

OFFICE HOURS

9:30 am to 3:30 PM
 Monday—Friday
 831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street
 Salinas CA 93901-3211
www.activeseniorsinc.com
 Like us on Facebook

Monthly Newsletter May 2016

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

DAILY ACTIVITIES

- MONDAY:** **Yoga 8:45-9:45 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 – 2nd & 3rd 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 **
 Exercise from 10 to 11 AM*
 Tai Chi 1:30 to 3:00 PM**
 Line Dancing 6:30 PM–8:30 PM
- THURSDAY: MEMBERSHIP LUNCHEON**
 2nd Thursday of each month
 Lunch served at 12:00 PM
- 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 2:00-3:00
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*
 Bridge I - 11:00 AM to 3:30 PM **

* Fee \$1.00 (\$2.00 for non-members)

** Fee \$2.00 (\$4.00 for non-members)

There is a donation of \$1.00 to the Wednesday line dance instructor

Happy May 😊

Please note, we will be closed on Monday, May 30, 2016 for Memorial Day holiday.

We have recently joined the Salinas Valley Chamber of Commerce. As new members, five of us attended last month's social mixer. We met many other members and established a very lucrative network. We are looking forward to taking advantage of the services they have to offer. To name a few: 1. Access to their website; which is filled with much useful information on businesses. 2. The ability to post our ASI events for all to view. 3. A free banner which illustrates our organization. 3. Invitation to all their mixers, which features many gala events e.g. Air Show, Rodeo, Laguna Seca Races, Heart and Sole 5K run.

Several other contacts will yield more volunteers to help during the week with many of our activities. All in all, it was a very good move to join the Chamber.

We are looking forward to continuing our affiliation and taking advantage of all their wonderful services. P.S. As of this writing we have already had inquiries for membership as a result of our Chamber membership.

Our lunch this month will be taco salad with Flan for dessert, in honor of Cinco de Mayo. The entertainment is the Senior Singers. Please come in and sign up, call in or e-mail by Monday, May 9th.

Looking forward to seeing you here.

Robert

TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2016 & 2017 Tours

MAY 13, 2016 FRIDAY - ROSIE THE RIVETER WW2 NATIONAL PARK plus lunch at Assemble Restaurant. One of our newest national parks, developed in honor of the women who stepped up in an effort as our men went to war after Pearl Harbor. Located in Richmond the area was developed as a shipyard in 1941 when the town was populated by 23,000 people, then grew to 100,000 by the end of the war. \$65 per person.

JUNE 22 - 29, 2016 - THE BEST OF EASTERN CANADA Highlights include Montreal, Quebec City, Ottawa, 1000 Islands, Toronto and Niagara Falls. Save \$100 if reserved before December 22, 2015. \$2,859 per person Double occupancy.

JUNE 26, 2016 SUNDAY - MOTOWN THE MUSICAL It began as one man's story that became everyone's music! The story of Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and more! Hear favorites such as *My Girl* and *Ain't No Mountain High Enough* and more. \$133 per person, lunch at Harry's Hofbrau.

JULY 15-25, 2016, ELBE RIVER CRUISE Discover the dramatic landscape through the Czech Republic to the former East Germany on a 9 day riverboat cruise aboard the MS Elbe Princess. Cruise includes 2 nights each in Prague and Berlin. Walk in the footsteps of Martin Luther in historic Wittenberg. Marvel at the baroque splendor of Dresden. Tour opulent palaces of Saxon monarchs and stroll through beautiful gardens; sail between the dramatic sandstone cliffs of Germany's "Saxon Switzerland" before arriving in Berlin. Pick up brochure at Active Seniors.

AUGUST 25, 2016, THURSDAY - TOUR OF THE BIG SUR COAST We have one of the most beautiful drives in the world on our own Big Sur Coast! Hear the history of the settling of the coast, building of the highway, and stories of many of the people that made this beautiful area their home. Go out on the paddle wheeler Chablis, at Morro Bay for a 2 - hour ride, having lunch and hearing about the history of the bay. \$83 per person.

