

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 - August 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

August 8, Noon, \$8 members, \$10 non-members. Program: Retired Judge Albert Maldonado will be speaking about Senior Legal Services

4th THURS.: August 22, 1:00-3:00 PM. TBD

5th THURS.: Aug. 29, Sew-In, 9:30-3:30 (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

Lazy Days of Summer

Summer is a time when we reflect on what the year has brought to our lives. A time to remember all those busy things we intended to get accomplished this year.

Sometimes that can be a little daunting and tiring. That is why August has come to be known for the lazy days of summer.



Now as the days are getting shorter, we need to “kick back” and enjoy each day as it comes. Your Active Seniors continues to support your interests and needs through healthy physical activity, stimulating mental exercises, and engaging social activities

We are also looking for ways to support a healthy life style. We have joined the Blue Zones Project in Salinas and are looking for ways to be involved. The Blue Zones program has studied different areas around the world where people are living long, happy, healthy lives.

We encourage our members to learn about the concepts of the Blue Zones and incorporate some of those practices in our life style. We want to continue providing programs, activities and events to all of our members so they can live long, productive lives in a Blue Zone and enjoy the lazy days of summer.

Prez Wayne

A Time to Talk

A Time to Talk is a weekly discussion group led by two peer counselors from the Alliance on Aging. The group explores a broad range of thought-provoking and relevant topics with curiosity and enthusiasm. Suggestions and input from group members often drive the discussions.

The group meets on Thursdays at ASI from 2:15 to 3:30 p.m. There is no charge for the meeting. If you are interested, please call Nanci Crompton at (831) 975-4257, or just drop in.

The Art of Courageous Conversations—A Free Seminar

Courage Conversations are vital to working with elderly parents or loved ones on issues that come with age, including safe driving, managing finances, and family relations. Presenter Cynthia Healy offers strategies that are simple to follow and that can have a profoundly positive impact.

Healey, a CPA and private fiduciary, has served as a trustee for 25 years, combining oversight of clients' finances with advocacy in other areas. She has developed invaluable perspectives on the dynamics of aging and the importance of communication.

The seminar is Tuesday, Aug. 20, 2019, from 9:30-10:30 a.m., at Madonna Gardens, 1335 Byron Dr., Salinas. Please RSVP to (631) 758-0931 or to Community Relations Dir. Laura Ruggieri, Lruggieri@Northstarsl.com.

Fifth Thursday Sewing Session--Give Your Fabric Projects and Community a Boost

The Active Seniors' Sassy Quilters group will hold a day-long sew-in on Thursday, August 29, from 9:30 to 3:30. Bring your sewing machine and brown bag lunch. We'll provide extension cords, power strips, irons, ironing boards, and all of the cutting tools, as well as any expert assistance you need with your special project.

If you want to cut out pieces or pin a quilt, we'll elevate the tables. Hand work, of course, is always fair game. This is your day, quilters, fabric artists and needle workers. Join us!

For this session members anticipate finishing up quilts which will be donated to the NICU (Neo-natal Intensive Care Unit) at Natividad Medical Center. Participants will also be labeling and folding the quilts for delivery.

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.

Upcoming Luncheon Programs

Aug. 8, Retired Judge Abel Maldonado, ASI member and Legal Services for Seniors volunteer, will warn ASI members about the Dangers of Entering Into Contracts Through the Internet. The luncheon menu includes Grilled Chicken Penne Pasta with Salinas Greens and Garlic Bread. Dessert is root beer floats.

Sept. 12, Maria Guerrero from Republic Services will talk about Responsible Recycling and Waste Disposal.

For Anyone Interested in the Ukulele—Burning Uke Festival

A few tickets are still available for this very fun and educational event coming to our area Sept. 6-8, 2019. Burning Uke is put on annually by the Santa Cruz Ukulele Club and is held at the Mt. Cross Conference Center in the hills above Santa Cruz, CA. Here's the website for info and tickets: <https://www.burninguke.com/>

Spotlight on Volunteers—Dwight Freedman

Dwight Freedman wears two very important volunteer hats at the moment. He is the Director of Technology and—more importantly right now—Chair of the 60th Anniversary Celebration Committee. In the former role, Dwight is responsible for setting up and maintaining ASI's technology hardware. He partners with our webmaster Jim Tripp to maintain the ASI website and ASI's presence on social media. He also writes the Tech Tips page on the website, designs classes for ASI members and manages the Technology Assistance workshops.

In the latter role, a one-time task, Dwight is out to make sure ASI's 60th Anniversary Celebration on Sept. 28 is an unqualified success. He is seeing that committee members have and understand assigned tasks and complete those tasks on schedule. He is on top of every aspect of the Open House. He will be looking for more volunteers, so if you see ways you can help, please get in touch with Dwight or any Committee member. This will be an enormous event. He is looking forward to it. And he'll be ecstatic when Sept. 29 rolls around.

Dwight has been on the ASI Board since January 2019 and a member for a year and a half. He and his wife moved from Florida to Salinas to be with family and friends and wanted to find a place where they could get involved in the community. He volunteers because of his passion for technology and helping others.

He retired from 45 years in computers and technology, working in software, banks, oil, pharmaceuticals, entertainment, non-profits and for five years with his own company. He really enjoys assisting our seniors at ASI and he also provides personalized, responsive and cost-effective Technology Support. He says ASI has been exceptional at giving him the opportunity to share his skills with the organization and its members.

Dwight and his wife enjoy traveling and going to concerts and listening to music. They have been to some spectacular places around the world including Hawaii, Alaska, Cuba, Panama, China, Ireland, Paris, London, South Africa, the Caribbean and Mexico.



Newsletter Items Always Welcomed

Please help us keep everyone posted. If you know of activities that might be of interest to ASI members, if you have information to pass on, if you would like to start activities and projects (or get them started), please send the information to George Niesen, newsletter editor, at gniesen@redshift.com, call or text him at 831-595-3165, or leave a note, flyer or brochure in his mailbox at the ASI office. Thank you for your interest and participation in ASI activities.

CASA Can Always Use Volunteers

CASA stands for Court Appointed Special Advocates, a community volunteer who is trained and sworn in as an officer of the court and who advocates for children in foster care. Training is 35 hours (fall training session is Oct. 14-Nov. 14) and the court asks for a commitment of at least 18 months. Contact Katherine Pernet, (831) 455-6800 or get more information at <https://www.casaofmonterey.org>.

Certified Ombudsman Volunteer Position Description

Certified Ombudsmen are resident advocates who identify, investigate and resolve complaints in order to protect the rights, dignity, and safety of residents of nursing homes, residential care facilities, adult care homes and assisted living facilities.

Ombudsman volunteers are certified by the CA State Long-Term Care Ombudsman and report to the Ombudsman Coordinator of their assigned district.

Training is 36 hours plus a 10-hour internship. The time commitment is 5-15 hours per month. Call **Meggie Pina (831) 655-7563**. To sign up, [click here for the application](#).

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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.

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.