

OFFICE HOURS

9:30 am to 3:30 PM
Monday—Friday

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street
Salinas CA 93901-3211
www.activeseniorsinc.com
Like us on Facebook

Monthly Newsletter December 2016

Center is open for activities Monday through Friday, 9:30 AM to 3:30 PM.

DAILY ACTIVITIES

MONDAY: Yoga: 8:45 AM By appointment*
Quilting and knitting **
9:30 AM to 3 PM
Light Exercise 10 AM to 11 AM*
Mahjong 12:30 PM to 3:00 PM**
Fabric Art –Monday**11 AM to 3 PM

TUESDAY: Line Dancing 10 AM-11:30AM**
Bridge 11:30 AM to 3:30 PM**
Ballroom Dancing 7 to 9 PM
Fee \$8.00 (\$9.00 non-members)

WEDNESDAY: Yoga 8:45 AM to 9:45 AM*
Cribbage 10:00 AM to 12 PM **
Light Exercise from 10 to 11 AM*
AOA Grief Support Group 10—11 AM
Tai Chi 1:30 to 3:00 PM**
Line Dancing 6:30 PM–8:30 PM**
Plus \$1 donation for instructor

THURSDAY: MEMBERSHIP LUNCHEON
2nd Thursday of each month
Lunch served at 12:00 PM

THURSDAY: Quilting - 9:30 AM to 12:30 PM**
1st & 3rd Thursday
Computer Class 1:00 to 3:00 PM**
1st & 3rd Thursday
Knitting, 1:00 to 3:00 PM**
1st & 3rd Thursday
AOA - Discussion Group 2:15-3:30
Ping Pong, 2:00 to 3:30 PM*
1st, 3rd & 4th Thursday

FRIDAY: Yoga 8:45 to 9:45 AM*
Exercise 10 to 11 AM*
Bridge I - 11:00 AM to 3:30 PM **
Bridge for Beginners 12:00 to 3PM**

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

Holiday Blessings and Happy New Year



Mark your calendar
for the evening of
December 31st and

spend a fun evening enjoying great food, fun games, Karaoke, and even better company to welcome in the new year. The festivities will begin with dinner at 6:00 PM. Feel free to bring your friends. Cost is \$7.00 per person and sign ups will start December 1st.

Please remember to pay your membership dues for next year, \$30.00 may be paid during office hours. If you wish to continue receiving the newsletter, be sure to pay by December 31st. When you think about all the activities and fun things we have to do here, this is an awesome deal!

Lunch for December 8th is ham, scalloped potatoes and surprise dessert. The senior Singers will be gracing us with their Christmas music. Please be sure to sign up for lunch before 3:30 PM, Friday, December 2, 2016.

Karen



TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2016 & 2017 Tours

JANUARY 28, 2017, SATURDAY, KINKY BOOTS! One of the funniest musicals you will ever experience. Broadway Tony and Grammy winning BEST MUSICAL is the story of Charlie Price who inherits his father's shoe factory and turns to a fabulously fashionable new friend who saves the family business. Lunch at Harry's Hofbrau. \$138/person.

FEBRUARY 17 - 26, 2017 - SUNNY PORTUGAL, featuring Estoril Coast, Alentejo and Algarve with optional Madeira Island post tour extension. The tour begins in Cascais and continues on the Lisbon, Sintra, Obidos, Fatima, Evora, Monsaraz, Alentejo, Sagres, Lagos, Algarve, Faro, Sao Bras de Alportel and Azeitao. See and experience the culture and history of Portugal on this comprehensive tour of Portugal. Extend the tour at the end for 5 days if you like to see Madeira Island. Double rate is \$3,339. Brochure available at Active Seniors.

MARCH 17, 2017 - ACADEMY OF SCIENCES GOLDEN GATE PARK, If you haven't been to the Academy for a while, be prepared to be fascinated. The living roof weighs 2.6 million pounds. It's the largest plot for California native plants in San Francisco. It is designed to "rock" in an earthquake. The spiraling ramps in the rain forest exhibit were designed by a roller coaster company. The 212,000 gallon coral reef tank is the deepest indoor exhibit of living corals in the world. Cost is \$87 per person. Brochure available at Active Seniors.

APRIL 22—MAY 1, 2017—HERITAGE OF AMERICA New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington D.C., Smithsonian Institution. From \$3,299 per person double occupancy until October 21, 2016. Brochure available at Active Seniors

AUGUST 19 - 26, 2017 - THE GREAT OREGON SOLAR ECLIPSE Here's a 'bucket list' experience of a total solar eclipse plus a cruise on the Columbia River through the Gorge, one of the most beautiful of river cruises. The variety of things you will experience are the Bonneville Dam, Multnomah Falls, Nez Perce history plus Lewis and Clark history, a speedboat trip through the Snake River where you'll see a 7000-year-old petroglyph, Hanford Interpretive Center, Maryhill Museum, Fort Clatsop and more. The highlight will be the day of the eclipse - hear and learn from astronomers. This is a smaller boat and because it is an eclipse trip, it will sell out quickly. All drinks and excursions are included. We will have a historian on board telling us all about what we are seeing including a lot of what Lewis and Clark journaled about. We will also have Michelle Thaller, astronomer, on the cruise with us. You can see her on the science channel on the program "Universe". She will explain (in layman's language that we can all understand) much about the stars, preparing us for the total solar eclipse. This trip is already 85% sold out so early reservations are encouraged. From \$4,395.

