

OFFICE HOURS

9:00 am to 4:00 pm

Monday through 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 2022

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Ukulele Club, Noon –2 PM,** 1st and 3rd
Mondays beginners to brilliant, 2nd, 4th
(& 5th) jam sessions for everyone.
Mahjong 12:30 to 3 PM**
Readers Theater, 2:30-3:30*

TUESDAY: Legal Services for Seniors, 9-11 AM
Call for required appointment
Line Dancing 10 to 11:30 AM**
Bridge 12:00 noon to 3:30 PM**
Newcomers welcome, call office if interested
Beginning Ballroom Lesson 6-7 PM
Ballroom Dancing 7 to 9 PM
Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 10:00AM*
Cribbage, 10AM-12 noon*
Book Club 11:00 AM to 12:00 noon*
Tai Chi 1:30 to 3:00 PM**
Line Dancing 6:30-8:30 PM** + \$1 for instr.

THURSDAY: Ping Pong, 3-4 PM*
Nar Anon family support group, 6:30-7:30 PM
Quilting, 1st & 3rd, 9:30-11:30 AM**
Knitting & Crocheting, 1st, 3rd, 4th, 1-3 PM.
Tech Assistance, 3rd, 1-3 PM**
Genealogy Workshop, 4th, 10 AM-Noon**

2nd THURSDAY: MEMBERSHIP LUNCHEON
July 14, Noon, \$12. Sign up by Friday, July 8.
Program: Moon Glo Band (+ dancing! see >>>>)

FRIDAY: Yoga/Pilates 8:45 to 10:00 AM*
Zumba 10:15-11:15 AM* + Instr. donation
Bridge 12:00 noon to 3:30 PM **
Western Dance, 1st & 3rd Fri. 7-10 PM, \$10

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

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

"When I was young, I was called a rugged individualist. When I was in my fifties, I was considered eccentric. Here I am doing and saying the same things I did then, and I'm labeled senile." – George Burns

About July Luncheon—See You There

This is a reminder the monthly luncheon for July is on the 14th. Deadline for reservations is Friday July 8 at 4:00 PM. You can either mail in your reservation with payment or come by the office between 9:00 AM and 4:00 PM and sign up in person.

If you mail your reservation be sure to do it soon. If we do not receive it by the July 8 deadline, you will not be on the list. Be aware mail delivery at the office is usually after 4:00 PM. If you mail it you can call us Friday to check on your reservation.

The program is none other than Michael Gaines and the Moon Glo band. You won't want to miss it. There will be space to dance if you're so inclined.

The menu is BBQ chicken sandwich on a slightly sweet roll, kettle style salt waffle chips, smashed cucumber and Heirloom tomato salad all topped with red, white and blue berry shortcake. There will be a vegan sandwich option.

Great Advice from Loaves and Fishes

By Dwight Freedman

Loaves & Fishes Computers provided an outstanding workshop Thursday June 23, teaching ASI members some tricks, tips and tools to effectively use your iPhone/iPad.

Loaves & Fishes Computers and I would like to thank Members for their participation.

Loaves & Fishes will offer another workshop for Android phones and tablets on Thursday July 23rd. See you there....



"The years between 50 and 70 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down." - T.S. Elliot

Joe Nemeth (not the Broadway Joe) Also Wins Awards

(Ed. Note: This profile is thanks to Wayne McDonald, who was ASI Joe's teacher a couple of years ago and is pleased to see ASI Joe receiving recognition for his dedicated service to the community over many years.)

Joe Nemeth and his wife, Joanne, joined Active Seniors in March. Joe has been a Track and Field Official with United States of America Track & Field (USATF) for 27 years. He has been to the Olympic Trials in Sacramento and the National Championships in Los Angeles, CA, and Eugene, Oregon.

He worked the National Collegiate Athletic Association (NCAA) Division 1 championships and many bay area meets. He received an award in February recognizing his exemplary service to Track & Field by the Pacific Association.

Joanne retired in Feb. 2013 after working 32 years for the Social Security Administration. Joe was a purchasing agent for Ramsay Highlander for 31-1/2 years and retired Feb. 2021.

Joe was recently informed by the AD of Hartnell College that he will be inducted into the Hartnell Hall of Fame. He has volunteered working the score clock for the past 27 years. The ceremony will be in October.

Joe's past accomplishments include working as a minor league athletic trainer for the Texas Rangers organization. They sent him to Wausau, WI (Timbers) in 1979, Asheville, NC (Tourists) in 1980, Tulsa, OK (Drillers) in 1981-1983, then onto Burlington, IA (Rangers) in 1984, his final year in pro baseball. He enjoyed meeting lots of great baseball people in those six years.

In addition, the Nemeths have volunteered for 12 years to help United Way Monterey County's "Stuff the Bus" program. They stuff backpacks for homeless children in need of school supplies.

