David	April 29th





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Party Page

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### THE WEARIN O' THE GREEN!

*Duncan* (our favorite *St. Patrick's Day Birthday Buddy*) brought in a huge double-chocolate cake decorated in festive frosting to get the party started, and many of us came to program wearing fun outfits in the ubiquitous color of the day. Nobody wants to get pinched, after all! Our art classes and cooking groups all contributed cute decorations and delicious goodies to get everyone in the mood, and we even did some interesting research about subjects like "*Rainbow Science*" and "*History of the Wee Folk*" once the music and dancing got started and the mysterious green punch got flowing, there was no holding us back!  
*Top o' the mornin' to ya!*

