

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

[Like us on Facebook](#)

Monthly Newsletter - May 2022

Updated Activity Schedule

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Ukulele Club, Noon –2 PM,** 1st Monday for
beginners (all welcome), 2nd, 3rd (& 5th) jam
sessions, 3rd for everyone.

Mahjong 12:30 to 3 PM**

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: Quilting, 1st & 3rd, 9:30-11:30 AM**

Genealogy Workshop, 4th, 10 AM-Noon**

Tech Assistance, 3rd, 1-3 PM**

Knitting & Crocheting, 3rd, 1-3 PM.

Ping Pong, 3-4 PM*

Nar Anon family support group, 6:30-7:30 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON

May 12, Noon, \$12. Sign up by Friday, May 6.

Program: James Perry, Pres., Mo Co Hist. Soc.

FRIDAY: Yoga 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

ASI Luncheon May 12

The May ASI speaker is James Perry, Pres. of the Monterey Historical Society. Expect a very interesting program. Lunch is chili verde, refried beans, flour tortillas, chips and salsa, and cherry pie. Hope to see you there. Please make reservations by Fri. May 6, 4 PM.

Ready, Set, Let's Go!

By ASI Tour Director Sharon Piazza

Active Seniors, Inc. has a unique opportunity to tour the USS Hornet in Alameda Saturday, June 11. This was the eighth ship to be commissioned as a Hornet, the first being

Active Seniors and Silver Kings & Queens Present

USS HORNET - ALAMEDA

SEA, AIR, AND SPACE MUSEUM



SATURDAY
JUNE 11, 2022

Leave Park Row parking lot at
9:30 AM / Return by 5:30 PM

Boxed Lunch in Officers' Mess
Docent Tour of Ship

\$70.00 Per Person

in 1775. This 1943 aircraft carrier entered the Pacific War in March

1944. She was awarded 11 battle stars for her exemplary WW II service. She served three tours of duty in the Vietnam War and recovered the Apollo 11 and Apollo 12 lunar landing spaceflights in 1969.

The Museum's growing history collection consists of over 25,000 artifacts including personal crew memorabilia. The visit includes lunch in the Officer's Mess, a two-hour guided tour by the Hornet's knowledgeable docents, and time to tour on your own—all this including transportation for only \$70 per person. We are limiting tour to 40 so get your reservation in soon. It's a trip you won't want to miss! **Click [HERE](#) for flyer and reservation form.**

Click [HERE](#) for information sheet

For future trips you can get printable flyers at activeseniorsinc.org/tours, check out the display rack at ASI for flyers, or call Sharon at 831-261-8087.

Legal Services Available

The Legal Services for Seniors agency is again available to provide advice on legal concerns for ASI Members. Advisors are on site at the ASI facility every Tuesday from 9 AM to Noon. Please call the ASI office to make an appointment (required).

Genealogy Genealogy

By Wayne McDaniel, Jenny Marsden

We have started a Genealogy group at ASI. We have agreed to meet the 4th Thursday from 10:00 am to Noon. We are open to all, from beginners to advanced researchers.

Probably the most useful source of info for those interested in genealogy would be the Family History Library, <https://www.familysearch.org/en/family-history-library/> and its educational offerings, https://www.familysearch.org/en/wiki/Family_History_Library_Classes_and_Webinars. For those who can't/don't want to use a subscription genealogy program like Ancestry or My Heritage (which can be expensive), FamilySearch offers a free site for researching records as well as building a family tree.

The Family History Library provides free training on how to use FamilySearch. Classes are for all experience levels and repeat every few months. The beginning of a new webinar cycle begins May 11 so those interested should check the class schedule/registration website right away. (Be sure to convert times to PDT.)

Genealogy Basics Series Summer Preview

Cathy Andrews, Senior Librarian, Salinas Public Library

Whether you're dipping a toe in family history research for the first time, or want to improve your current skills, our Genealogy Basics Series is a great way to go. This summer kicks off with **Getting Started** on Thurs., June 9; a close look at researching **early American ancestors** on Wed., July 6; and an exploration of **cemeteries and gravestone symbols** on Tues., August 16. Check the June newsletter for details. For more information contact Cathy at CathleenA@ci.salinas.ca.us.

Caution—Beware of Email Scams

By George Niesen

Many of us have received numerous emails from hackers posing as businesses such as Costco, Home Depot, Paypal, FedEx and others. The hackers are trying to gather as much of your personal information as possible. The first action to take is to be sure to check who is sending you emails. Put your cursor on the name of the sender and click on the down arrow at the right. You can see the email address of the sender.

You also want to make sure the sender is not requiring personal information. I got a very official looking email apparently from FedEx saying a package had been undeliverable, was returned to the warehouse in Salinas, and I would need to sign up for redelivery by clicking on the sign-up link. When I saw the sign-up information required my birth date I realized no one needed it to deliver a package and I didn't respond.

I took the email on my phone to the FedEx office where the staff without even looking at it said it was a scam, that FedEx will leave a notice on your door in the event something is undeliverable.

What do these five E mails have in common?

Sam Club Deals Today – You've been chosen!

E mail sent by: naswedmmaswedmn4587thfjlr0dqqgltodpdqw@gmail.com – S/B something like ***@SAMSCLUB.COM

LOWES – Take part in our marketing survey and get \$100

E mail sent by: mahinichan1310@gmail.com – S/B something like ***@LOWES.COM

Ace Hardware – Congratulations! You have been selected!

E mail sent by: afjal2968@gmail.com – S/B something like ***@ACEHARDWARE.COM

Home Depot, You Deserve the Best – Right here An Expected Surprise Just for You!

