



ASTER



SAPPHIRE

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2018



PRETTY DARN PERFECT PUPPETRY

We finally had some time this month to do more work on our ongoing *Sock Puppet Project*. We've been collecting colorful, extra-long fuzzy socks and turning them into fantastic, silly creatures. We make the big eyes out of Styrofoam or ping-pong balls. Then, we add lots of colorful facial details made from felt, foam sheets, pipe cleaners, yarn, feathers, and other found objects from the craft closet. It is amazing how many different kinds of creatures you can make using the same techniques! Eventually, we plan to construct a *Sock Puppet Theater* and put together a puppet show of our very own. *Stay tuned for more details in the future!*



JUST TOO MUCH CUTENESS!

Two of *Vera's* nieces came by to visit us at lunchtime, and they brought their precious little puppies to share. *Allison* and *Madison* are twins, and they told us that the black puppy is named *Shaka* and the brown puppy is named *Zulu*. We had a very hard time deciding whether the girls or puppies were cuter, but in the end, the puppies won by a nose (or two noses). We all had fun petting them, and the girls even brought them into the back office to meet Site Manager *Stephanie*. That may have been a mistake. *Be careful girls! If you hand Stephanie a puppy, you may never get it back!!*



SELF CARE: STRETCHING & MIND FOCUS

We had another relaxing session downtown at *Yoga Seed Collective*, where we did chair stretches as well as some *Asanas** on the floor mats. Before starting, we always "check in" and give an assessment of how we're feeling. In addition to the physical work in class, we sometimes also practice guided visualizations and meditation. When we're done with our yoga, we talk about how the class might have improved our body issues or moods. Then, we each get to gently bang on the giant ceremonial gong! *OHHHMMM!*

**Asana is the aspect of yoga that involves bending the body into specific forms.*





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DELICIOUS LUNCH FOR A CAUSE

We had another scrumptious meal at *Plates Café*, the upscale restaurant down at *Depot Park* (where we store our Easter Seals buses). The café serves as a vocational training facility for clients from *St. John's Center for Women and Children*, and the program gives valuable, real-world experience in a restaurant setting as they transition from difficult living conditions to self-sufficiency. The food is top-notch, and we're always treated with great courtesy and respect. Several of us had the huge, mouth-watering burgers with a choice of regular or sweet potato fries. Others tried choices such as the turkey sandwich, assorted salads, breakfast items, and the freshly made chicken-tortilla soup. *Thanks, Plates Café!*



PHYSICAL FITNESS: HEALTHY FUN IN THE WATER

We've continued with our regular Wednesday outing to the *Warm Water Therapy Pool*. Because we've had so much interest in this popular, healthy activity, we've also added regular Friday pool groups using the smaller van. Now, even more of us get to exercise in the warm water each week! We really notice the benefits, including increased strength and flexibility, better cardiovascular health, enhanced range of motion, and a general feeling of relaxation and well-being. *Aaaahhh....so soothing!*



NEW CLIENT

Mr. Joel sent another of his wonderful students to join our program. *Richard* is a very sweet guy, and he's meticulous in all that he does!
Welcome to ACE-T !!





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A RELAXING RIVER WALK

On one of the last really warm days of the late summer season, we took an invigorating hike along the *American River Access Trail* just above *La Riviera Park*. We made sure to bring along plenty of water so everyone could stay well-hydrated and we took frequent rests in the shade under the abundant trees. It was a very relaxing day, and we even got a few cooling breezes coming off the river. Along the way, we met a couple of cute friendly dogs named *Toby* and *Lucky* who were quite happy to pose for pictures. We heard many different birds chirping and squirrels chattering away in the undergrowth and high up in the canopy above. *Ken* gave us a few science lessons about the local flora and fauna as we walked along, and we collected some acorns as souvenirs of our trip. On the walk back, we were passed on the trail by a large *Levee Maintenance Truck*, and the driver waved to us as he started spraying water from the back of his vehicle (he didn't explain why). We stayed for a tasty picnic lunch in the park and made it back to program just in time for afternoon classes!

