



MARIGOLD



OPAL

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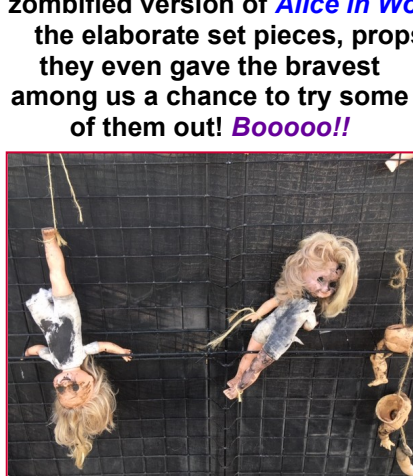
2018

HEARTSTOPPERS HAUNTED HOUSE!



Leslie's daughters, *Kaitlyn* and *Conner*, both work at this premier haunted house, and they happily agreed to give us an in-depth behind-the-scenes tour. It was exciting and pretty creepy, even though we were there in the daytime without a lot of the costumed actors present. *Heartstoppers* is the area's longest running and most highly rated haunted house, and the main theme is "*The Undead Old West*". They also have a whole section called "*Underland*" (a fun

zombified version of *Alice in Wonderland*). They showed us how all of the elaborate set pieces, props, and frightening gags worked, and they even gave the bravest among us a chance to try some of them out! *Booooo!!*





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HEALTHY FARM-TO-FORK SHOPPING

This outing was the brainchild of our favorite volunteer, *Janelle*, who also happens to be a *Registered Dietitian* and a *Certified Diabetes Educator!* She guided us to a great roadside farm stand called *Pedrick Produce* out in Davis, where they sell fresh-from-the-field fruits and vegetables as well as a wide variety of dried fruits, nuts, sweets, locally-made tortillas and chips, fresh salsas, and even hot, freshly made tamales in chicken, pork, or cheese flavors. While we were there, we got to taste a lot of yummy free samples, including olives, nuts, chips, and salsas. Everything was delicious! *Thanks, Janelle!!*



COMMUNITY ACCESS: SACRAMENTO SPCA

Can you tell that we love animals? We seem to have at least one article in every newsletter that features our furry friends in some way. We always have mixed feelings when we visit the *shelter*. The SPCA staff do wonderful work with the animals in their care, and they keep the facilities warm and inviting. Still, a lot of the animals seem sad and lonely. We try to cheer them up as best as we can, but we just can't take them all home with us on the bus, as much as we'd like to! Remember to spay and neuter your pets, and if you need a new fur baby at home, please consider adopting a shelter pet. *They don't forget, and they'll love you forever!*





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ROUSING MUSIC AND DANCE ENTERTAINMENT

The wonderful senior performers from *Hats & Taps* came by to give us another great show! In the past, it was usually an “all ladies” group, but this time they brought a couple of gentlemen along! *Michael* joined in the dancing while *Glen* entertained us with his accordion. Some of our favorite song and dance numbers included *Rockin’ Robin; Personality; Yakity Yak; New York, New York;* and *The Boy From New York City.* Thanks for taking the time to entertain us!



VOLUNTEERING IN THE CITY OF TREES

Osman drove while new staff member *Clay* joined us for the first time at the *Sacramento Tree Foundation.* We were excited to show him the ropes! This time around, we put together folders full of educational brochures for the public about planting and properly caring for trees in our beautiful city. We organized ourselves into an efficient assembly line and got right to work. By the time we took our break for lunch, we had completed **225 Folders!** We were happy to do our part keeping Sacramento a green and healthy place to live.



ANNUAL MEETING AND AWARDS DINNER

This year, **ten people** from ACE-IT I were nominated by their peers for prestigious Easter Seals awards! *Latia, Ken, and Leslie* were each nominated for the *P.A. Kramer Award* recognizing program service excellence. *Cathie, Symone, Larry, Vera, Erik, and Kimiko* were each nominated for the *Terry Colborn Spirit of Easter Seals Award* recognizing passion and enthusiasm. Last, but certainly not least, Ken’s wife, *Janelle*, was nominated for the *Gloria Forsell Award* recognizing the *Outstanding Volunteer Of the Year.* Guess what. *Janelle* won the award, and this was her second win in the last three years, so she must be doing something right.
Congratulations, Janelle!



