

OFFICE HOURS

9:00 am to 4:00 PM

Monday—Friday

activeseniorsinc@gmail.com

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

Monthly Newsletter—September 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**
 Beginning Bridge 1:00-3:00 PM*
 Legal Services for Seniors, 1st and 3rd
 Tue., Aug. 7, 21, 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,**
 Sept. 13, 2nd Thurs., 12 noon, \$8
 Sept. 27, 1-3 PM, Info workshop at
 Star Pharmacy, see p. 4.
 Sept. 27, 1-3 PM, CTAP on Android
 phone use
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM**
 1st & 3rd 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, 2nd & 4th Friday,
 7-10 PM, \$10
- SATURDAY:** Western Dancing. 7:00—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

And ASI Activities Continue

Summer is rapidly closing and Fall is upon us. We seniors often ask, “Where does the time go?” Well, time marches on as we meet each day with renewed energy. We at Active Seniors, Inc. continue to meet your needs with many activities, programs and events. For example, **Lynette McGregor** challenges us with new and exciting adventure trips.

Monthly luncheons are popular and members enjoy our speakers. Our last speaker, Navy Captain Wiley (a native of Greenfield) from the Navy Post Graduate School provided a humorous and informative program on his career and the role of the NPGS, including the need for federal installations to engage with their communities and an open invitation for ASI members to call and arrange for a visit, or to hold events in the NPGS grand ballroom.

This month Chef **Michael Gaines** and crew are preparing Tri Tip with all the fixings. **Patricia Whitlock**, our dessert chef, is baking Hornet’s Nest Cake. Our speaker will be retired judge **Albert Maldonado**, from Legal Services for Seniors.

Member **BENEFITS** continue to be a great success. **Nanci Compton** from Alliance on Aging facilitates discussion groups each Thursday afternoon. The new Taxi program allowing members to come to and leave the ASI facility for \$6 has several members taking advantage of it. In addition, ASI can reimburse members for taxi service to attend ASI activities. Applications are available in our office. We like 4th Thursday **free** programs providing information and services. This month, Sept. 27, our program will be another great one at Star Pharmacy with presenters discussing other issues concerning seniors. The last program was well attended and valuable.

WHEW, with so many activities, programs and events, the answer to the question, “where does the time go?” It is at ACTIVE SENIORS!

Prez Wayne

Spotlight on Volunteers—Karen Towle

Most of us know Karen Towle, this issue's featured volunteer, because she served more than five years on the ASI Board, and for more than three of those years she held the office of Board President. Most of us would consider that a more than generous stint of volunteerism, but not Karen. At the conclusion of her Board term and term as President last January she took on the job of Publicity Chair and she pro-actively continues to promote ASI and its full slate of activities and events.



"Bob and Lynette McGregor were instrumental in getting me and my husband Dan to join 8 years ago. We have really enjoyed traveling with ASI as it is always a cheerful group to be with. A while back Bob, who was president at the time, asked me if I would serve on the board as a member at large. And the rest is history, as they say! And I must say that it is the very best board I have ever worked with. Everyone was positive, supportive and willing to work hard for ASI.

"ASI has become an extension of family to us. So, volunteering my time here as publicity chair, working in the office, and helping to lead activities is so easy and fun. It is very gratifying to greet new people and share what our organization is all about and all the fun activities and trips we have available. There is always something for everyone because we have such a wonderful variety of activities and volunteers who lead them. I love doing Yoga on Wednesday and Friday mornings. And it's not just getting in shape again--it is the people we are with who are inspiring and fun to be with. And our leader, Robert Pettit, makes us laugh as well as sweat!

"We enjoy the monthly luncheons, the great food, the camaraderie and the entertaining and informative programs. I also enjoy the Tea Dances, the Tuesday night Ballroom dancing, Cribbage, Bridge (whenever I get to sub), the Tech classes and 4th Thursday Seminars. Also I love going out to community events and other organizations, representing and sharing with them everything about Active Seniors.

"Volunteering at our church, volunteering with other organizations, belonging to P.E.O. Sisterhood and teaching Finance for Mission Trails ROP has taught me a lot about the value of volunteers and volunteering. I worked with several student organizations during my 20 years of teaching, which helped me develop many volunteer strategies. I have been retired for 10 years now and am busier than I ever was when working.

"Active Seniors is a wonderful organization that does so much good for so many seniors here in Monterey County and that is why I love volunteering here. I also carry copies of our activity schedule with me and hand them out to people I meet, telling them about what a great organization it is. Retirement is wonderful and life is great when you have good friends, a wonderful community and a group like Active Seniors to keep us socially involved, mentally stimulated, physically fit and having fun!"

Active Seniors Book Club

The Wednesday book club has finished reading *East of Eden* and subsequently gathered at the Steinbeck house for historical information and an enjoyable lunch.

Starting Wednesday, August 29th, the group will be starting a new book, *Cutting for Stone* by Abraham Verghese. They will be covering the first four chapters at this meeting. They always welcome new members to the group. Feel free to come and enjoy the camaraderie of the group. The book club meets every Wednesday from 11:00 AM to 12:30 PM.



Grants Progress

Thank you Margaret Neal for your energetic support of and contributions to Active Seniors Inc. Margaret has written and submitted two proposals to help ASI work better for its members. One to the Corral de Tierra Rotary is to improve and add to our kitchen appliances. The second is a grant request to the Harden Foundation for funds to install a solar power generating system at ASI, which would virtually eliminate electric bills for ASI.

