

OFFICE HOURS

9:00 am to 4:00 PM

Monday—Friday

asi@activeseniorsinc.org

831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

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Monthly Newsletter - July 2019

ASI is open for activities Monday through Friday,

9:00 AM to 4:00 PM

DAILY ACTIVITIES

MONDAY: Zumba, 8:45 to 10 AM* + Instr. donation

Mahjong 12:30 to 3 PM**

Fabric Art 11 AM to 3 PM**

TUESDAY: Line Dancing 10 to 11:30 AM**

Bridge 12:00 noon to 3:30 PM**

Experienced players of all levels welcome

Legal Services for Seniors, 1st Tues. only,

1:30-3:00, call for appointment

Beginning Ballroom Dance Lesson 6 to 7 PM

(no charge)

Ballroom Dancing 7 to 9 PM

Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 9:45 AM*

Cribbage/Games 10 AM to noon**

Ukulele Club, 1st & 3rd, 10:00 AM-noon**

Book Club 11 AM to 12:30 PM*

Tai Chi 1:30 to 3:00 PM**

Line Dancing 6:30 to 8:30 PM**

Plus \$1 donation for instructor

THURSDAY: Quilting, 1st & 3rd, 9:30 AM-12:30 PM**

Tech Assistance, 1st & 3rd, 1:00-3:00 PM**

Knitting, 1st & 3rd, 1:00-3:00 PM**

AOA Discussion Group 2:15-3:30 PM

Ping Pong, 3:00 to 4:00 PM*

2nd THURSDAY: MEMBERSHIP LUNCHEON

July 11, Noon, \$8 members, \$10 non-members. Program: Ruth Andresen on working as a just-graduated geologist for the Military Geology Unit in WW II (p. 2)

4th THURS.: July 25, 1:00 PM. Dwight Freedman with very useful tech tips (see p. 2)

FRIDAY: Yoga 8:45 to 9:45 AM*

Zumba 10:00-11:00 AM* + Instr. donation

Bridge 11:15 AM to 4:00 PM**

Western Dance, 2nd & 4th Friday, 7 to 10 PM, \$10

SATURDAY: Western Dancing. 7:00 to 10:00 PM,

1st Saturday of each month,

Fee \$8 members, \$10 non-members.

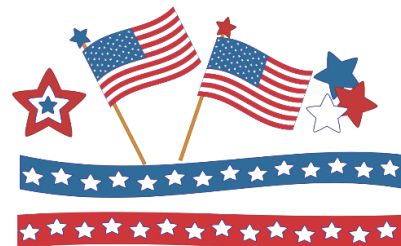
* \$1 Fee for members, \$2 Fee for non-members

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

Happy 4th of July

We all enjoy the 4th of July Independence Day celebration with our families and friends. July is the month we celebrate our Declaration of Independence leading to our freedom from England.

Then our forefathers were left with the enormous task of discussing our beliefs and values and creating a document that gives our republic the freedom—and responsibility—to govern



itself and its citizens. Our Constitution was written, debated and finally approved.

Yes, our politics go all the way back to our founding fathers and their European influences. Remembering and honoring our Constitution as we enter the 2020 campaign for president, we all need to be aware of the notion of compromise our founding fathers realized and practiced. We should all be thankful for their foresight and the freedoms we are privileged to have.

At Active Seniors, we focus on our physical, mental and social health, putting politics aside for our time here. We continually look to improve and expand our activities, programs and adventure trips.

Our Ukulele Club, for example, is a fun new activity that many of our members are enjoying. Our adventure trip to the Will Rogers Follies was enjoyable and entertaining. We look forward to the Santa Cruz Follies coming up in September.

This is what keeps us young. Remember, Active Seniors are Happy Seniors!

Prez Wayne

P.S. ASI will be closed Thursday and Friday, July 4 and 5, so you can enjoy the Holiday.

July 11 Luncheon Program with Ruth Andresen

For the July luncheon Chef Michael is offering pulled pork sandwiches with cranberry jicama slaw and sweet potato chips. Dessert is ice cream sundae or watermelon.