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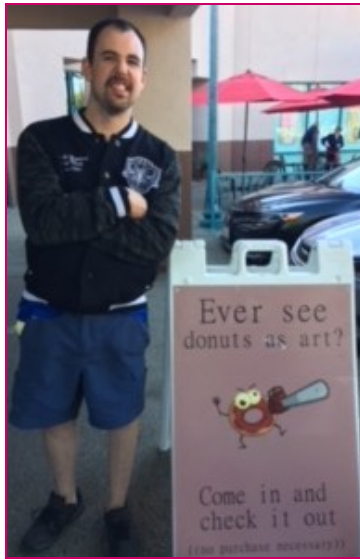
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COMMUNITY EXPLORATION: SCARY TREATS

We found a quirky new specialty shop called *Donut Madness* over near Country Club Lanes. This place is perfect for the season because it is a *Horror-Themed Bakery!* All the decorations and donuts are inspired by scary movies. *K.K.* got himself a *Friday the Thirteenth* donut (vanilla with Oreo crumbles). *Xavier* picked out a *Cereal Killer* donut with *Captain Crunch* crumbles on top. *Leslie* tried the *Ruffle Kerfuffle* (a yummy maple donut with potato chip crumbles on top).
We eventually left...slightly terrified, but with full stomachs!



BEST TACOS IN SACRAMENTO!

Chando's Tacos on Arden Way consistently wins for "Best Tacos" in local surveys, and we certainly weren't disappointed! *Ken* and *Chuck* tried the *Adobaba Tacos*. *Erik, Michael, and Josh* got the *Carne Asada Tacos*. *Larry and David* picked *Pollo Tacos* while others had various burritos and quesadillas. The most adventurous was *Elean*, who ordered the *Buche Taco*, otherwise known as *Braised Pork Stomach!* *How was it Elean?*



Stephanie's Stumpers!

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

" _____ " is about 2,800 miles from Sacramento.

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



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



EVERY DAY COUNTS!

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

100%: DON B, ELL, DAVID, RICHARD, MICHAEL, FRANK, RON, THERESA

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

Thanks, Everyone!

A HEALTHY TWIST ON AN OLD FAVORITE
We love to get creative with classic dishes like this tasty, colorful version of *Shepherd's Pie*. Switching out the mashed potatoes with squash and cauliflower boosts the nutritional value while cutting calories. We chose a butternut squash, which we peeled, cubed, roasted, and mashed with a little melted butter, maple syrup, black pepper, minced garlic, and thyme. *Delish!!*



VOCABULARY WORD: ZOMBIFIED!
"Having been turned from an active, alert person into a zombie" (From occult folklore)

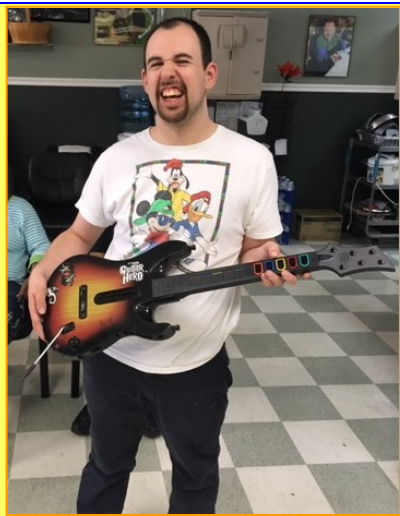
Words of Wisdom
"No legacy is so rich as honesty."
~William Shakespeare-Playwright (1564-1616)



ROCKIN' AROUND THE CLOCK!

A while back, we found some great *Guitar Hero* electric guitars at our local *Goodwill Store*. *Nicky B., K.K.*, and many of our other performers just love rockin' out and gettin' their groove on with these fun, classic instruments during our shows. Its kind of like "air guitar", only better!

Shred it, Dude!



HAPPY BIRTHDAY

OCTOBER BIRTHDAYS	
Lorenzo	October 4th
Sam	October 5th
Maria	October 25th

NOVEMBER BIRTHDAYS	
Melanie	November 1st
Symone	November 1st
Tasi	November 16th
Xavier	November 17th



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Party Page!

2018



HILARIOUS HALLOWEEN HIJINKS

The day before Halloween, we visited the *ACE-IT III Haunted House*. It was great, but pretty scary! Some of us lost our nerve and joined the crowd watching movies instead. Then, we stayed for lunch with our Yuba City pals. On Halloween day, a group went down to *Project Ride* to celebrate with the animals while another group went to the *Easter Seals Warm Water Therapy Pool*, where they saw *Pool Director Lori* all decked out as *Wonder Woman*.

Cool outfit Lori! We all made it back to program in time for our own big Halloween bash after lunch, which included lots of tasty scary treats, music videos and fun games such as *"Octopus Ring Toss"*. In the ever-popular costume contest, *Don B.* took first place with his pimped out *Sugar Daddy* costume while *Earline* took second place as *Toadette* from the *Mario Brothers* game and *Richard* took third place dressed as *Nat King Cole, Circa 1956*. Soon, *Vera's* nieces even came by to join the party and show us their costumes, which were, of course, just adorable!

On to the next holiday!!

