

**OFFICE HOURS**

9:00 am to 4:00 PM

Monday—Friday

[activeseniorsinc@gmail.com](mailto:activeseniorsinc@gmail.com)

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

[www.activeseniorsinc.org](http://www.activeseniorsinc.org)

# Monthly Newsletter—December 2018

## ASI is open for activities Monday through Friday, 9:00 AM to 4:00 PM.

### DAILY ACTIVITIES

- MONDAY:** Zumba, 8:45AM—10 AM \*  
 Quilting/knitting 9:30 AM to 3 PM\*\*  
 Light Exercise 10 AM to 11 AM\*  
 Mahjong 12:30 PM to 3 PM\*\*  
 Fabric Art 11 AM to 3 PM\*\*
- TUESDAY:** Line Dancing 10 AM-11:30 AM\*\*  
 Bridge 11:30 AM to 3:30 PM\*\*  
 Experienced player of all levels welcome  
 Legal Services for Seniors, 1st and 3rd  
 Tue., Dec. 4, 18, 1:15-3 PM  
 Dance Lesson 6 to 7 PM, \$5.00  
 Ballroom Dancing 7 to 9 PM  
 Fee \$8.00 (\$9.00 non-members)
- WEDNESDAY:** Yoga 8:45 AM to 9:45 AM\*  
 Cribbage/Games 10 AM to 12 PM \*\*  
 Light Exercise from 10 to 11 AM\*  
 Book Club 11 AM to 12:30 PM\*  
 Tai Chi 1:30 to 3:00 PM\*\*  
 Line Dancing 6:30 PM—8:30 PM\*\*  
 Plus \$1 donation for instructor
- THURSDAY: MEMBERSHIP LUNCHEON,**  
 Dec. 13, 2<sup>nd</sup> Thurs., 12 noon, \$8  
 Dec. 22-Jan 1: ASI closed. Happy  
 Holidays. No 4th Thurs. program
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM\*\*  
 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
 Tech Assistance, 1st & 3rd, 1-3 PM\*\*  
 Knitting, 1st & 3rd, 1:00 to 3:00 PM\*\*  
 AOA - Discussion Group 2:15-3:30  
 Ping Pong, 3:00 to 4:00 PM\*
- FRIDAY:** Yoga 8:45 to 9:45 AM\*  
 Zumba 10-11 AM\* + donation  
 Bridge 11:15 AM to 4:00 PM \*\*  
 Western Dance, 2<sup>nd</sup> & 4<sup>th</sup> Friday,  
 7-10 PM, \$10
- SATURDAY:** Western Dancing. 7:00—10:00 PM,  
**1<sup>st</sup> Saturday** of each month,  
 Fee \$8 members, \$10 non-members.

\* \$1 Fee for members, \$2 Fee for non-members

\*\* \$2 Fee for members, \$4 Fee for non-members

## Peace on Earth, Good Will to All

As we enter the end of 2018, we reflect on all the natural disasters and troubling issues we have faced this year. But let's try not to focus on just the sad events. We should remember all the wonderful activities and events from the past, especially from 2018.



We have been blessed in our community this year and we need to take this opportunity to focus on all the happy times. I personally remember my grandparents, mother and cousins who brought joy in my life. I also remember all the Active Seniors members who have enriched my life.

Your extended family at Active Seniors is a peaceful group that brings friendship, comfort and joy to all of us. The more you are involved, the more you will realize how each member reaches out with good will toward others (see our new Volunteer Opportunities feature on P. 3).

ASI volunteers, your board members and officers, and your activity leaders wish you a Merry Christmas and a very happy holiday season.



May you find it in your heart to promote peace on earth and good will toward all.  
 Prez Wayne

## Holiday Schedule

ASI will be closed for the holidays from Dec. 22 through Jan. 1. There will be no Free Fourth Thursday event. Happy New Year and we will see you Jan. 2. Also the newsletter may be mailed a bit later than usual. ASI will also close the afternoon of Dec. 4 for Howard Jones' service (see P. 2).

## Required Notice of Annual Membership Meeting

The January Luncheon on Jan. 10, 2019, is also the Annual Meeting of the Regular Membership. The Annual Meeting will be held at noon at Active Seniors Inc., 100 Harvest St., Salinas, CA 93901. The essential business of the Annual Meeting is to elect a Board of Directors for the ensuing year.

