

OFFICE HOURS

9:30 am to 3:30 PM

Monday—Friday

activeseniorsinc@gmail.com

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

Like us on Facebook

Monthly Newsletter April 2017

ASI is open for activities Monday through Friday, 9:30 AM to 3:30 PM.

DAILY ACTIVITIES

- MONDAY:** 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 –Monday**11 AM to 3 PM
- 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
- THURSDAY: MEMBERSHIP LUNCHEON**
2nd Thursday of each month, \$7
Lunch served at 12:00 noon
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM**
1st & 3rd Thursday
Computer Class 1:00 to 3:00 PM**
1st & 3rd Thursday
Knitting, 1:00 to 3:00 PM**
1st & 3rd Thursday
AOA - Discussion Group 2:15-3:30
Ping Pong, 2:00 to 3:30 PM*
1st, 3rd & 4th Thursday
- FRIDAY:** Yoga 8:45 to 9:45 AM*
Exercise 10 to 11 AM*
Zumba 10AM-11AM*
Donation for leader appreciated.
Bridge I - 11:15 AM to 3:30 PM **
Bridge for Beginners 11:15 to 3PM**
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



Easter Blessings

Salinas Founders Day is on Saturday, April 8, 10:00 AM to 4:00 PM at the Train Depot. There will be free tours of the 1868 First Mayor's House as well as a chicken BBQ. Come and learn about the history of our city with the free history talks in the room next to the depot, and enjoy the many activities provided. ASI will be hosting a table, so stop by and say hello.

We now have Western Dancing on the 2nd and 4th Friday nights of each month. Cost is \$10 per person. Come and enjoy the music and instruction provided by Pam McCrumb.

There is still room at the Spring Tea Dance on Sunday, April 23, 2017 from 1:00 PM to 4:30 PM. We have reservation forms that you can drop in the box by the office window. Come and enjoy a delicious lunch, a dance lesson and the music of the Moon Glow Jazz Band.

Lunch for Thursday, April 13th is herb crust-ed roasted pork loin, Basmati Nut Rice, glazed carrots with dill, artisan rolls and Easter marble cake. Please be sure to come in and sign up by Friday, April 7th. Our program is Neil Ledford, an expert on growing and developing new varieties of Iris. I look forward to seeing you here.

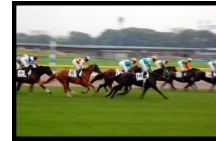
Karen

TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2017 Tours

APRIL 22–MAY 1, 2017–HERITAGE OF AMERICA New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington D.C., Smithsonian Institution. From \$3,299 per person double occupancy until October 21, 2016. Brochure available at Active Seniors

THURSDAY JUNE 15, 2017, HORSE RACES, Golden Gate Fields. Incredible buffet–ENJOY A LUNCH, PLAY A HUNCH, WIN A BUNCH! \$92/person.



AUGUST 19 - 26, 2017 - THE GREAT OREGON SOLAR ECLIPSE Here's a 'bucket list' experience of a total solar eclipse plus a cruise on the Columbia River through the Gorge, one of the most beautiful of river cruises. The variety of things you will experience are the Bonneville Dam, Multnomah Falls, Nez Perce history plus Lewis and Clark history, a speedboat trip through the Snake River where you'll see a 7000-year-old petroglyph, Hanford Interpretive Center, Maryhill Museum, Fort Clatsop and more. The highlight will be the day of the eclipse - hear and learn from astronomers. This is a smaller boat and because it is an eclipse trip, it will sell out quickly. All drinks and excursions are included. We will have a historian on board telling us all about what we are seeing including a lot of what Lewis and Clark journaled about. We will also have Michelle Thaller, astronomer, on the cruise with us. You can see her on the science channel on the program "Universe". She will explain (in laymen's language that we can all understand) much about the stars, preparing us for the total solar eclipse. This trip is sold out, but there is a waiting list. Cancellations do happen! From \$4,395.

