

**OFFICE HOURS**

9:00 am to 4:00 PM

Monday—Friday

[activeseniorsinc@gmail.com](mailto:activeseniorsinc@gmail.com)

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

[www.activeseniorsinc.org](http://www.activeseniorsinc.org)

# Monthly Newsletter—April 2018

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

### **DAILY ACTIVITIES**

- MONDAY:** Zumba, 8:45AM—10 AM \*  
 Quilting/knitting 9:30 AM to 3 PM\*\*  
 Light Exercise 10 AM to 11 AM\*  
 Mahjong 12:30 PM to 3 PM\*\*  
 Fabric Art 11 AM to 3 PM\*\*
- TUESDAY:** Line Dancing 10 AM-11:30 AM\*\*  
 Bridge 11:30 AM to 3:30 PM\*\*  
 Legal Services for Seniors 1:15-3 PM  
 Dance Lesson 6 to 7 PM, \$5.00  
 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
- THURSDAY: MEMBERSHIP LUNCHEON**  
 2<sup>nd</sup> Thursday of each month, \$7  
**\$8 after Friday before luncheon**  
 Lunch served at 12:00 noon  
 April 26 1:00-3—Medicare/Insurance
- 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  
 Ping Pong, 3:00 to 4:00 PM\*
- FRIDAY:** Yoga 8:45 to 9:45 AM\*  
 Zumba 10-11 AM\* + donation  
 Bridge 11:15 AM to 4:00 PM \*\*  
 Western Dance, **2nd & 4th** Friday,  
 7-10 PM, \$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

## **It's Spring and Fancy Turns to...ASI**

The hills are green and April has come alive with beautiful flowers. We celebrate the old and welcome the new. Salinas is celebrating its 150<sup>th</sup> birthday. Mary Randall and Steve McShane gave us a great March luncheon program on Salinas--past and future.



Active Seniors, Inc. is celebrating the future with continued activities, events and adventure tours. We are one big expanded family. There are so many members helping one another with activities from Monday to Friday. The dances are a real bonus. If you have not attended a dance, come and enjoy the food and fun. What impressed me when I joined was how much fun seniors are having with other seniors. Regardless of what brings you to the center, we are blessed to have so many members who come and enjoy all the fun. *Active Seniors are Happy Seniors.*

This month's luncheon prepared by Michael Gaines, our Master Chef, will be honey baked ham with smashed potatoes and asparagus. Dessert Chefs Patricia & Michael Whitlock are preparing cherry chip cake with cherries. Our program chairman, Robert Pettit, has Patrick Moore, Monterey County Emergency Services Planner, giving us information to prepare all of us for emergencies. I look forward to seeing each and every one of you at our monthly noon luncheon, April 12.

Coming up for many of you is new member orientation! It will be held at 4:30 pm Monday April 16 and will review ASI's history and range of offerings. Come meet your fellow new members and some of the ASI directors and staff. Find out ways you can volunteer and contribute to the success and effectiveness of ASI.

Prez Wayne

## Spotlight on Programs

Francisco Blanco is ASI's Tai Chi instructor. The class, based on the 1,000+ years-old Longevity Tree foundation form of the Nam Hoa Internal Arts system, meets Wednesdays, 1:30-3:00. Physically, Tai Chi improves balance, tones muscles, increases flexibility and promotes relaxation. For the energy body it can open blockages to the flow of chi (or vital life force), revitalize the system and enhance one's state of well-being. Mentally it stimulates mindfulness and concentration. At a time when our lives seem accelerated and sometime chaotic, Tai Chi enables practitioners to reconnect with the calm at the center of the storm. The class—with its gentle movements and breaks for snacks and socializing—is particularly suited for Active Seniors.

## Suggestions (Thank you all and keep them coming)

*Suggestion:* Lorraine Gorczyca writes regarding the Light Exercise program and (along with other ASI members) the bridge program: *Exercise:* Tape is not working well. Other centers are using exercise disks and a TV. Can this be done here? We seniors should exercise. *Bridge:* Our group is getting small. We should start a bridge player class. Our original players are going to Fort Ord bridge group as they offer lessons, I just discovered. Just some suggestions to bring more seniors BACK to our facility.

*Responses:* Thank you Lorraine. We just ordered a light exercise DVD set to play on our TV. Also approached some of the bridge ladies about starting another beginning bridge class. Karen Towle.

The light exercise program offered Monday and Wednesday from 10:00-11:00 has been relying on an old cassette tape. While members have been faithful and enjoying the class, we are offering a **NEW FORMAT!** We have a new DVD to provide instruction. If Yoga and Zumba are too strenuous for you, this is the program for you. We look forward to seeing you there. Prez. Wayne

*Other Suggestions:* For programming—Ukulele Class, Hikes, Self-Defense, Game Night. For facility—refinish floor (in the future), get lightweight tables and chairs (under consideration).

## 4<sup>th</sup> Thursday of the Month Activity

Medical Insurance Confusion? What about a secondary medical supplemental plan? What is Medicare Advantage? What is part D of Medicare? What about my medications? Are they covered? Costs? What is the donut hole? Sound confusing? You bet! This and more will be covered April 26, 1:00 pm, at ASI's 4th Thursday free workshop. Our presenter is William Tienken, a health plan advisor representing Aspire Health. He will discuss all health plans and help you through the quagmire of health insurance.

## Help Alliance on Aging Help Fathers on Father's Day

The Alliance on Aging requests donations of baseball caps (especially from local companies), funds, and volunteer assistance to honor special "pappas" in nursing homes and assisted living on Father's Day (June 17). Under Project Coordinator Vearl Gish the Alliance on Aging hopes to distribute 1,000 caps, along with greeting cards and hugs. Please bring donations to the Alliance on Aging (downtown at 247 Main St.) or to ASI and we will deliver them. Thank you.