Our speaker, ASI member **Ruth Andresen**, a Stanford geology graduate in 1942, was assigned to Washington, DC, in the early years of WW II. She was tasked with pre-invasion planning, gathering technical details about sites in all theaters of the war so the military could determine, for example, if invasion beaches would support heavy equipment, and when the tides would be highest and lowest over a series of dates.

The resources of the Library of Congress were crucial, as were everyday items like the Encyclopedia Britannica, National Geographic Society maps, and Michelin travel guides.

Ruth will not only talk about her work but about everyday life during WW II.

ASI Technical Education Discussion July 25 (4th Thursday)

Active Seniors Inc. will be offering a Fourth Thursday free **TED Talk** on July 25th from 1 pm to 3 pm. What is a **TED Talk** you ask? There are many different types of TED talks but for my presentation it will be discussion about technology. So please, bring your pen and paper (or tablet) so you can take notes. The following very useful topics will be discussed: Saving \$\$\$ on Internet, TV & Phone Plans; Robo Call Blocking; Windows 7 End of Life; Using Public Wi-Fi; and more. Dwight Freedman, ASI Director of Technology

ASI 60th Anniversary Celebration Coming Soon...

ASI will be celebrating this year's 60th anniversary on Saturday, September 28, 2019, with an open house featuring activities, food and fun. A committee has been formed and planning is under way. We will provide more details as we get closer to the event and of course volunteers are always necessary and most welcome.

For example, Sharon Piazza is willing to teach line dance lessons for 30-45 minutes on the day of the anniversary. Perhaps your ASI activity group would like to conduct a demonstration or set up an information table.

Please contact Committee Chair Dwight Freedman or any ASI Board Member with suggestions and plans. We want the event to involve as many senior-related organizations and activities as possible. Thanks.

Aspire Health Plan Line Dance Event

Dance like nobody is watching! Join ASI line dance instructors on Thursday, July 25, from 10:00 to 11:30 at your Active Seniors facility for an easy introduction to line dancing, where having fun is just as important as learning the steps. Dance improves strength, increases balance and flexibility, and improves your cardiovascular health. The event is FREE and open to the public.

Register online (www.aspirehealthplan.org/connections2019) or at the door. See you on the dance floor!

Balance Physical Therapy Offers Free Classes

Balance Physical Therapy is offering free monthly classes. July's class is on Foot and Ankle Health and custom functional foot orthotics. The class is July 17 from 5:45-6:15 pm at Balance's Salinas location, 143 John St. Please RSVP to Jessica Murillo (jessica@balancept.com) or Monica Rojas (monica@balancept.com).

Generally, Balance PT classes start at 5:30 pm at the Salinas site and include a bottle of sparkling water and a healthy snack, a 30-minute Power-Point/interactive presentation by Balance team members, ending with 15-30 minutes of Q&A.



Lost Eyeglasses

According to Prez Wayne, we probably have two to four eyeglasses left at ASI each week. They can be found in our lost & found box right on the office counter. Please look and see if you have any lost eyeglasses you would like to retrieve. Thank you.

Spotlight on Volunteers—Bob McGregor and Bob Whitlock

Two very dedicated volunteers literally keep the lights on at your Active Seniors, Inc. facility, either by paying the power bill or by replacing burned out bulbs. For eight years Bob McGregor has been a truly dedicated volunteer at ASI, serving at various times as ASI President, a long-time Board Member, Director of Finance, and Facilities Committee Chair. Bob Whitlock is newer to ASI (four years) but brings invaluable experience as a realtor and rental property owner to the ASI Board, particularly in his capacity as Maintenance Committee Chair.

In just the past two-and-a-half years your editor has been active with ASI, the following projects have maintained and improved your ASI facility: Surveillance camera system; innumerable computer upgrades; a recoated parking lot; kitchen upgrades; bathroom renewals; hand sanitizers; cleaned-up storage shed with new doors; a new locking system all around; bulb replacements in ceiling lights (how did he get all the way up there?); LED lights in kitchen; a timer on the parking lot lights (so they cut off at 10:30 pm); brand new emergency exit lights (just as of this past weekend—maintenance projects never end); and a solar power system (coming very soon). That's a heck of a lot of work. We want you to enjoy your facility—but maybe with a bit of new appreciation for it and for your wonderful volunteers.