ASI will be closed Monday, Sept. 3, in honor of Labor Day.

Calendar of Upcoming Special Events

ASI schedules many one-time events, in addition to regularly scheduled weekly workshops. Here are some.
September 6 Thursday, (1-3 PM): At ASI. Technology Assistance put on by California Telephone Access Program, discussing basic iPhone use. \$2 per member. Limited to first 15 ASI members who sign up in the office.

September 27 (1-3 PM): ASI's fourth Thursday FREE event will be California Telephone Access Program discussing Android Phone use. LIMITED to the first 6 signups. Signup sheet not available yet.

September 27 (1-3 PM): 4th Thurs, FREE event—Further discussions at Star Pharmacy of important senior issues .

October 25 (1-3 PM): ASI's fourth Thursday FREE event will be the VNA flu clinic where you may also be able to get other shots you may need, such as pneumonia and shingles.

August 4th Thursday Program

Joanne Valdez from COSTCO and her assistant Abigail offered a comprehensive overview of hearing aids—how the ear works, potential hearing problems, how hearing aids work and what they do, the features modern hearing aids incorporate through technology, when and why hearing aids become necessary, and what COSTCO hearing aids cost and do. The program was extremely informative and very well attended, to the extent ASI plans to have Joanne offer the information on a regular basis, perhaps every six months or so. If you missed the August workshop you can look forward to another one soon. Look for the announcement in an upcoming newsletter.

Talking It Out

Trained peer counselors from Alliance on Aging are available at ASI to talk through challenges such as the death of a spouse, feelings of isolation and other transitions, with clients 55 and older. Offered in Spanish and English and by appointment. Two peer counselors lead a group discussion. Offered at ASI on Thursdays, 2:15-3:30 PM. For appointments call Alliance on Aging, 655-1334 or online at allianceonaging.org.

Monterey County Stand Down for Homeless Veterans

The Stand Down will be at the Monterey County Fairgrounds on Sept. 28-30. In particular it will offer homeless veterans a range of information, assistance, referrals, networking and services—even veterinarian services for Vets' pets! The event includes meals, event housing, counseling, legal services, health and dental services and VA claims assistance.

The organizers need donations of clothing for veterans and families (thanks to all Active Seniors who have already donated, and please keep the clothing donations coming) and volunteers to help with set-up and take down, clean up, food prep/cooking/serving, and clothing distribution. If you are able to help please contact Marlene at 831-883-8387 x238 or at mbaker@vtcmonterey.org, or go to www.montereystanddown.org. Thank you.

Senior Day at Monterey County Fair—Thursday, Aug. 30

The Monterey Bay Line Dancers will be participating in two events on **SENIORS DAY at the County Fair**. The first event (in conjunction with Aspire Health Plan) will be line dance lessons on the Garden stage at 1:00 PM. ASI members **Sharron Piazza** and **Sylvia Teixeira** will be teaching three (very easy) line dances. The second event is on the community stage at 3:00 PM with line dancers performing to '50s-'60s music with audience participation.

Remember, admission is **free** from 11 AM to 3 PM and you can use your taxi vouchers if you need transportation to the fair. Many senior organizations will have booths there in the Seaside Room with information, health screenings, entertainment and give aways.

Ooops

Your editor (George) apologizes for a mental lapse which resulted in dull grey newsletters being mailed out last month. ASI and its members are much more colorful than that and we hope it won't happen again.

ACTIVE SENIORS, INC.
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100 Harvest St.
Salinas CA 93901



Thank you T & A

For mailing these!



ACTIVE SENIORS 2018 Adventure Tours: TOUR DIRECTOR: LYNETTE McGREGOR

SEPTEMBER 14, 2018, SANTA CRUZ FOLLIES: See the Follies where all the performers—who have as much fun as the audience—must be at least 55 years old. Early no-host lunch at Phil's Fish Market in Moss Landing plus tour of Gizdich Farms. \$57 per person. With Silver Kings & Queens. *Please contact Lynette, 422-3049.*

SEPTEMBER 25-OCTOBER 3, 2018 FALL FOLIAGE with the GRAND HOTEL & MACKINAC ISLAND. A beautiful time of year to see part of the North East US. Mackinac Island is noted for no cars—horse and buggies here! \$3765/per person. *Please get reservations in. Still room.*

NOVEMBER 26 - DECEMBER 1, 2018, CHRISTMAS IN BRANSON. Sleigh bells ring, reindeer fly, and wide-eyed young and "seasoned" await the expectation of Christmas. A Branson Christmas brings joyful sounds of singing, merriment, and warmth, plus the show SAMSON. Join Active Seniors on their popular Christmas in Branson tour. Includes roundtrip air, airport transfers, baggage handling (1 bag per person), accommodations, meals (breakfast daily, 2 lunches, 5 dinners), taxes, and escorted shows. Cost per person double occupancy is \$2995. See full itinerary in the rack at Active Seniors.

August 11-23, 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. If deposited by July 31st, receive \$150 on a Balcony Stateroom. From \$4,335.

4th Thursday at Star Pharmacy

A September fourth Thursday free information workshop (Sept. 27, 1:00-3:00 PM) will again be held at Star Pharmacy and again will offer presentations on health and wellness issues important to seniors. The previous session (see last month's newsletter) was really well received.