“A Giant Trip”  
*By: Ross L.*

With Moving Forward, I went to a San Francisco Giants Baseball Game. I am happy I got to go because I grew up watching the Giants on TV with my family and they are my favorite baseball team.

We took the ferry from Vallejo to the Ferry Building in San Francisco. We spent time walking around the indoor market at the Ferry Building before the game. At the stadium I watched the ballgame and also ate a beef brisket sandwich. The Giants won the game in extra innings!

I have two favorite parts of the trip. I enjoyed seeing the famous statues of the former Giants players outside of the stadium. My favorite memory of the game is watching the major league players come onto the field. It was a fun trip with my friends at Moving forward!

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“Napa Food Project”

The staff and residents that make up our Moving Forward Towards Independence community are helping those in need by participating in a Food Drive! We are working together with *Napa Valley CanDo* who started *The Napa Food Project* back in 2016. The Napa Food Project is a continuous food donation program that helps in supporting the Napa County community members who rely on donations brought to the Napa Food Bank. In the first year alone, this project has raised over 37,000 lbs. of food! Wow! Now our small community is joining the other 75+ Napa communities to raise that number.

Participants of the Food Project have been given a bright green bag to start collecting their non-perishable food items in. You can collect as many items as you would like, but at minimum one item a week must be collected. On the second Saturday of every other month Morgan Kruger, and any residents available, will collect all of the green bags to bring to the Food Bank. Each participant will then receive a new green bag to continue to collect non-perishable items in. The cycle then continues for another two months until we are ready to donate again. Participating in the Napa Food Project is a wonderful way for Moving Forward Towards Independence to give back to our community, and it is easy as pie! Or in this case, a can of corn!

Questions or Concerns? Contact: MorganK@moving-forward.org  
To get involved, learn more about the food drive here: [Napa Food Project](http://nvcando.org/) or at [http://nvcando.org/](http://nvcando.org/).
“Kayaking: The Sights, the Fun, the Mud”  By: Sara W.

This summer with Moving Forward, I went on a fun kayaking trip with other residents. We packed our own lunches and drove in two vans to Sausalito. Before we left, we put on a lot of sunscreen. When we got to the beach, we met the kayaking guides. We got into a circle and stretched. Then we introduced ourselves to each other. The guide showed us a map of where we would be kayaking in Richardson Bay. We all put on lifejackets and a special skirt. The skirt was use to keep the water from getting into the kayak. Once we learned how to get in the kayak and learned how to be safe, we got to go into the water. I kayaked with Morgan K. and a Kayaking guide. The water in the bay was very shallow.

While kayaking, we got to see a lot of harbor seals, a helicopter, and a sea plane. We also paddled around a lot of house boats. We kayaked across Richardson Bay and stopped at a park near a beach for lunch. When we tried to get back into our kayaks, some people got stuck in some dirty and thick mud. People needed help getting out of the mud and into the kayaks. I did not like this part of the trip. The rest of the trip was fun.

When we were done kayaking, we got in a circle again. Each person talked about one thing they liked from the trip. Some people liked the water fights we had. I didn’t. My favorite thing about the trip was the guide teaching me how to paddle.

After the trip, we all went to get food at the Habit Burger in Napa for dinner. We even got free Ice Cream after our dinner! The day was pretty good. I would definitely go back again. It was a great time!

“The Nutritious Dish”  By: Sara W.

Every month I cook for my dinner group. This month I made chicken quesadillas. In the recipe, we used chicken breast meat, and wheat tortillas to make it healthier. They turned out really good! All of my friends in my dinner group liked the food!

Directions:
Fill wheat tortillas with cooked chicken breast meat. Sprinkle shredded cheese on the chicken. Close the tortilla by folding it in half. Add some cooking spray to a pan. Cook on the stovetop in the pan. Serve with salsa and avocado or other sides like rice or corn.

The newsletter, MOMENTUM, is written and created by the residents of Moving Forward Towards Independence. Newsletter editor: and writing support: Ryan W.

More information about Moving Forward Towards Independence can be found on our website: moving-forward.org