



CHRYSANTHEMUM



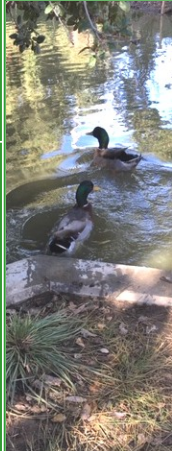
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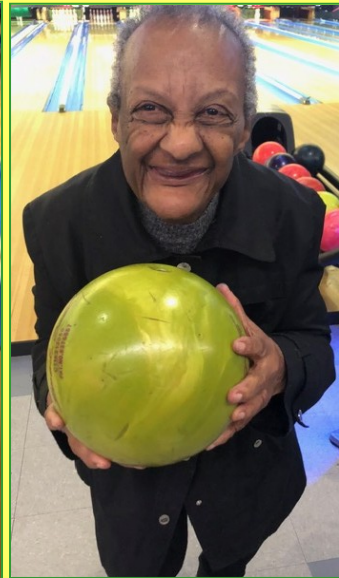
### COMMUNITY EXPLORATION: EDUCATIONAL NATURE WALK

On a gorgeous, mild November day, we visited the *U.C. Davis Arboretum* and took a leisurely stroll along an accessible path that follows a creek through the groves of native and drought-resistant plants from around the world. We saw and heard quite a few *Mallard Ducks* along the way, and we met up with several friendly dogs who were towing their humans along the trail, including an especially photogenic canine pal named *Brewer!* We learned the names of many special plants and found out which plants prefer which habitats. Near the end of the walk, we passed through a long tunnel decorated with lovely murals, and had fun listening to the echoes as we called out to each other. At the end of the tunnel, we took a rest in the peaceful grove of *Redwood Trees* before heading back to the picnic area for lunch next to a bubbling, soothing fountain! *Ahhhhhh...*



### KEEPING FIT: COUNTRY CLUB LANES

We have a regular group of bowling aficionados who love knocking down the pins every Thursday. This is such a fun way to get moving that you hardly even notice you're exercising! Quite a few folks from ACE-IT I also bowl in outside leagues after program and in *Special Olympics* tournaments. This time, *Nic Y.* was the big winner with a score of 100! *Marquis* came in second with 88 and *Ron* was close behind with 86. Some of us can get pretty darned competitive, and spirited trash-talking is not unheard of at the lanes, but we always try to keep it friendly. *Sorry. No wagering!!*



### NEW STAFF

*C.S.T. Lexie* joined our team this month, and she's already been a big help with our activities. *Welcome to ACE-IT !!*





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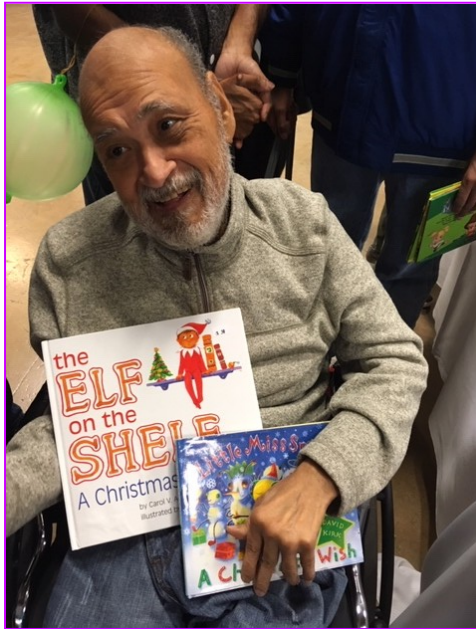


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**A CAUSE WE BELIEVE IN: BOOK SALE FOR FURRY FRIENDS**  
We enjoyed attending the annual *SPCA Book Sale Fundraiser*. This year, it was held at Sunrise Mall up in Citrus Heights. We spent some money for a good cause and found lots of great books at bargain prices. They also had a very nice selection of board games and puzzles available, so we picked up an educational word game for program. What could be better than that? We love doing whatever we can to support our four-legged friends. We got there early enough that we even had time to browse the mall and stay for lunch at the tasty food court.

