

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 - December 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 Lesson 6-7 PM (free)
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**
Chess Club, 10 AM to noon**
Light Exercise, 10:00-10:45 AM*
Ukulele Club, 1st & 3rd, 10:00 AM-noon**
Ukulele for Beginners, 2nd, 4th, 5th, 10-12**
Book Club 12:00 PM to 1:30PM*
Tai Chi 1:30 to 3:00 PM**
Line Dancing 6:30-8:30PM** + \$1 for instr.

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**
Dec. 12, Noon, \$10 members, \$12 non-members. Program: Senior Singers

4th THURS.: Dec. 26, ASI closed, no program. (ASI will be closed Dec. 23 through Jan. 1)

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

The Changes of Seasons

December has brought the change of seasons. We have gone from the beautiful fall colors to the rains of winter. Change is all around us.

Here at the Active Seniors we prepare for leadership changes. We will be changing our board soon and new members will be welcome to bring new fresh ideas to enhance our organization.



We need to take time to thank our outgoing board members. **Renée Panful** has been our membership chairman and has overseen the growth of our membership to 625 members. She is a *dedicated* office volunteer. **Bob Whitlock** has been our facilities maintenance chairman and has taken care of many issues to keep our facility working property. Both have been great board members and wonderful people to make the last two years fun and enjoyable.

Your President is completing five years as a board member and the last two years as your President. It has been my pleasure to associate with so many great people. Each of you has inspired me and helped keep me young. I am proud of all the loyal support you have given me during my time serving you and look forward to our growth and development of our Active Seniors.

Prez Wayne

Required Notice of Annual Membership Meeting

The January Luncheon on Jan. 9, 2020, 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.

P.S. Be sure to get your luncheon reservations in early.

Nominating Committee Report

Every year the ASI Board establishes a Nominating Committee which includes three Board Members and two persons from the general membership.

Its primary task is to nominate ASI members as candidates for open Board positions. As two-year Board positions are staggered, three or four positions become vacant each year. Leaving the Board this January are **Wayne McDaniel**, **Renée Panfil** and **Bob Whitlock**.

The names of nominees will be posted on the ASI bulletin board by the front door before the December lunch.

The annual membership meeting is held in conjunction with the January luncheon and at that meeting The Nominating Committee will present the nominees for election. At that time nominations will be opened to the floor. ASI Members, please note: If you nominate someone from the floor, be sure you have confirmed beforehand that the person agrees to serve. Once nominations close a vote of the membership will seat the new Board Members.

The new Board will immediately retire to elect new Board Officers, who will assume office at the conclusion of the vote.

The Nominating Committee wishes to thank the General Membership for its participation and its support of the Board and extends its special thanks to those Members willing to serve on the Board and to the above retiring Board Members.

Active Seniors—Please Tell Your Stories

Some of us have had incredibly interesting lives—see the interview with **Margaret Schlyter** in the Sept. 2019 issue (Sept. 3) of the ASI newsletter (or the Sept. 4 *Salinas Californian*, which the ASI newsletter scooped). Or check out **Albert Vincent's** EBook, *Haruko and I*, available at <http://www.trafford.com/bookstub>.

Most of the rest of us have had at least some noteworthy experiences, memories or periods in our lives. And probably your children and grandchildren are not yet ready to hear your stories. But most likely they will be eager to listen when they are older and wiser—if they are like your editor—except our generation won't be around to tell those stories.

So think about getting started now. Take pen in hand—or hands to the word processor—and write a rough draft of incidents and memories that have been important or meaningful to you. Start with the fun and the funny accounts—they will please your audience and help jog your memories. More difficult and painful stories can come later—and need not be shared until you pass on. It's then they become truly meaningful to your family.

Tech Team News, Views and Advice

Your ASI Tech Team would like to remind our members to be vigilant during and after this holiday season.

- **Watch for Online Scams**
- **Delete Emails that you are not familiar with**
- **Be careful of Fake Charity Scams online or in the US Mail**
- **Check your Bank accounts frequently and sign up for alerts**
- **Never accept calls from someone you don't know**
- **Watch your Wallet and Pocketbook when out shopping**
- **Never use Public Wi-Fi for shopping**
- **Always park in a well-lighted parking area at night**
- **When at the bank or store never walk out the door with money in your hands**

Spotlight on Volunteer Nanci Crompton

Nanci Crompton has been an ASI Member for about four years. She wanted to make new friends as she was new to Salinas, and was referred to ASI by Karen Towle (one of ASI's best recruiters). Nanci has served on the ASI Board this past year and will continue next year.

