

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 - April 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

Light Exercise 10 to 11 AM*

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

Dance Lesson 6 to 7 PM, \$5.00

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**

Light Exercise from 10 to 11 AM*

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*

Beginning Bridge (special class in progress)

2nd THURSDAY: **MEMBERSHIP LUNCHEON**

April 11, Noon, \$8 members, \$10 non-

members. Program; Tiffany Di Tullio

on the Blue Zone project for longevity

4th THURSDAY: April 25, Snatch, Grab and Go with

Margaret Neal, 1-3 PM (see 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

Springing Forward

Spring is a wonderful time of year. We enjoy each day as a blessing. We have set our clocks forward and are taking advantage of longer days. Active Seniors continues to offer activities, events and benefits for us. We have fun at Active Seniors.

We look forward to the Adventure trips

Lynette McGregor arranges. We enjoy getting to know many King City Silver Kings and Queens



on our trips. We continue to engage in favorite activities, from exercise programs, interesting information and speakers to learning new technology. I encourage all of us to get involved in a new activity this year. (Remember those New Year Resolutions?) We have arranged many new benefits for our members. We hope you are taking advantage of the benefits available from the Salinas Library.

Past Pres. **Karen Towle's** March Irish lunch was great. ASI member **Scott Miller's** talk on license plates dating to 1904 was informative and interesting. We surprised our Grant Writer, **Margaret Neal**, with two presentations. The Rotary club of Corral de Tierra presented a check for commercial kitchen supplies and Joe Grainger, representing the Harden Foundation, a check for installing solar panels on ASI's building. Great job, Margaret!

April's lunch is honey-baked ham with Cherry Jubilee sauce, mashed potatoes, asparagus, Parker House rolls and Fiddler on the Roof cake. Tiffany Di Tullio, director of the Blue Zones Project will be speaking about promoting longevity and healthy living. Thanks to **Robert Pettit**, ASI Speaker Chair, for ongoing great programs.

Spring invites us to take time and smell the flowers blooming for us during this time of year.
Prez Wayne

Behind the Scenes—Spotlight on Volunteers

In our newsletters we are making it a point to recognize the many volunteers who keep ASI functioning—and active! In January, we recognized our new board members and officers. February we highlighted our various activity leaders. Last month (March) we listed our wonderful office staff volunteers.

This month we would like to thank our various committee leaders who really help keep our facility clean, safe and organized, and working well for all ASI members. These Volunteers are:

Office Committee - Susan Riddoch	Dance Committees: Tuesday Night dances - Michael Gaines
Facilities Committee - Bob McGregor	Friday & Saturday dances - Sharon Piazza
Maintenance Committee - Bob Whitlock	Technology Assistance Committee - Jim Trip
Grant Writing Committee - Margaret Neal	Director of Technology – Dwight Freedman
Kitchen Committee - Michael Gaines	Publicity - Karen Towle
Kitchen Cleanup Committee - Margaret Neal	Luncheon Speakers – Robert Pettit
Nominating Committee - George Niesen	Adventure Tours – Lynette McGregor
Sunshine & Health Committee – Sharon Piazza	Membership Committee – Renee Panfil

We are always looking for volunteers to support the activities, the office or the various committees that make your Active Seniors, Inc. a wonderful place to have fun and enjoy the programming.

Remember, ACTIVE SENIORS ARE HAPPY SENIORS!

Sunshine and Health for ASI Board, Volunteers, Activity Leaders and Members

My name is **Sharon Piazza**, your new “Sunshine and Health” volunteer. In this position, I am responsible for making sure ASI stays current with the health and welfare of our members (or their immediate family members) who are sick, hospitalized or have had a death in the immediate family. I will make sure a get well card or sympathy card is sent to our member/family.

But I’ll need your help to stay on top of our members’ needs.

Please contact me if you know a member is ill, etc.: Personal email, sharonp42@att.net; Active Seniors to my attention, asi@activeseniorsinc.org. You can also put a note in my inbox at the ASI office or contact me directly at (831) 261-8087.

I will be sending Activity Leaders a reminder every 2-3 months. If you have any questions, please feel free to contact me. Thank you for your help and support.

Sharon Piazza, Sunshine and Health

SNATCH, GRAB, and GO Presentation—Back by Popular Demand

Margaret Neal, ASI Board Member, will be giving a presentation, “SNATCH, GRAB, and GO,” on Thursday, April 25 (fourth Thursday) at 1:00 here at ASI, based on what she learned from her personal experience with the theft of her purse and all its contents!

