



PROUDLY SERVING 13 COUNTIES

Alpine  
Amador  
Calaveras  
El Dorado  
Nevada  
Placer  
Sacramento  
San Joaquin  
Stanislaus  
Sutter  
Tuolumne  
Yolo  
Yuba

Easter Seals Superior California

3205 Hurley Way  
Sacramento, CA 95864  
(916) 979-6739  
[www.myeasterseals.org](http://www.myeasterseals.org)



## ADULT DAY PROGRAMS

ADULTS WITH DISABILITIES WILL EXPERIENCE  
THE LIFESTYLE OF THEIR CHOICE.

# Our Vision: People with disabilities will have equal opportunity to live, learn, work and play in their community.



Easter Seals offers a variety of community-based **Adult Day Programs** in the greater Sacramento area that promote independence. Our plans are person-centered and participants choose from a calendar of age-appropriate activities that help them meet their personal goals. The goals are determined by the individual and the activities are fun, yet structured with a purpose. Groups include self-advocacy, community safety, health and wellness, time and money management, vocational training, creative arts, appropriate social interactions and leisure activities.

Most programs offer computer literacy and internet skills as well. Our consumers can be found in the community at museums, college campuses, libraries, parks and recreational areas, shopping malls, and restaurants. Consumers also have the opportunity to participate in a variety of volunteer and work experiences. The Easter Seals **Work Center** provides paid work opportunities and vocational training and Day Programs provide the work option on a trial basis to help consumers explore what they would like to do in their future and help them make the necessary transition. Each program offers at least one specialty and is open five days a week.

## Functional Integrated Living Skills Program

**FILS** (916) 979-6747

2617 Alta Arden Expressway, Sacramento, CA 95825

## **Specialty - Fine Arts**

- Develop seasonal craft projects
- Adapt art activities for consumers of all skill levels
- Encourage giving back to the community and volunteerism
- Provide a variety of opportunities for physical activity
- Sensory activities for less active program members
- An art studio to display and sell artwork
- Retirement Option Programming for mature consumers

## Access to the Community through Education, Integration and Technology Programs

**ACE-IT I** (916) 564-6117 1250 Howe Avenue, Sacramento, CA 95825

### **Specialty - Culinary Arts**

- Nutrition planning and teaching healthy choices
- Menu planning (from simple sandwiches to ethnic specialties)
- Shopping, money management and value comparisons
- Cooking skills (including kitchen safety)
- Meal presentation with table and plate preparations
- Clean up and proper food storage

**ACE-IT II** (916) 962-2766 8089 Madison Avenue, Citrus Heights, CA 95610

### **Specialty - Performing Arts**

- Writing and/or adapting performances to fit abilities
- Acting, singing, and memorization skills
- Set production (using painting, sewing and decorating skills)
- Stage crew management, locating of props and timing
- Music coordination
- Performances video taped with staff assistance

**ACE-IT III** (530) 673-4585 1670 Sierra Avenue, Yuba City, CA 95993

### **Specialty - Fine Arts**

- Defining desired projects
- Creating art in desired medium
- Entering art in local competitions
- Display in ACE IT III Gallery
- Display in local galleries and retail locations
- Sell art for profit
- Assist others in using techniques
- Also offers Performing Arts opportunities