The Nemeths and their two Chihuahuas, Bella & Scooby, will leave for the Asheville, NC, area in late Spring 2023. Joe was born in Salinas and Joanne in San Jose, CA. But the beauty of the Asheville area and the Blue Ridge Smokey Mountains has them relocating to a new state.

(Ed. Note: If anyone knows an ASI Member whose accomplishments include service to ASI or our greater community that would be of interest to other ASI Members, please contact your Editor at 831-595-3165 or gniesen@redshift.com and we'll profile that person in the newsletter. Thank you.)

Steinbeck House Open, Seeks Volunteers

By Liz Crooke

The birthplace and boyhood home of John Steinbeck reopened in Sept. 2021 and is again in full swing. We're open for lunch, First Friday Night Dinner, Saturday High Tea and Tours. Lunch is Tues. through Sat., 11:30-2 pm. Both First Friday Dinner and Saturday High Tea are once a month and reservations are required.

Summer Tours are available on the 1st and 3rd Sundays, from May through Sept. 4. Visit our website at www.SteinbeckHouse.com for event dates, weekly lunch menus and lots more information! Our Best Seller Gift Shop is open Tuesday through Saturday, 11-3 pm, for all the special gifts you need. The Steinbeck House can also be reserved for special events. Do you have an upcoming birthday, anniversary or baby or wedding shower? Let the Steinbeck House help make it a memorable event!

Do you have some time on your hands and are looking for a rewarding place to volunteer? The Steinbeck House offers several options. Volunteering at the award-winning Steinbeck House is a great opportunity to meet people from all over the world and share the history and ambiance of the historical Steinbeck House. Call 831-424-2735 for more information. We look forward to seeing you!

Volunteers Needed Once a Month

By Michael Gaines

Greetings Kitchen Team. I am looking for volunteers for the upcoming events at Active Seniors. We are again honored to produce and donate Mother's Burritos on the 4th Friday of the month. Please contact me via email or phone and let me know if you can participate in this ongoing event.



The Benefits of Tai Chi for Seniors

By [Wesley Smith](#) (Edited for length and clarity)

Getting older doesn't mean you have to lose your mobility. One great way to help prevent the effects old age is to take up Tai Chi, which has been practiced for thousands of years. Tai Chi is a Chinese martial art that focuses on both spiritual and mental aspects integrated into movement, creating a meditative form of exercise.

Many senior care facilities and seniors have embraced this style of conditioning and workout rather than exercise featuring muscular tension. Tai Chi has become increasingly popular worldwide and there are many places where students can take lessons supervised by Tai Chi Masters.

The main concept is that focusing the mind only on movements helps reach a state of mental clarity and calmness and reduces stress. Standing and deep breathing meditation help to focus consciousness and restore physical balance and energy, serving both mental and physical aspects.

According to scientists, it is the [ideal exercise](#) for the elderly. Researchers reveal that seniors, who on a regular basis perform or take part in it, had a lower chance of suffering from high blood pressure and were stronger physically, helping them maintain good health.

In one particular study, pulse measurements revealed Tai Chi was beneficial because it improves the contraction and expansion of the arteries and the strength of the knee muscles. In the case of the arteries, arterial compliance is a valuable indicator of heart health. Other studies have found that focusing on strength training alone has led to a decline in arterial compliance. In addition, studies say that people with mild cognitive impairment or early dementia can benefit from exercises like Tai Chi and it can have positive effects on memory.

In China, it is immensely popular due to its purported [health benefits](#). It is believed to prolong life, delay aging, strengthen tendons and muscles, increase flexibility, and help in the treatment of arthritis, high blood pressure, heart disease, digestive disorders, arthritis, cancer, depression, and a host of other illnesses. Many of these claims are not supported scientifically but there is evidence it improves balance and fall prevention, endurance and strength, walking, fibromyalgia and stress.

Aside from health benefits, there are other reasons it is suitable for the elderly. Movements are not only gentle, but low-impact. There is minimal risk of injury, it can be done anytime and anywhere, requires little space, can be done at one's own pace, is not competitive, is a good form of meditation, and is stimulating because a variety of movements keep people interested. **Seniors should take advantage of the benefits of this form of exercise.**

Birdwatching with the Experts

The Monterey Audubon Society offers regular bird watching walks (called "Mindful Birding") which are guided by experts and are mobility minded. Consider joining one of the outings. Here are the next two. For more information please refer to the website here:

<https://www.montereyaudubon.org/outings>

Mindful Birding at Asilomar State Beach, Thurs. July 21, 2022 | 9:00 - 11:30

Trip Leader: Amanda Preece, MAS Environmental Advocate

Mindful Birding at Jack's Peak County Park, Tuesday August 23, 2022 | 9:00 - 11:30

Trip Leader: Amanda Preece, MAS Environmental Advocate

Both trips are slow paced and mobility minded. For general questions and to **RSVP (registration is required)**, email Bev Gatliff at bevgatliff@gmail.com