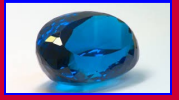


**COMMUNITY ACCESS: ARCADE**  
We had a blast up at *Millennium Family Fun Center* this month! *Robert, Richard, and Michael* all got crazy with the bumper cars. *K.K.* enjoyed the *Skee-ball* and *Racing* arcade games. *Justin, Xavier, and Nic Y.* all made their way up to the very top of the climbing tunnels. After an early lunch, some of us found time for a rousing game of *Laser Tag* before we had to head back to program.  
*Thanks, Millennium!*





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## VOCATIONAL SKILLS: SEWING

### \*PERSONAL PROJECTS AND DONATIONS

Our Friday sewing group has been busy again this month. With help from volunteer *Linda, Patty* made a lovely and practical new apron and donated it to the cooking class. *Sam* sewed two nice, warm winter hats from colorful fleece fabric. He said he'll probably keep one for himself and give the other to a friend. *Earline* and *Roseline* each made large fun bags for themselves. *Janelle* also joined us and assisted the entire group in finishing a batch of utilitarian "Burp Cloths" that we intend to donate for the new mothers in need at *Wellspring Women's Center* in Oak Park.

*Very good work, everyone!*



## FARMER'S MARKET: PUMPKIN PATCH SHOPPING

We enjoyed some lovely Autumn weather when we went perusing for pumpkins out at *Davis Ranch* in *Sloughouse*. We were looking specifically for a nice batch of mini-pumpkins that would make perfect "ammo" for the *Punkin' Chunkin'* contest using the *ACE-IT I Catapult* at the *Annual Thanksgiving Feast*. The *Giant Pyramid of Pumpkins* was very impressive! We also found some delicious snacks and healthy foods along the way. *Robert* got some fresh kettle corn and *Ken* bought bags of sweet corn fresh-picked from the fields next door to take back for *Cathie* and *Janelle*. When we were done shopping, we stayed for lunch under the rustling leaves of the large trees next to the picturesque little strawberry patch. *What a relaxing day!*





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### VOLUNTEERING: JOEY'S LOCKER

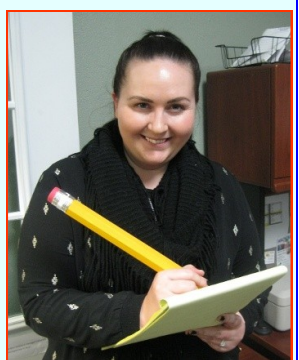
We always love helping out *Mr. Joel* at the *Natomas High School Food Bank*. This time, we were sorting and bagging huge bins full of fresh, *green apples*. Perfect for baking holiday pies! We got everything bagged up and then had some time for games and socialization with our friends. For Thanksgiving, *Mr. Joel* informed us that he had acquired *500 donated turkeys* and he invited any family members and care providers to come and pick one up for their holiday feasts. Several of us took him up on the generous offer. We also learned that Mr. Joel was recently presented with the prestigious *Education Partnership Service Award* in recognition of his *Outstanding Service to Public Education*. Congrats, Mr. Joel! *See you next time!*



### VOCATIONAL SKILLS: COMPUTERS



Every week, many of us take part in formal classes or in less structured activities to enhance our computer skills. These include participation in weekly *Newsletter* classes where we practice typing, formatting, and proofreading the *Gazette*. We also have our afternoon computer skills classes where we practice keyboard skills, internet searching, punctuation, and grammar. During some supervised practice sessions, we search the internet for topics of personal interest, perhaps finding, copying and printing photos, clip art, math games, or puzzles.



### Stephanie's Stumpers!

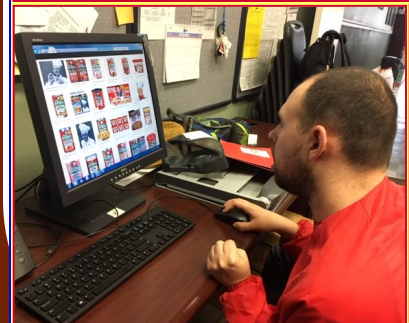
Put on your thinking cap and your *smarty pants* and win a \$10 gift certificate!

### WORD SCRAMBLE: PATLUCUT

The letters above can be rearranged to spell one of our colorful words in the newsletter.