Handouts will include feedback given to her by the Salinas Police Department as well as an outline of five steps to take immediately if your credit cards are lost or stolen, and what to do if identity theft should happen to you.

Additionally, she will share her personal priority checklist on how to start replacing stolen items such as keys, cell phone, driver's license, health coverage cards and will proceed to filing insurance claims where applicable. Margaret will also have suggestions on where to store and not store your purse or backpack.

If you missed the first presentation be sure to attend this one. It is extremely valuable information for all of us.

Your ASI Member Benefits

Over this past year, we have endeavored to provide benefits for our members here at ASI. We have coordinated with many organizations to provide services. Some of these are:

Alliance on Aging provides a discussion group every Thursday afternoon, 2:15 PM.

We are fortunate to have ASI member **Nanci Crompton** leading this activity.

Legal Services for Seniors provides legal counseling for our members. Retired judge **Abel Maldonado** provides legal advice by appointment on the first Tuesday afternoon of the month. Sign up in the office for your legal assistance.

Monterey-Salinas Transit Service provides two benefits for our members:

MST Taxi Voucher program provides low cost options for seniors needing transportation.

MST Trip provides a reimbursement program for seniors meeting MST requirements.

ITN Monterey County also coordinates with ASI to provide low cost scheduled-in-advance transportation for our members.

Salinas Library has begun assisting our ASI members with various benefits. With a library card:

The Library provides books for our book club members.

The Library allows our members to download books and movies to enjoy.

Sean Briscoe, Library and Community Services Librarian, assists members at our third Thursday technology assistance program.



Make Your Needs Heard

The Monterey County Area Agency on Aging is holding a public hearing on Thursday, April 4, 2019, at 1:00 PM at 1000 S. Main St., Ste. 110. The hearing will provide the latest information on supportive services for seniors and persons with disabilities.

The purpose of the hearing is to receive input from the general public on the 2019-2020 Area Plan Update. The Agency values your comments.

The Area Agency on Aging is the local agency responsible for the planning and development of services for seniors under the Federal Older Americans Act.

Spanish translation will be available. Please RSVP by calling Sandra Silva at (831) 755-4728, especially if you are requesting disability or access accommodations.

Time to Renew Your Memberships Please

Memberships continue to be due and payable. In case you may have forgotten to renew, please do so as soon as you can. Please see any office volunteer. Membership is only \$30 per person.

If you have not yet renewed, you will be contacted in the very near future via email or a phone call from **Renee Panfil**, ASI's energetic and very conscientious Membership Volunteer.

ASI Technology Assistance Available

Members, this is a reminder we have Technology Assistance available on the 1st and 3rd Thursday each month. Bring your laptops, tablets and phones with your questions or issues and we will be glad to assist you.

Also, Our ASI website now includes a Technology Tips page. We will be adding technology tips on a regular basis. We currently have articles on "Robo Call Relief is here"; "Windows 10 April 2019 Update"; and "Windows 7 End of Life". Please click on the following link to read the tips. They may provide the relief and assistance you have been looking for. <https://www.activeseniorsinc.org/tech-tips>.

Your ASI Technology Team

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Salinas CA 93901



Thank you T & A

For mailing these!



ACTIVE SENIORS 2019 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR

MAY 10, 2019, FRIDAY, A FUN DAY AT THE RACES. Join us as we venture to the Golden Gate Fields for their fabulous buffet and horse races. Enjoy a lunch, play a hunch, and hopefully win a bunch! \$95/person.

JUNE 23, 2019, SUNDAY, WILL ROGERS FOLLIES. Catch the humor and smarts of Will Rogers as we see the life story of Will Rogers, comedian and headliner at the Ziegfeld Follies. Presented by the West Valley Light Opera at Saratoga Civic Center. Enjoy a no-host lunch at Phil's Fish Market. \$69/person.

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.

SEPTEMBER 13, FRIDAY, SANTA CRUZ FOLLIES. Join us for their annual show. This year's theme is "Fascinating Rhythms" from Broadway to Hollywood! You'll want to join these folks who are all over 55 as they have as much fun as we who watch! On the way, we stop at Phil's Fish Market for a no-host lunch. \$55/person.

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.

Also doing **Beach Blanket Babylon Dec. 8.** Save the Date! For information on ASI trips and tours please contact Lynette McGregor at 422-3049. You'll be glad you did!