SEPTEMBER 15, 2016, THURSDAY - FALL HORSE RACES Enjoy a lunch, play a hunch, win a bunch....we hope! \$79/person

OCTOBER 7 - 12, 2016 - ALBUQUERQUE BALLOON FESTIVAL Highlights include the Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science and National Museum of History, Indian Pueblo Cultural Center, Turquoise Trail, Santa Fe and Santa Fe School of Cooking. From \$2,359 per person.

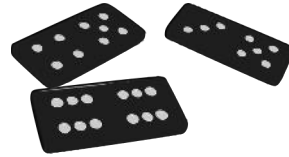
OCTOBER 8, 2016, SATURDAY, FLEET WEEK IN SAN FRANCISCO This fun day includes: 2 hour yacht cruise, lavish lunch buffet, free flowing sparkling wine- orange juice- soda- coffee- tea, DJ entertainment, complimentary keepsake boarding photo. \$130/person.

NOVEMBER 26-DECEMBER 9, 2016 PASSAGE TO POLYNESIA Fall in love with the rhythm of the sea and the beauty of the South Pacific with its white sand beaches, cool palm breezes and crystal clear turquoise waters. Walk in the footsteps of legends: Herman Melville, Paul Gauguin and Captain Cook. Bali Hai is calling. Relax on board the Six-star elegance of Crystal Symphony as you cruise from San Diego to Papeete. Early booking gets the best deal.

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 much about the stars, preparing us for the total solar eclipse. This trip is already 70% sold out so early reservations are encouraged. From \$3,395.



We have had a number of people express an interest in learning to play Bridge. If any one would be willing to teach this group, please contact the office. We have also had several people express an interest in playing Dominoes and Chess. If you are interested in either of these activities, please contact the office with time and days of the week that you are available.



The trip to the De Young Museum was a hit with everyone. The “Old Masters” pictures were beautiful and the floral arrangements were spectacular!



Meet Francisco Samaniego, our new Tai Chi instructor.



Our Tai Chi class now has a new, bonafide instructor. Francisco Samaniego came to the United States in 1963 from Hermosillo, Mexico. He has worked for many of the large produce companies in their warehouses, most recently at Central Coast Storage. Francisco is retired and lives in Salinas with his wife, Antonia, who is a teacher’s aide at a daycare center.

Francisco is certified to teach Tai Chi, and is teaching Tai Chi Schaun. He has personally been doing Tai Chi for 10 years and says that it helps him control his diabetes. His goal is to educate and teach in the community, for the good of others and to help people get and stay healthy. Tai Chi includes exercise, meditation, breathing and flexibility, and is good for balance.

Come in on Wednesday afternoons and meet Francisco.

ACTIVE SENIORS, INC.
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Thank you T & A
For mailing these!



Thank you to A&R Fresh for the donation of the delicious fresh asparagus this month.



Meet Shirley Jones Board Member at Large

Shirley grew up in the windy city, King City, raised on a ranch along with an older sister and brother. Life was good and growing up her parents instilled in her the beauty of crops in the fields, a lovely yard full of flowers, spending hot summer days playing in the irrigation ditches (squishing her toes in the mud). There's nothing better than the aroma of a field full of fragrant lettuce. Her older brother also taught her to drive an old pickup when she was 10. She attended schools in King City. After graduation Shirley attended Salinas Junior College (aka Hartnell), married, they had a son and daughter. Eventually she joined the Salinas City School District family and enjoyed working as a school secretary then at the District Office, retiring in 1992 after 32 years. During this time she also worked part time for 17 years "moon lighting" as a floor supervisor with Emporium Capwell. A few years later Howard convinced Shirley to give up the single life and they married in 1988. (They first met in 1968, Howard taught Shirley's children in elementary school.) Vacations have been enjoyed in Mexico, the Caribbean, Europe, Greece/Italy, Hawaii, Washington DC, Fall colors in the New England States, Alaska. Combined, Howard and Shirley have 4 children, 5 grandchildren, and 2 great grand children.

Shirley, a member of the Monterey Peninsula Decorative Artists, led the decorating project in the ladies restroom at ASI. Plans are being made to spruce up the men's restroom also. She travels several times a year to Eureka where she paints with a Master Painter. In her spare time you will find her at home with a paint brush in her hand pursuing Decorative Painting. Antique collecting has also been a big part of her life. Shirley has also enjoyed providing beautiful decorations for the ASI luncheons.