## Get Your ASI Nametag

You may have noticed Staff and Board Members wearing zippy magnetic nametags. We are making them available to any ASI member for \$10. But you must get your order in by April 27. Thanks.

## Upcoming Events

**Founder's Day** is Saturday, April 14, from 9:00 am to 3:00 pm, at the Train Station Plaza on West Market Street. At least 23 organizations are sponsoring the event, which features free admission and music, cultural entertainment, food and drink, market booth vendors, historic house and train tours, history lectures, children's entertainment and a play area. The event marks the 150<sup>th</sup> anniversary of the City of Salinas and the Salinas City Elementary School District, and the 100<sup>th</sup> anniversary of the Salinas Valley Chamber of Commerce, the Monterey County Farm Bureau and the Downtown Salinas Rotary Club. In addition the Steinbeck House is offering a gourmet, locally sourced dinner, with wine, for \$75 on Thursday, April 12. Call 424-2735 for reservations.

**Friends of Legal Services for Seniors** will hold their 23rd annual **Ciao! Cioppino! dinner and auction** on April 21, 2018, at San Carlos Hall in Monterey. Attendees all say it is the best party of the year and it always sells out. If you would like to attend call (831) 899-0492 or send your e-mail addressed to [ciao@lssmc.net](mailto:ciao@lssmc.net).

The annual **Asian Festival** is April 28-29, with a Chinatown Car Show and food on Saturday, April 28 (1972 and older cars, contact Henry Gong, 320-2963), and the Asian Cultural Experience (A.C.E.) 10<sup>th</sup> Annual Asian Festival Sunday, April 29, with open houses, food and cultural experiences presented by the Chinese, Japanese and Filipino communities. A wonderful and inspiring look at another side of Salinas history and an up-to-date look at progress on the A.C.E. museum to be built in the old Republic Café building.

The **First Mayor's House** would like you to know that it now offers a tour of the Oldest House in Salinas (built by our first mayor, I. J. Harvey in 1868) along with a three course tea party. Visits can be arranged as a luncheon or afternoon event and can accommodate up to 24 per visit. Cost is \$15 per person. Email Mary Randall ([firstmayorshouse@gmail.com](mailto:firstmayorshouse@gmail.com)) for details or to make a reservation for a tour and tea for your group or organization.

## Reduced-Price Senior Tickets at World Theater

The World Theater at CSUMB is offering Active Seniors, Inc. members \$10 off on each ticket for all events with discount code "active10". When calling the box office you must mention the discount code to receive the discount. April 14 at 8:00 PM at The World Theater the "Broadway Boys", direct from New York, perform the best songs from Broadway.

## Keep the Membership Informed

We would appreciate items for the newsletter that would be of interest to the ASI general membership. Please send information to President Wayne McDaniel (320-0913) and/or VP George Niesen (758-5718) or to both of them at [activeseniorsinc@gmail.com](mailto:activeseniorsinc@gmail.com) (include their names in the subject line please).

## Painless Contributions to ASI

You can contribute other people's money to ASI if you go online and list ASI as your charity with Amazon ([smile.amazon.com](http://smile.amazon.com)) and with Lucky/Food Maxx stores (it's escrip with Lucky/Food Maxx, [www.escrip.com/merhants/identity/lucky](http://www.escrip.com/merhants/identity/lucky)). After that, when you shop at Lucky/FoodMax, provide your phone number. For Amazon, just log on at [smile.amazon.com](http://smile.amazon.com) and a percentage of your purchase automatically goes to ASI.

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100 Harvest St.  
Salinas CA 93901



Thank you T & A

For mailing these!



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## **ACTIVE SENIORS 2018 Adventure Tours: TOUR DIRECTOR: LYNETTE McGREGOR**

**APRIL 26, 2018...A FUN DAY AT THE RACES.** Join us at Golden Gate Fields for their fabulous buffet now including sodas, see the winners from the best vantage point of the Turf Club. \$92/person. We still need signups.

**MAY 21, 2018, TACHI PALACE CASINO:** Includes \$15 TACHI cash, \$5 food coupon. \$52/person. Sign up now!

**JUNE 9, 2018, HUNCHBACK OF NOTRE DAME** with lunch at Harry's Hofbrau. See this timeless Victor Hugo story to the music of the Disney team! \$84/person.

**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. *We have need of a lady roommate on our Hawaiian trip. Please contact Lynette, 422-3049.*

**SEPTEMBER 25-OCTOBER 3RD, 2018 FALL FOLIAGE with the GRAND HOTEL & MACKINAC ISLAND.** A beautiful time of year to see part of the North East US. Mackinac Island is noted for no cars--horse and buggies here! \$3765/per person. *Please get your reservations in. Still room.*

**NOVEMBER 26 - DECEMBER 1, 2018, CHRISTMAS IN BRANSON.** Sleigh bells ring, reindeer fly, and wide-eyed young and "seasoned" await the expectation of Christmas. A Branson Christmas brings joyful sounds of singing, merriment, and warmth, plus the show SAMSON. Join Active Seniors on their popular Christmas in Branson tour. Includes roundtrip air, airport transfers, baggage handling (1 bag per person), accommodations, meals (breakfast daily, 2 lunches, 5 dinners), taxes, and escorted shows. Cost per person double occupancy is \$2795 if booked by April 21, 2018, or \$2995 if booked after April 21st. See full itinerary in the rack at Active Seniors.

Lynette has another great tour coming up. Look for a brochure coming soon to an ASI bin.