E Mail sent by: mdhvajifamdyjaiaifa@gmail.com – S/B something like ***@HOMEDEPOT.COM

Marie – Re: Pay Pal Money! This \$7 product spits out \$1122 commissions.

E Mail sent by: contact@affiliatemailacademy.com – S/B something like ***@PAYPAL.COM

THAT'S RIGHT! THESE FIVE E MAILS PLUS MANY MORE ARE SCAMS!

NONE OF THE LINKS ABOVE (all deactivated) BELONG TO THE ABOVE VENDORS

ALWAYS CHECK THE EMAIL ADDRESS. DON'T OPEN EMAILS YOU DON'T RECOGNIZE.

ASI Surveys Membership—Please Help

Dear ASI Member: Active Seniors Inc., wants to hear from its valued Members about your experiences with our services. Please take two minutes to complete a quick survey to let us know how we can improve our services and events.

This survey is an important tool for us to understand what is important to you. Your feedback will help us continually improve our Member experiences. Please click here (>>>) [HERE](#) to start the short survey.

Thank you for your support of ASI. Please make sure you and your family stay healthy and safe.

All New ASI Members Invited to Meet and Greet

By Karen Towle, Loretta Salinas

All new ASI Members are invited to a new Member meet and greet the fourth Thursday in May, May 26, at 1:00 PM. New members will be receiving an email invitation with further details.

Healthy Living for Your Brain and Body

Thanks to Jissella Duarte, Librarian, Salinas Public Library

Tuesday, May 17, 1-2:30 pm. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Register online at <https://bit.ly/38G1bnQ> or call 800.272.3900.

New Sessions of Ukulele Lessons

By Stanley Sokolow

The Salinas Ukulele Club at Active Seniors will be starting a new course on the first Monday of each month beginning June 6 at noon to 2:00 pm to teach beginner and intermediate-level ukulele players based on the books by Doug Falconer called "Ukulele Beginner to Brilliant" available on [Amazon.com](https://www.amazon.com).

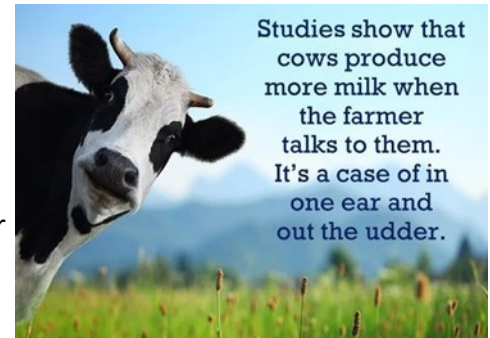
The course starts with the very basics for complete beginners but quickly progresses to more advanced skills and knowledge including reading standard sheet music staff notation and tablature, knowing the notes all over the fretboard, playing melodies, fingerstyle, some music theory (chords, keys, rhythms, modes, transposing, etc.), creating chord-melodies, and playing blues, jazz, and improvisation.

In addition to the books and their accompanying videos, we will be using supplemental materials (handouts and videos) from many ukulele experts. This is an in-person class that meets in the Active Seniors building. All ages are welcome. The cost is \$4 per session for non-members, \$2 for Members of Active Seniors.

Evidence of COVID vaccination is required. If you have a ukulele, bring it. If not, we have loaners for the first meeting where we'll explain what to look for when you buy your first ukulele. If you are interested, send an email for further information to: stanleysokolow@gmail.com. Bring a friend.

May Birthdays

Angelica Bender	Deborah Norman
Sandra Bergam	Connie Ortiz
Brian Birkeland	Nancy Palmer
Ursula Bronson	Veronica Polovneff
Arcelia Garcia	Jo Ann Reynolds
Laurie Gerletti	Janet Richards
Anita Guerra	Carol Rogers
Mary Haas	Julie Ryan
Kris Hadley	Janet Silva
Jayne Harris	Claire Smith
Maria Holliday	Tim Swick
Candice Jansen	Di Ann Tarhalla
Norma Kingston	Meredith Towle
Jacqueline Kramer	Cary Tremewan
Bonnie Larson	Majorie Trigg
Juanita Littleton	Jim Tripp
Norma Jean Luder	John Viarengo
Wayne Mcdaniel	Susan Vindhurst
Fran MCGrew	Donald Williams
Sally Nator	Kim Yong





MST Offers Travel Costs Assistance

Do you depend on your family, friends or a neighbor for rides to the doctor, store, or any other destination? If you are a senior, veteran or person with disabilities living in an area of Monterey Co. outside the Monterey Salinas Transit service area, MST will reimburse you 40 cents/mile up to 250 miles/month (\$100).

Call MST at 1-888-678-2871 to learn more. MST is also offering free rides to seniors on May 11, Senior Transit Day (>>>).

Senior Singers Concert Scheduled

The Senior Singers will be performing in concert on Sunday, May 29 at 3 PM. Venue: Northminster Presbyterian Church, 415 E. Alvin Dr. Salinas 93906. Come enjoy patriotic songs.

Thanks from Sunshine and Health Chair Donna Elder-Holifield

Thanks to everyone who donated cards to the Sunshine Committee. We now have 1,953 cards (just kidding). Your generosity is much appreciated. At this point, we have enough cards. If you know of anyone who needs a card, please let me know--Donna Elder-Holifield, 831-424-7739. But, best of all, please stay well so you won't need for me to send you a card!



**3RD ANNUAL
SENIOR TRANSIT DAY**



To celebrate, all
Senior Shuttles (91, 92, 93, 94 & 95)
will be FREE
on Wednesday, May 11, 2022.

Connecting communities. Creating opportunity. Being kind to our planet.