Nanci also volunteers in the ASI office. She loves working in the office. "It's a great way to get to know new people and those who come in for activities" she says. She comes from a background in counseling, and prefers working with seniors (thank you, Nanci).

She retired from a career in managed care (behavioral health and chemical dependency treatment); she was the person who assessed cases for authorization of treatment.

She also volunteers at Alliance on Aging (she really does prefer working with seniors), doing both individual and group counseling. BTW, she says, "the group I facilitate is held at ASI on Thursday afternoons at 2:15. It's called 'A Time to Talk' and ASI members are welcome to join the free-ranging discussions on a variety of topics of interest—and importance—to participants."

She says she is "blessed enough to be married to my GRAMMAR SCHOOL sweetheart!" She's interested in music, mostly classical and songs from the '70s. She also loves animals; she and her husband have two cats and hope to adopt a dog in the future.

As for family, she has two wonderful step sons with lovely families. "We love getting together with them and our four (going on five) grandkids."

Her advice to the world? "I think faith, kindness, a good sense of humor, and a touch of whimsy make for a great life!"



Membership Renewals

Yes, it's that time again. Your annual ASI membership is expiring and you need to (and should) renew it, still for the low, low, low fee of \$30. Don't forget! Set a good example! Show your support of ASI! Beat the rush!

You can continue to enjoy, and take advantage of, all the programs and activities ASI has to offer. And at a reduced price as well. Keep Yourself Healthy—with ASI fitness, exercise and dance classes. Keep Your Mind Sharp—with arts, chess club, book club and tech classes. Keep Your Life Full—with ukulele club, ballroom dance, the monthly luncheon, and volunteering.

Learn How to Ride the Bus

Now you can take advantage of Monterey-Salinas Transit's free travel training program on how to travel regionally using the bus system, especially if you have mobility issues. In a controlled environment at MST's Lincoln Ave. Mobility Service Center's Training Center in Salinas, you'll learn to: **Read a schedule; Locate the bus; Get on and off safely; Pay a fare; Signal for stops; Board with your mobility aid; And much more!**

Schedule a visit at the Mobility Services Center to learn about Monterey-Salinas Transit's Mobility Programs. For more information please call (831) 264-5886, or contact MST at www.mst.org.

Holiday Schedule

ASI will be closed for the holidays from Dec. 23 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.

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100 Harvest St.
Salinas CA 93901



Thank you T & A

For mailing these!



ACTIVE SENIORS 2019 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR

OCTOBER 28-NOVEMBER 9, 2020, AUSTRALIA, TASMANIA, NEW ZEALAND CRUISE aboard Celebrity Solstice. Includes non-stop air from SFO, all transfers, port taxes, classic beverage package, pre-paid gratuities, onboard credit, all meals in 12 nights onboard the Solstice. From \$4,750.

APRIL 27, 2020, MONDAY, CHUMASH CASINO. Presented by ASI and Silver Kings & Queens. Leave Park Row at 7:45 AM, King City Fairgrounds at 8:45 am. Charter bus takes you to the beautiful Santa Ynez Valley and Chumash Casino, just east of Solvang, for a day of fun and profit (maybe). Must reserve by March 27, \$75 per person (but bus passengers get \$20 credit and first-time Chumash customers get \$25 credit).

Volunteer Needed for Tour Director Position—Lynette McGregor Wants to Retire

Long-time (and incredibly competent and energetic) Tour Director Lynette McGregor is looking for her replacement. If you would like a challenging but rewarding volunteer opportunity with some benefits, the ASI Tour Director position may be for you. Lynette is willing to train and work with the person taking the job.

If you would like more information and are interested in the position, please contact Lynette at 422-3049.

Please Consider Receiving the ASI Newsletter Via Email

A recent review of our U.S. Postal Service newsletter mailings shows nearly half the 125+ hard copy subscribers also have email addresses. If you get a hard copy please consider switching to email delivery. That saves ASI costs of printing and postage and ASI volunteers a lot of work. And your newsletter arrives sooner!

Please contact the ASI office (424-5066) to make the change. Thank you.