## December 13 Luncheon

Just as a practical matter, ASI's kitchen and dining facilities have a maximum capacity for about 160 people. Chef Michael's December lunch (Prime Rib with Rosemary Jus, Smashed Spuds, Mixed Carrots & Broccoli, Rolls and Butter, plus Patricia's Christmas Cake) will likely attract more signups than 160. Last December we had to turn walk ins away. So please make your lunch reservations as soon as possible. We will cap the list at 160 but we will maintain a wait list. Good luck and good eating. The Senior Singers will get us in the Christmas mood.

## Adaptive Equipment Available

ASI maintains a small inventory of various adaptive devices which are available for any member to check out. ASI would also like to encourage members or relatives of members who have no further use for their devices to consider donating them to ASI. With this small act of kindness we can help make life easier for members of our senior community. Thank you.

## Sunshine and Health

With Ursula Bronson's retirement after her many years of conscientious, caring and dedicated volunteer work as Sunshine and Health Coordinator—for which we can all thank her profusely—Sharon Piazza will be taking over those substantial responsibilities. We are asking the membership and particularly the activity and program leaders to inform Sharon about any member who might appreciate a note of thanks, encouragement, get well greetings or condolences. Contact Sharon at (831) 443- 8953 or [sharon42@att.com](mailto:sharon42@att.com). Thanks to all of you for your volunteer time and your participation. That is what makes ASI function!

## Success Stories

We would like to publish occasional success stories in our ASI newsletter regarding ways ASI programs have helped YOU! The stories can be anonymous if you wish. Has an ASI exercise program helped you through a period of rehab? Has socialization at lunches provided support and reassurance through a tough episode in your life? Has a dance class offered you a renewed sense of joy? Does volunteering at ASI provide a sense of accomplishment and fulfillment? It's likely many of our members can learn a lot from your experiences.

Please let us know how ASI works—especially if it works well. Please contact newsletter editor George Niesen to share your stories. 758-5718 or [gniesen@redshift.com](mailto:gniesen@redshift.com). Thank you.

## In Remembrance—Howard Jones

Long-time Active Seniors member and former ASI President (2011 and 2012) Howard Jones passed away on November 17, 2018, at the age of 89. He served during the Korean War in the US Army. Howard retired as an administrator and teacher from the Salinas City School District. Howard's greatest passion was music. He was an accomplished musician, singer and instrument repairer.

Donations in Howard's memory may be made to ASI, to the Compass Church Youth Program, or your favorite charity. A Memorial Service, followed by a reception, will be held 1:30 pm Tuesday, December 4, 2018, at Compass Church, 830 Padre Drive, Salinas. We at ASI extend our condolences to Shirley and to her and Howard's families.

**NOTE: ASI will be closed Tuesday afternoon, Dec. 4, to permit ASI staff and program participants to attend the service. The closure will impact the bridge group and Legal Services.**



## Vital (and Fun) Volunteer Opportunity for ASI Members (and Others)

Active Seniors Inc. members are, well, active. In related news, we have a large number of civic and non-profit organizations in Salinas that are knocking themselves out to make our community a better place in which to live, work and love.

With this issue of the ASI newsletter we are introducing a regular feature outlining opportunities for ASI members to make Salinas a kinder and gentler place, to contribute to the common good, to help build bridges, both literal and metaphorical, to show we care as a community—in short, to make a difference even in the smallest of increments.

Here are ways we can do that, some of them one-time engagements, others ongoing. We encourage you to look for a volunteer opportunity that works for you—and incidentally may work for any number of other members of our community. Thank you.

**HOLIDAY COOKIE DRIVE.** Here's a very small one-time project that will bring smiles to a number of faces—especially if the cookies you donate are home made. Sponsored by: Salinas Elks Lodge 614 (614 Airport Blvd., Salinas, CA 93905). Benefiting veterans at the Veterans Hospital in Palo Alto. Drop off cookies at the Active Seniors facility by Friday, December 14, or contact Ben Hanley (831) 594-2089 for pick-up if needed.



Here are ongoing opportunities to contribute to the betterment of our community.