July Birthdays

Linda Amaral	Ingrid Lewis
Diane Bair	Susan McCreight
Consuelo Bloss	Bob Meyer
Jean Chapin	Robert Pendergrass
Niki Estrada	Vickie Petree
Debby Farmer	René Pledger
Paul Farmer	Jo Porter
Ben Hanley	Gerry Reynolds
Judy Hansen	Violet Rodriguez
Patricia Haynes	Patrick Stanford
Tom Immermann	Galen Trigg
Marilyn Janes	Mary T. Viglietti
Carolyn Jensen	Bob Whitlock
Myrna King	Daisy Wohlford
Jade Kinnaman	





From the Salinas Public Library

[Author Talk Series](#)

First up in our new Author Talk Series is [Alka Joshi](#), who not only published her debut novel, [The Henna Artist](#), at age 62 but is also a Pacific Grove resident! Alka will share her inspirations for her work, how her mother's life story has influenced her writing, and what it's like creating a Netflix series based on her book.

Virtual Meeting, [Register Online here](#); Thursday, July 7, 2022, 6 PM-7 PM. [Check out our upcoming talks here!](#) For more information contact Jissella at JissellaD@ci.salinas.ca.us



[The Writers Workshop: From Last Draft to First Edition](#)

It's easy to get lost in the writing and not be prepared for the next step of publishing. Learn the process so you're ready to start publishing as soon as you finish writing.

Virtual Meeting, [Register Online here](#); Thursday, July 21, 2022, from 5:30 PM-6:30 PM
For more information contact Jissella at JissellaD@ci.salinas.ca.us

[Take it Outside! The Beginning Hikers Guide to Gear, Tech, and Trails](#)

Monterey County is loaded with an abundance of natural resources including trails from easy to more advanced.

Whether it's an afternoon hike or a weekend backpack, this workshop is a great way to make sure you're ready to go.

We'll cover all aspects of being safe, comfortable, and happy on the trail including gear on a budget, today's tech, and great local hikes.

Virtual Meeting, [Register Online here](#); Thursday, July 28, 2022, from 6 PM-7 PM
For more information contact Don at DonGa@ci.salinas.ca.us



What Can You Do for Yourself to Remain Brain Healthy at Any Age?

By Allen S. Weiss, MD, FACP, FACR, MBA

“What is brain health?” is the first question asked in a [National Institute on Aging](#) article addressing cognitive health in older adults. Defining brain health includes the following:

- Cognitive health—how well you think, learn, and remember
- Motor function—how well you make and control movements, including balance
- Emotional function—how well you interpret and respond to emotions (both pleasant and unpleasant)
- Tactile function—how well you feel and respond to sensations of touch, including pressure, pain, temperature

Interestingly, a [recent summary of thoughts](#) from the George Washington University College of Medicine argued that the brain of an elderly person is much more plastic than previously believed. Although brain function slows with age, the flexibility increases. The interaction between the right and left hemispheres becomes more harmonious.

This same research alleges that peak intellectual activity occurs at about age 70 when the brain can work at full strength. The anatomy and physiology behind this phenomenon reflect the increased amount of brain myelin, which acts as an insulator around a nerve, allowing better function by about 300% compared to average.

The neurons in the brain remain throughout life. However, the connections disappear if a person does not engage in mental work. Absent-mindedness and forgetfulness are due to an overabundance of information, not a lack of function.

The George Washington article goes on to claim that the most productive age of a person is from 60 to 70, the second most is 70 to 80, and the third most is 50 to 60. The average age of Nobel Prize laureates is 62, and the average age of presidents of the largest 100 companies in the world is 63. If true, many younger people have opportunities to improve and other older folks are already enjoying the improved abilities.

What can you do for yourself to remain brain healthy at any age? [AgingCare](#) shares the top ten suggestions:

- Play games, have fun, find solutions, do stimulating mental challenges—encourage thinking by doing stimulating activities such as puzzles, cards, and reading
- Encourage multigenerational activities—facilitate interactions across age groups, helping in both directions
- Write—keep a diary, share thoughts, pen an autobiography, catalog family pictures
- Eat well—a plant slant diet has been shown to decrease many illnesses including some forms of cancer
- Avoid tobacco—this substance is never good at any age and is very addictive
- Start walking—moving naturally is part of the Blue Zones Project principles
- Create and maintain friendships—loneliness is as toxic as smoking
- Laugh—humor is therapeutic as well as a great social connector
- Socialize—nothing good happens when you stay home
- Get positive feedback—sharing good thoughts helps both the giver and receiver

Obviously, what is good for the brain is good for the body. The above suggestions are sensible for any aged person who wants to improve both mental and physical functioning.

Dr. Allen Weiss is Chief Medical Officer for Blue Zones Project. Having practiced rheumatology, internal medicine, and geriatrics for 23 years and been President and CEO for 18 years of a 716-bed, two-hospital integrated system, Dr. Weiss now has a national scope focused on prevention.