Bob McGregor joined ASI at Howard Jones' suggestion. Bob enjoys challenges and is a committed volunteer, not just with ASI but with the Salinas Airport Commission, the County Airport Land Use Commission, Salinas Valley Memorial Hospital, Compass Church, and Senior Singers. He enjoys the friendships and activities at ASI.

Bob Whitlock loves the willingness of volunteers to pitch in to help, often without being asked. He says “I enjoy fixing things and between Bob M and myself we can usually take care of most of the maintenance needed to keep things at ASI running. I came to ASI initially because of the wide variety of activities and have stayed because of the great people here.” He has always been a volunteer, serving in various leadership positions with Rotary, Kiwanis, and the real estate community.

Successful 4th Thursday Age Well Drive Smart Class

ASI's 4th Thursday free workshop in June, Age Well Drive Smart, sponsored by The Independent Transportation Network Monterey Co. and offered by the CHP, was a big success, with some 40 “students” attending. The class helps older drivers continue to drive safely and may result in an insurance premium reduction.

Blue Zones Project Update

The Blue Zones Project kicked off June 29 at Sherwood Hall. Monterey County has been chosen as the 49th community to be introduced to Blue Zones Concepts, starting with Salinas, then moving out to the rest of the county. It is a five-year project about changing our environment to promote a healthy lifestyle for everyone, based on the way the longest living humans have done in the five Blue Zones around the world.

The event was well attended, with lots of volunteer participation, some from ASI. The lively keynote speaker and founder of the Blue Zones Project, Dan Buettner, did an amazing job describing the concepts of Blue Zones and how to implement the project in Salinas by involving government and community and creating easy paths to make healthy lifestyle choices effortless. For more information, please contact Michael Gaines or Karen Towle.

You Can Impact Monterey County

The Impact Monterey County (IMC) Network, led by United Way Monterey County (UWMC), started in 2015 as a countywide assessment to gather information about residents' needs and aspirations. The result of that assessment was the overarching vision: Together, a healthy, safe, and thriving Monterey County. Begun in May 2019, UWMC is leading an effort in partnership with IMC and Middlebury Social Impact Corps to refresh the assessment (see web page below). We need your help and support to ensure the success of community conversations, surveys, and events.

If you would like to host a community conversation in your neighborhood or help promote this assessment, please contact Clare Margason, Community Impact Director, 2-1-1 and Partner Development, by [email](#) or at (831) 372-8026, ext. 105. You can also complete the assessment questionnaire by going to <http://www.impactmontereycounty.org/survey> and clicking the appropriate survey title.



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Thank you T & A

For mailing these!



ACTIVE SENIORS 2019 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR

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! From \$4,735.

SEPTEMBER 13, FRIDAY, SANTA CRUZ FOLLIES. Join us for their annual show. This year's theme is "Fascinating Rhythms" from Broadway to Hollywood! You'll want to join these folks who are all over 55 as they have as much fun as we who watch! On the way, we stop at Phil's Fish Market for a no-host lunch. \$55/person.

OCTOBER 12, SATURDAY, FLEET WEEK. San Francisco comes alive celebrating all things Navy! Join us on the San Francisco Belle for a fabulous buffet, flowing mimosas or champagne, as we watch the Blue Angels over, around, in front of us from the middle of the bay. \$145/person.

OCTOBER 18, FRIDAY, PACIFIC INTERNATIONAL QUILT FESTIVAL. Join us to view the largest quilt show on the west coast. See the 2018 winners of the (1) Quilt competition, (2) Modern Quilt competition, and (3) Wearable Art competition. At the Santa Clara Convention Center. Plan on being dropped off and picked up at the front door—no parking hassles! Bring a lunch or plan on buying there. Price \$49 per person includes bus and entry ticket.

DECEMBER 8, SUNDAY, BEACH BLANKET BABYLON. Your last chance—this longest running review in San Francisco and the world closes once and for all on New Year's Eve. The show that has entertained generations is known for its outrageous hats and even more outrageous topical and political humor. Lunch at Original Joe's then walk to the theater. Reservations required by Nov. 1. The trip has sold out but we are maintaining a wait list. \$151 per person.