**ACTIVE SENIORS , INC.** is almost always looking for volunteers. That is how we all make the organization work and how we keep the membership fee and the activities fees affordable for all of us, especially if you consider we have scholarship funds for very low income members.

ASI has any number of one-time, occasional, and ongoing opportunities to help our organization and our community. In the January newsletter we will detail ASI's needs for volunteers. General areas of need include helping at the lunches, volunteering in the office, and serving on the Board and as an ASI officer. (The Nominating Committee is now generating a list of Members who would like to serve on the Board now or in the future. Please contact George Niesen, (831) 758-5718 or [gniesen@redshift.com](mailto:gniesen@redshift.com), if you might be interested). Please contact the office to help in any way, or come before/stay after the lunch to help. Thank you.

**STEINBECK HOUSE.** If you are looking for something to fill about five hours of your time just *a couple of days each month*, then you might consider volunteering at the Steinbeck House Restaurant. For more information see the November ASI Newsletter or contact Sallie Parrette, at (831) 757-5806 or at [admin.steinbeckhouse.net](http://admin.steinbeckhouse.net).

**SHERIFF'S DEPARTMENT.** Chief Deputy Sheriff Kevin Oakley has asked if anyone would be interested in the following: "I'm exploring the idea of having seniors join our Sheriff's Office team on a part-time volunteer basis. My idea is to have them work in a support role. As an example, have them work with our Records staff to assist our front lobby staff as a receptionist. Samples of duties are: answering questions from visitors and answering phone calls. Again, it's just an idea I'm exploring."

If you are interested please contact him at 755-3754 or [oakleyk@co.monterey.ca.us](mailto:oakleyk@co.monterey.ca.us).

**LOAVES & FISHES COMPUTERS** is a non-profit helping members of our community (and particularly low income individuals) join the online world. The volunteer staffers refurbish donated computers and sell them at very reasonable prices. The organization also offers classes and technical assistance to help new users get the most out of their new-to-them computers.

ASI members can contribute by donating computers, printers and other electronics, or by volunteering to help repair computers (you will get training to do that). You can pretty much work at the tasks on your own schedule. (We may offer a lunch program about Loves and Fishes some time next year.) For more information see the LFC website [www.loavesfishescomputers.org](http://www.loavesfishescomputers.org), call (831) 393-9260 or email [volunteer@loavesfishescomputers.org](mailto:volunteer@loavesfishescomputers.org).

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100 Harvest St.  
Salinas CA 93901



Thank you T & A

For mailing these!



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## **ACTIVE SENIORS 2018 Adventure Tours: *TOUR DIRECTOR: LYNETTE McGREGOR***

**FEBRUARY 23, 2019, CATS, THE MUSICAL BY ANDREW LLOYD WEBER** at San Jose Performing Arts. Winner of seven Tony awards including Best Musical! Hear "Memory"--one of his very best haunting tunes! Lunch at Harry's Hofbrau. \$124/person.

**AUGUST 9-23, 2019, CASTLES OF THE BRITISH ISLES.** Fabulous cruise/trip on Cunard's Queen Victoria starting from London and going around the UK. See Newcastle-upon-Tyne, Inverness, Scotland, Glasgow, Scotland, Belfast, N. Ireland, Liverpool, England, St. Peter Port-Guernsey, Southampton, and back to London. Dates are now August 9-23. We are leaving earlier to make sure we have plenty of time so we don't miss the boat in Southampton. On the way, we plan to take a tour through Windsor, site of Megan and Harry's wedding! Same pricing! If deposited by July 31st, receive \$150 on a Balcony Stateroom. From \$4,335.

## **Time to Renew Your Memberships**

Beat the rush! Make sure you don't forget! Show your support of ASI! Set a good example! Whatever your reason, make sure you renew your ASI membership. Memberships, at a very affordable \$30 a year, are now due. And new members get the rest of 2018 for free. Please note that ASI maintains a membership scholarship fund. You can renew with ASI's confidential assistance if the fee poses even the least hardship for you.

## **ASI Board Meetings Are Open to Members (and to the Public)**

ASI Board meetings are open and anyone is welcome to attend at any time. In fact we encourage attendance, especially if you might be interested in becoming a Board Member. Meetings are the Tuesday before the lunch. See you there.