OCTOBER 19 - 27, 2017 - CANYON COUNTRY featuring Arizona and Utah. Begin the tour in Scottsdale and see the sights in the greater Phoenix area before travelling on to Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, choice of Monument Valley Navajo Tribal Park OR Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park and Las Vegas. Book before April 19, 2017 and save \$170. Double rate is \$3,299. Brochure available at Active Seniors.

Don't forget us when Christmas shopping. When shopping on Smile.Amazon.com just choose Active Seniors Inc. for your non-profit.

Also remember if you shop at Luckys, you can sign up with Escript to donate to Active Seniors also.

An advertisement for Amazon Smile. The background is a gradient of orange and pink. At the top, the text "Support us" is in a large, white, sans-serif font. Below it, in a smaller white font, is "by shopping at smile.amazon.com on Black Friday and Cyber Monday. You shop. Amazon gives." In the center, there is a collection of items: a white Xbox One controller, a small white toy train, a Kindle tablet displaying "CHAPTER 1", and a blue Amazon Echo smart speaker. The Amazon Smile logo is at the bottom left of the ad area.

Support us
by shopping at smile.amazon.com
on Black Friday and Cyber Monday.
You shop. Amazon gives.

amazon smile

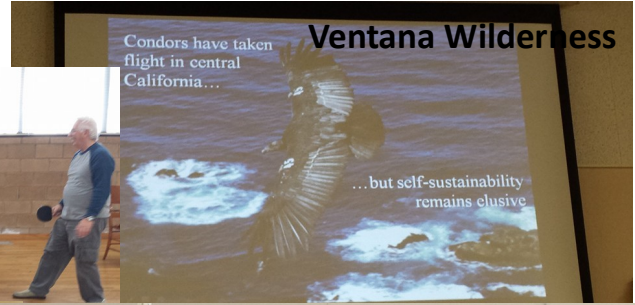
We have had some fun times and great programs in 2016.



Thank you Harden
Foundation



Ping Pong



Ventana Wilderness



CPR & AED training



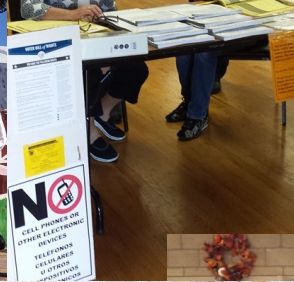
Working the
elections



Casey Lucius



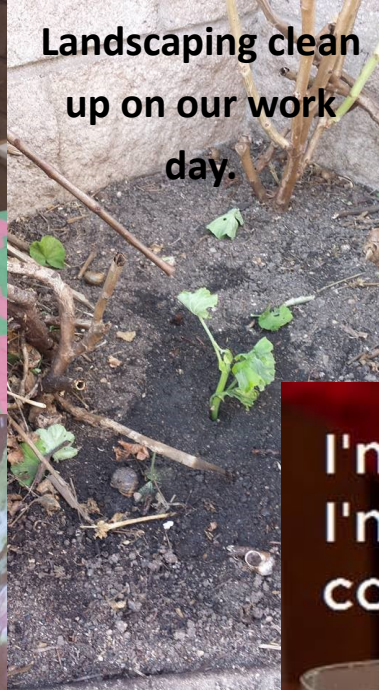
ASI members line dancing at the
County Fair.



Ballroom Dancing



Virgie hand
quilting



Landscaping clean
up on our work
day.



Computer class learning Photo
Shop.



Pat Hopper from the
Castroville Artichoke
Board.



I'm from tech support.
I'm here to delete your
cookies

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



Thank you T & A

For mailing these!

Please thank your board members, office volunteers and activity leaders for all their hard work this past year. They are what keeps Active Seniors ACTIVE!

Board members: Robert Pettit, 1st vice-president, Wayne McDaniel, 2nd vice-president, Bob McGregor, treasurer, Debbie Panelli, Secretary, Bob Whitlock, Grant chairman, Jim Tripp, member at large, Alice Clatterbuck, acting secretary, Margaret McKey, member at large, Shirley Jones, decorations-lunch prep, Mary Marvel, member at large, Karen Towle, president.

Lynette McGregor, Tour Director; Dan Towle, Facilities Director.

Office Volunteers: Susan Riddoch-Office Manager, Alice Clatterbuck, Howard Jones, Shirley Jones, Mary Marvel, Wayne McDaniel, Bob McGregor, Chrys Miller, George Mills, Debbie Panelli, Nancy Patterson, Sharon Piazza, Robert Pettit, Beth Stevens, Sylvia Teixeira, Dan Towle, Karen Towle, Jim Tripp.

Activity leaders, Robert Pettit, Karen Towle, Cleo Mangiapane, Jean Long, Susan Riddoch, Mary Marvel, Francis Pastor, Francisco Samaniego, Wayne McDaniel, Sylvia Teixeira, Sharon Piazza, Harriet Whiteaker, Virgileen Day.