

**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

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# Monthly Newsletter September 2017

## ASI is open for activities Monday through Friday, 9:00 AM to 4:00 PM.

**DAILY ACTIVITIES**

- MONDAY:** **Zumba, 8:45AM—10 AM \***  
 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 11 AM to 3 PM\*\*  
**GROOVE Dance 3-4PM\* + donation**
- 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\*  
 Tai Chi 1:30 to 3:00 PM\*\*  
 Line Dancing 6:30 PM—8:30 PM\*\*  
 Plus \$1 donation for instructor  
**GROOVE Dance 3-4PM\* + donation**
- THURSDAY:** **MEMBERSHIP LUNCHEON**  
 2<sup>nd</sup> Thursday of each month, \$7  
**\$8 after Friday before luncheon**  
 Lunch served at 12:00 noon
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM\*\*  
 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
 Computer Class 1:00 to 3:00 PM\*\*  
 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
 Knitting, 1:00 to 3:00 PM\*\*  
 1st & 3rd Thursday  
 AOA - Discussion Group 2:15-3:30  
**GROOVE Dance 3-4PM\* + donation**  
 Ping Pong, 3:00 to 4:00 PM\*  
 Photography Sharing Group, 4th Thursday, 1PM—3PM\*\*
- FRIDAY:** Yoga 8:45 to 9:45 AM\*  
 Exercise 10 to 11 AM\* Board room  
 Zumba 10AM-11AM\* + donation  
 Bridge I - 11:15 AM to 3:30 PM \*\*  
 Western Dance, 2nd & 4th Friday, 7-10PM, \$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

**Labor Day**

*We will be closed on September 4th for Labor Day.*

Starting September 5th our office will have new hours. We will be open from 9:00 AM to 4:00 PM. We need the extra hour because we have been adding so many new activities.

Join us on Saturday, September 9, from 2-4 PM for the dedication of our Vintage Vehicle Classic Car mural on the parking lot wall. Come and meet the artist, Bryan Perez, a recent graduate of CSUMB. Enjoy a display of Bryan's art work, refreshments served inside.

If you would like to have something posted on the bulletin board, please check with the office staff. Once you have obtained permission, we will date and initial your article and post it for you. Thank you for your compliance, we very much appreciate it.

Lunch for Thursday, September 14th is Meatball Sandwiches, Caesar salad and chocolate chip cookie bars with ice cream for dessert. Please be sure to come in and sign up by Friday, September 8th. Our guest speaker is Aimee Cuda, director of ITN (Independent Transportation Network) of Monterey County. This is a senior transportation service.

*ASI extends our deepest sympathy to the family of Ines Revels who passed away on August 28th. Ines was Finance Director here for many years and will be missed.*

*Karen*



**TOUR DIRECTOR: LYNETTE McGREGOR**

## **ACTIVE SENIORS 2017 Tours**

**SEPTEMBER 16, 2017 SATURDAY GIANTS GAME:** Meet at Kohl's in North Salinas, bus leaves at 2:30 PM. Giants play the Arizona Diamond Backs, give away is Orlando Cepeda Statue, lower box section 127, \$140 per person. Contact Jean Dorr, Prime Connections, (831) 633-7111.

**OCTOBER 7, 2017 FLEET WEEK** Join us on the San Francisco Belle triple decker paddle wheel boat as we feast on a lavish buffet with free-flowing sparkling wine, soda, orange juice. You will see the Blue Angels from the most unique position of the middle of the bay flying above, around, in front of you. Celebrate the Navy this day. \$138/person.

**SATURDAY November 18, 2017, BEAUTIFUL...AT SAN JOSE PERFORMING ARTS** with lunch at Harry's Hofbrau. See the inspiring story of Carole King from being part of a song writing team to becoming one of the most successful solo acts in popular music. Winner of many awards including music album of the year. \$125/person.

**DECEMBER 3, 2017, BEACH BLANKET BABYLON** with lunch at Original Joe's. The longest running review in the world is full of laughter and holiday spirit. Lunch will be served family style and then we walk a block to the theater. Reservations need to be in by early October please. \$137/person. Wait List.

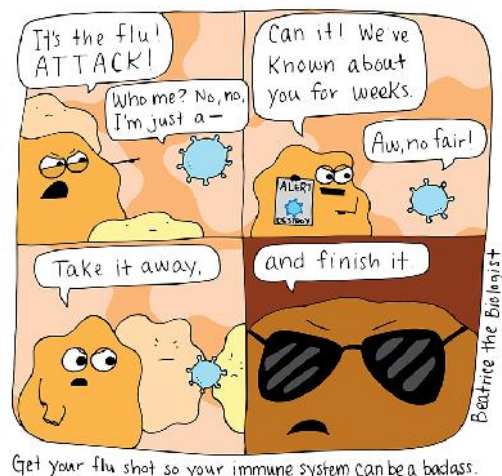
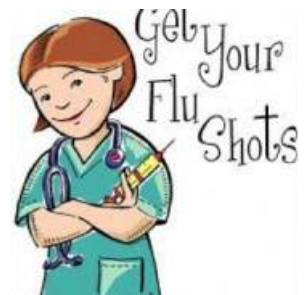
**JULY 15-31, 2018 HAWAII CRUISE.** HAWAIIAN VOYAGE ON THE CRYSTAL SYMPHONY...Includes Oahu, Maui, Hawaii, Ensenada, with highlights of Keck observatory, stargazing parties with astronomers, all tips and drinks included. Come and go from San Francisco--no air involved. \$1,000/cabin reduction for those enrolled by June 30th. Aug. 3rd, 1:30PM tea at Lynette's for those interested--RSVP to Lynette, 422-3049.



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September 28, Thursday from 9:00 to 11:00 AM we will be hosting a VNA nutrition workshop here at Active Seniors. It will include a Flu shot clinic as well. So plan to come and learn a little about how to eat healthy and get your flu shot for the up coming flu season.





Please join Salinas, our Police Officers and Fire Fighters on September 11, 2017 at 7:30 AM in front of City Hall, the 200 block of Lincoln Avenue. The Police Department and Fire Department are holding an inspection ceremony to honor those who died on 9/11.

## AGE WELL, DRIVE SMART

Join us for a Free workshop on September 23rd from 2:00 to 4:00 PM for older drivers to help us continue to drive safely. Completion of this workshop may result in savings on your auto insurance.



One of the ways you can help Active Seniors is by signing up with [www.escrip.com/shares](http://www.escrip.com/shares). If you shop at Luckys, Save Mart or FoodMaxx, they will donate a small percentage of their profits to us each time you shop there. All you have to do is sign up on line, then each time you shop, put in your phone number. It's as simple as that!



If you shop on Amazon, please use the following link to Amazon Smile and they will donate 0.5% of their profit to Active Seniors, Inc. <http://smile.amazon.com/ch/94-6101651>

These are both ways that we earn money so that we can keep our dues and fees for activities as low as possible. We want everyone to be able to afford to participate here in whatever they would like to do.



ACTIVE SENIORS, INC.  
VOLUME 21 ISSUE 9  
100 Harvest St.  
Salinas CA 93901



Thank you T & A

For mailing these!



Our newest activity is GROOVE Dance led by Sarah Olsen. Come on Monday, Wednesday or Thursday from 3:00 to 4:00 PM and enjoy moving to music.



Line dancing is cancelled for Wednesday, September 6th and 13th. Sharon will be out of town on those days.