Hint: this word appears twice!

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



ATTENDANCE NEWS



EVERY DAY COUNTS!

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

**100%: DON B, ELL, DAVID, FRANK G, RON, THERESA**

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

**Thanks, Everyone!**

VOCABULARY WORD: ECHO

"A sound or series of sounds caused by the reflection of sound waves from a surface back to the listener."

Words of Wisdom

"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced."

*Vincent Van Gogh (1853 - 1890)*

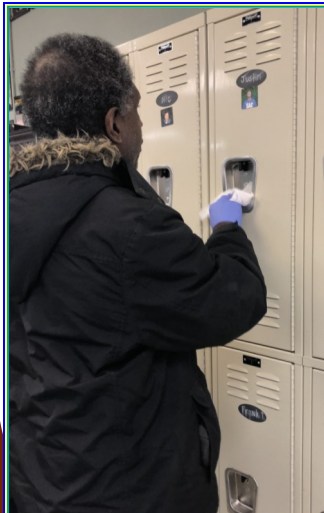
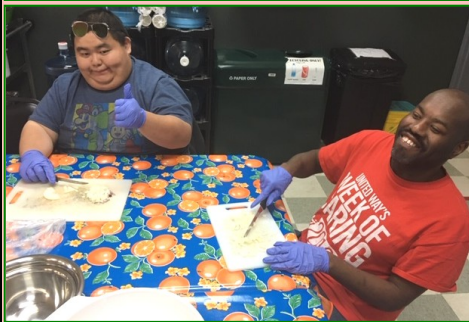


ACE-IT I COOKING ACADEMY  
 "Independence With a Spicy Twist!"



ETHNIC CUISINE: YOUVARLAKIA

This simple but satisfying meatball soup from Greece is pretty easy to prepare, but takes some time. We made the meatballs with ground beef, chopped onions, long-grain rice, fresh chopped flat-leaved parsley, and eggs for binding. Each meatball was about 1/2 inch in diameter, but we weren't trying to be precise. To the clear chicken broth, we added some beaten egg yolks, lime juice for tartness, chopped carrots, and celery. We finished it off with some salt and pepper to taste, added more parsley for garnish, and it was done! A very nourishing soup for a cool fall day. *Kali Oreksi! (Enjoy your meal).*



VOCATIONAL SKILLS: SPARKLE 'N CLEAN

When the program's dirty...and the trash is full...who ya gonna call? *Dirt Busters!* Our SNC Work Crews are the "dirt busters" of ACE-IT I, and they perform an invaluable service for us. Knowing that we can count on them to reliably keep the place tidy and sanitary is a great relief to the rest of us and frees us up to concentrate on being creative. They also gain some great work experience, and they certainly enjoy cashing their checks every two weeks!

**Keep up the good work !**



NOVEMBER BIRTHDAYS

Melanie November 1st  
 Symone November 1st  
 Tasi November 16th  
 Xavier November 17th  
 Frank T. November 30th

DECEMBER BIRTHDAYS

Cathie December 3rd  
 Justin December 5th  
 Marquis December 15th  
 Dante December 18th  
 Osman December 24th





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Turkey Party Page



### PARTY AT MAIN CENTER: "SMOKED" TURKEYS

We made some adjustments due to the unhealthy air quality from wildfire smoke in the valley, but we didn't let that stop us from enjoying our annual *Thanksgiving Feast* at the Main Center. We played bingo and had fun with several craft booths and assorted games offering prizes. ACE-IT I was in charge of the *Gumdrop Gobblers* crafts and the *Punkin' Chunkin' Catapult* game booth. We also took third place in the *Scarecrow Contest* with our *Crazy Cat Lady Scarecrow!* Nice work! Our *Splish-Splash Theater* group put on an amazing show before lunch, and then we had delicious turkey with rolls, mashed potatoes, and gravy catered by *Evan's Kitchen*. Management staff also served stuffing, cranberry sauce, mixed vegetables, and salad. We had lots of drinks to choose from, followed by pies, pies, and more pies, including the entries from the *Pie Contest*, which was won by *Megan* from the *FILS Program*. *Yummy!!*