VOLUNTEERING: JUICE POUCH CLEANING

We were hard at work again this month, doing our part to prevent excess waste from ending up in our landfills. We save and clean all of our used juice pouches and then they are turned into articles such as wallets, purses, cell phone holders, and backpacks. The finished articles are sold for charity fundraising by *Janelle* and her fellow volunteers. *Nice work, guys!*



SMARTY PANTS WINNER

Tasi guessed the correct answer to *Stephanie's* August Quiz. The word we were looking for was "*Whimsical*", and she found it on Page Two in the article about the art shows we visited in *Davis*. *Well done, Tasi!* We're hoping to have even more people playing the quiz next month. Stay tuned!





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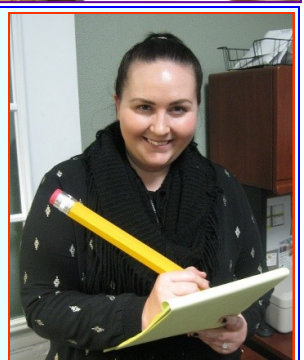
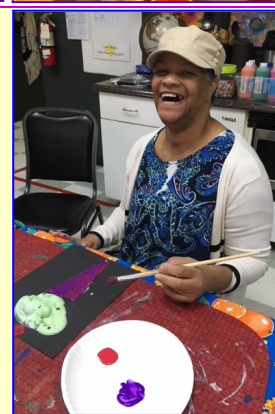
WHOOOO DID A SEWING PROJECT? WE DID!

Our *Friday Sewing Club* has been busy this month. *Janelle* and *Linda* came by again to help us with our latest fun fabric activity: cutting out, assembling, and sewing cute stuffed pillows, including some adorable little owls. It took a while to get everything organized and find the needed materials, but once we got going, we were like a well-oiled machine and we started cranking out owls faster than you could say, "WHOOOO!"



ICE CREAM ART

Symone and *Kimiko* helped us with this *cool* art project. We used shaving cream mixed with glue and food coloring to make our "Ice Cream" in various colorful flavors. Our favorite was the *Mint Chocolate Chip*. We mixed blue and yellow for the mint green color and used little dots of brown paint for the chocolate chips. We made the cones out of cardboard and drew in the waffle pattern with colored markers. We had a great time getting our creativity on with this activity, but they came out so delicious looking that we had to stop *Ken* from trying to eat one!



Stephanie's Stumpers!

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

We've got spirit, yes we do! We've got spirit, how about you? How many times can you spot our *4th of July* Easter Seals t-shirt this month?

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%: DON B., ELL, DAVID, RICHARD, MICHAEL

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

Thanks, Everyone!



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



CREATIVE CULINARY MASH-UP

This month, we made a **Big Mac Pizza Roll!** **Ron** and **Linda** cooked the ground beef and drained off the extra fat. Then, ketchup was added and stirred in. **Earline** and **Maricella** cut up sweet gherkin pickles while **Lisa** and **Vera** cut up onions. **Michael** helped roll out the Pillsbury pizza dough, **Linda** placed cheddar cheese on top, and then we added the onions and pickles. We rolled up the dough and pinched the sides closed, brushed water over the dough, and sprinkled it with sesame seeds. We baked it at 375 degrees for forty minutes, cut it into slices, and served it with a choice of thousand island dressing or ketchup. **Yum!!**



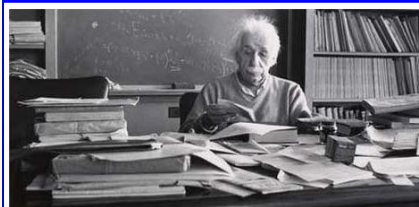
VOCABULARY WORD: Cardiovascular
"Relating to the heart and blood vessels"
Regular exercise is very important for maintaining good **cardiovascular** health!

Words of Wisdom
"The good life is one inspired by love and guided by knowledge."
~Bertrand Russell-Philosopher (1872-1970)



VOCATIONAL SKILLS WORK: SPARKLE & CLEAN CREW

Among their many other duties, our hard working **SNC Crew** tidies up the back office area and keeps **Stephanie's** workspace spic and span. Of course, they can't do anything about the occasional desktop clutter...that's up to her! **We must have a really brilliant Site Manager here!!**



"If a cluttered desk is a sign of a cluttered mind, Of what, then, is an empty desk a sign?"
~Albert Einstein

HAPPY BIRTHDAY

SEPTEMBER BIRTHDAYS
Nicole September 15th
Latia September 23rd
Shenita September 29th

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