

OFFICE HOURS

9:00 am to 4:00 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 January 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 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 11 AM to 3 PM**
- TUESDAY:** Line Dancing 10 AM-11:30AM**
 Bridge 11:30 AM to 3:30 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**
 2nd Thursday of each month, \$7
\$8 after Friday before luncheon
 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, 3:00 to 4:00 PM*
- FRIDAY:** Yoga 8:45 to 9:45 AM*
 Zumba 10AM-11AM* + donation
 Bridge - 11:15 AM to 4:00 PM **
 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



Happy New Year

All of us here at Active Seniors wish all of you a very blessed, happy and healthy 2018!

Thank you to all of our volunteers; those of you who help staff the office every day, those of you who help with kitchen prep, serving and clean up, and all of you who lead the activities that make this place so inviting and so very much fun. You help to make Active Seniors a warm and welcoming organization where people are happy to be here and feel like part of the family.

Thank you for the privilege of serving you as your president. Thank you to all of you who have supported me and the board of directors for the last three years. You are a positive, cheerful and wonderful group to work with, and you have made my tenure here a pleasure and a delight.

Don't forget to renew your membership if you haven't already done so. Would hate for you to miss the newsletter and any activities or trips you would like to participate in.

Lunch this month will be Chili, Boston Clam Chowder, Zuppa Toscana, Chicken Tortilla Soup, 5 can soup and Split Pea. Dessert is Mississippi Mud Cake. Be sure to get your reservation in early. The speaker is Jim Vanderzwaan who will be giving us the low down on the weather and global warming.

Auf Wiedersehen, Ciao, Via con Dios,

Karen



Beware... They are out there!!

Every day we hear about seniors who loose large amounts of money. In some cases, they lose their entire retirement incomes. Learn more on how to protect yourself from on line scams.



Legal Services for Seniors

Presenters:

Jerennina Piguing

Kellie D. Morgantini

Thursday, January 18, 2018

1:00 – 3:00 PM

Where will you turn for legal information and advice when you need help? Come join us for an informal discussion presented by: Legal Services for Seniors

Know your legal rights

Presenters:

Legal staff

and special Guest,

Judge Maldonado

Tuesday, January 23, 2018

1:00 – 3:00 PM



ACTIVE SENIORS 2018 Tours

TOUR DIRECTOR: LYNETTE MCGREGOR

FRIDAY, MARCH 30, 2018, ROSIE THE RIVITER WW2 HOMEFRONT NATIONAL PARK. with lunch at Assemble restaurant. Come experience a piece of history when women stepped forward to help with the country's defense needs after Pearl Harbor. \$67 person.

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.

MAY 21, 2018, TACHI PALACE CASINO: Includes \$15 TACHI cash, \$5 food coupon. \$41/person

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. Aug. 3rd, 1:30PM tea at Lynette's for those interested--RSVP to 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.



Instructors Don and Nora

Recently we have started a new dance lesson at ASI with dance instructors Don and Nora. We are so fortunate to have them join our family at Active Seniors. Don and Nora have more than 30 years of swing dance experience combined between them. Having learned themselves along the Monterey Bay, they continue to give back to the community through their love of dance and teachings of Lindy Hop, Balboa, and Charleston. Focusing on these energetic swing dances from the 1920s and 1930s they aim to bring the joy of swing dancing to people of all ages. After all it is their belief that if you are having fun, you are doing it right! You can often find them swinging out to live music on the Monterey Bay. Don and Nora have performed in multiple parades, weddings, musical ensembles, and dance exhibitions. They continue to travel around the world whenever they are able, attending workshops and classes in order to improve their craft.

Don and Nora's dance lesson is from 6pm to 7pm every Tuesday night. The entry fee is just \$5. Join us Tuesday nights at Active Seniors for a night filled with friends and fun. Plus, you can try out the new steps you learn, because the lesson is followed with Ballroom dancing to the sounds of Moon Glow Jazz Band from 7pm to 9pm with a refreshment break. Dance cost is \$8 ASI Members and \$9 for non-members

For up-to-date information on Don and Nora, follow them on Facebook

[CRJ on Facebook](#)

Check out some of their fancy footwork at

<http://canneryrowjump.weebly.com/performance-videos.html>

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Salinas CA 93901



Thank you T & A
For mailing these!



Karen Towle, President Robert Pettit, Vice President
5 year board member 5 year board member



OUT GOING BOARD MEMBERS

Thank you to our out going board members. They will all still be here, involved and busy with keeping Active Seniors a fun, active place. Next time you see them, thank them for their service!



Shirley Jones, member at large
4 year board member