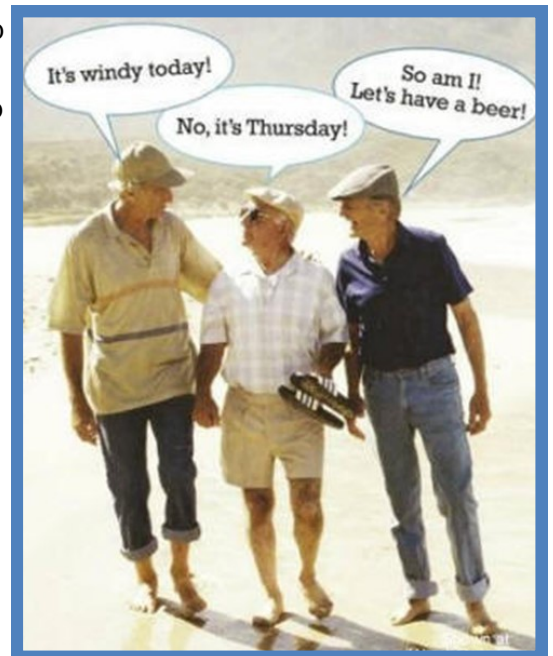
OCTOBER 7, 2-17 FLEET WEEK Join us on the San Francisco Belle triple decker paddle wheel boat as we feast on a lavish buffet with free-flowing sparkling wine, soda, orange juice. You will see the Blue Angels from the most unique position of the middle of the bay flying above, around, in front of you. Celebrate the Navy this day. \$138/person.

OCTOBER 19 - 27, 2017 - CANYON COUNTRY featuring Arizona and Utah. Begin the tour in Scottsdale and see the sights in the greater Phoenix area before travelling on to Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, choice of Monument Valley Navajo Tribal Park OR Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park and Las Vegas. Book before April 19, 2017 and save \$170. Double rate is \$3,299. Brochure available at Active Seniors.

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 we walk a block to the theater. Reservations need to be in by early October please. \$137/person.

JULY 15-31, 2018 HAWAII CRUISE Round trip from San Francisco aboard the Crystal Symphony. See brochure for details.

Of course this doesn't look like any of
us here at Active Seniors!





Meet Sylvia Teixeira

Secretary, Board of Directors

My name is Sylvia Ann Teixeira. Teixeira is a typical Portuguese name with the x between two vowels pronounced like the English “sh” sound.

The families of my parents on both sides immigrated to this country from the Azores.

My parents had two children, myself and my younger brother. We were born in San Luis Obispo because there was no hospital in Morro Bay where my parents lived. I lived in Morro Bay through out my childhood and didn’t leave there until I went away to college. I graduated from college with a degree in Spanish and obtained a secondary teaching credential. I never taught school. My mother lived in Salinas. She told me about an ad she had seen in the newspaper regarding employment opportunities with Monterey County Department of Social Services. To make a long story short, I worked for Monterey County Social Services for 33 years. During that time I worked in almost every department. I went back to school and earned a master’s degree in social work and worked in both children and adult services. I retired from MCDSS in 2003 although I continued a part time job until 2016.

About my love of dance: As a child I was very shy but I had a lot of energy. My father found my tendency to be a little on the overactive side to be very annoying. My mother enrolled me in a dance class thinking that it might help me out of my shyness and to give me a positive outlet for my energy. I started tap dancing lessons at age 7 and dancing has been a part of my life ever since. It has been the basis for much of my social interaction. I met my best friend, my husband, in a dance class 29 years ago.

Besides dancing I like to read and travel. I like animals and I have had four legged children almost all of my adult life but I have no two legged ones.



Thank you T & A

For mailing these!



PLEASE GO TO BED

Consistently sleeping less than six hours a night nearly always doubles your risk of heart attack and stroke, according to a review of 15 studies published in the *European Heart Journal*. Another study found that consistently sleep-deprived people were 12 percent more likely to die over the 25-year study period than those who got six to eight hours of sleep a night. These tips from the National Sleep Foundation can help ensure that you get good quality shut-eye, even if you're among the half of people over 60 who have insomnia:

- ◆ Make the room pitch-black dark, and set the thermostat between 60 and 67 degrees.
- ◆ Exercise every day. It doesn't matter what time of day you work out, just so it doesn't interfere with your rest.
- ◆ Stick to a regular sleep schedule, going to bed and getting up at the same time each day.
- ◆ Shut down your electronics an hour before retiring, as the light from some devices can stimulate the brain.
- ◆ Replace your mattress if it's more than 10 years old.

Excerpted from the AARP Bulletin, March 2017, *50 Great Ways To Live Longer*.

