



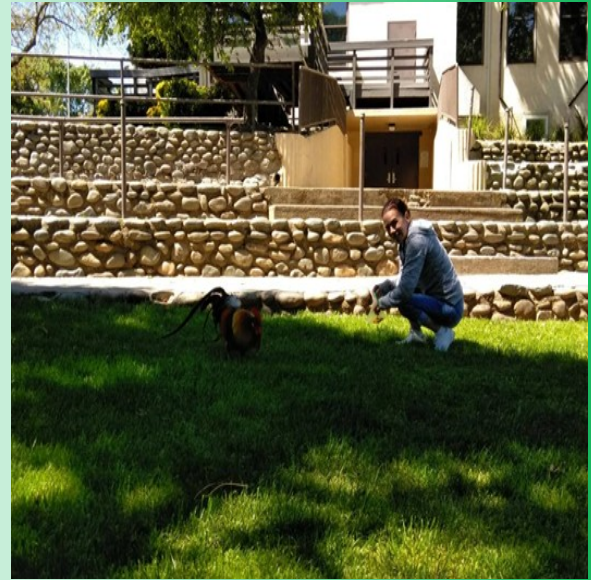
ACE IT 2

Nature Walk

Spring 2018



The wonderful weather has started and we are finally able to venture out. We have enjoyed our nature walks through the parks and along the river. The clients really enjoy feeding the chickens, picnicking and walking along the American River.



Upcoming Adventures:

Apple Hill

Independence Trail



Sacramento Metro Fire Safety Trip



CLOSE YOUR DOOR
FIRES ARE GETTING FASTER,
BUT YOU CAN GET AHEAD

Did you know that today, if your home broke out in fire, you would have less than three minutes to escape safely?

But luckily, the simple action of closing your bedroom door before going to sleep can help slow the spread of smoke, heat, and fire.





The clients enjoyed a field trip to the California State Railroad Museum in Old Sacramento. The features 21 restored locomotives and railroad cars, some dating back to 1862. Clients enjoyed learning all the history of the railways.



Cooking & Baking

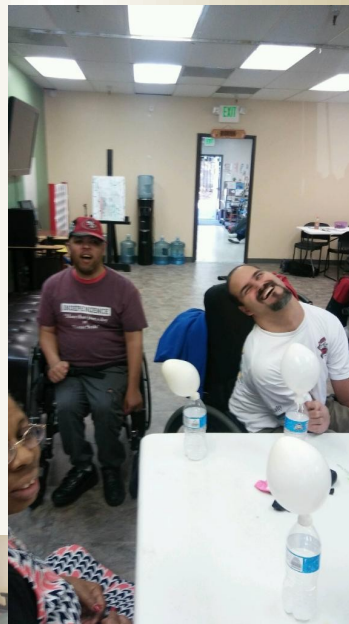


Julia & Julia cooking course is a hands on experience where clients learn to cook amazing dishes. The last few months we made chicken noodle soup, chicken tacos, chicken alfredo, and taco salad. This class is predominantly run by the clients with little assistance from staff. Clients really enjoy knowing that they made the meal that everyone is enjoying. We are working with stock card to make a book of recipes that are made in class. The goal is to send one home with each participant to use at home.

Baking class is similar to our cooking class except it is only held on Fridays and the recipes vary from desserts to baked appetizers. Some of the appetizers they have made are biscotti, peach cobbler, cookies, cakes, caramel covered apples, pigs-n-



Art, Science & Woodworking



community Outings

