

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

Monthly Newsletter—August 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**
 Beginning Bridge 1:00-3:00 PM*
 Legal Services for Seniors, 1st and 3rd
 Tue., Aug. 7, 21, 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/Games 10 AM to 12 PM **
 Light Exercise from 10 to 11 AM*
 Book Club 11 AM to 12:30 PM*
 Tai Chi 1:30 to 3:00 PM**
 Line Dancing 6:30 PM—8:30 PM**
 Plus \$1 donation for instructor
- THURSDAY: MEMBERSHIP LUNCHEON,**
 Aug. 9, 2nd Thurs., 12 noon, \$8
 Aug. 23, 1-3 PM—Joanne Valdez of
 Costco on hearing aids—see p. 4.
 Aug. 30, 9:30-3:30, fifth Thurs. Stitch-
 in—see p. 2.
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM**
 1st & 3rd Thursday
 Tech Assistance, 1st & 3rd, 1-3 PM**
 Knitting, 1st & 3rd, 1:00 to 3:00 PM**
 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.

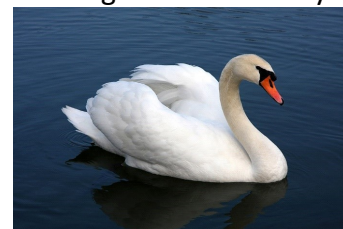
* \$1 Fee for members, \$2 Fee for non-members

** \$2 Fee for members, \$4 Fee for non-members

Happy Summer

When I think of summer, I am reminded of the beautiful swan gliding across the pond. What we don't see is the effort below the water line where the swan is exerting great energy and effort to make the appearance seem so graceful and easy.

As your president, I feel like the swan gliding across the pond. We have so many wonderful volunteers that participate at your Active Seniors, I don't know where to begin saying, "THANK YOU." We have so many that if I started to name each and every one, I would surely leave someone out. Every volunteer's energy and efforts contribute to the success we all enjoy. Do we need more volunteers? Yes! Volunteering gives you a sense of gratitude that you can give back to your friends and other seniors. If you could share a few hours of your time, you could share your talents and enjoy the camaraderie of your fellow members. Please consider volunteering. The more volunteers, the easier and more enjoyable it is for all of us.



As we enter the latter days of summer, we continue to see the benefits of membership in Active Seniors, Inc. The free 4th Thursday programs have been very well attended. We continue to have Legal Services for Seniors providing advice to our members by retired judge **Albert Maldonado**. Thanks to our member **William Tienken**, a health plan advisor, we have good access to information concerning health care coverage. The Alliance on Aging provides counseling and other services. All of these programs and activities, plus our regularly scheduled programs, have attracted new members. We have now reached the 550+ membership level. Again, "Thank You" to all our volunteers who keep this president sailing smoothly across the pond.
 Prez Wayne

Please Note ASI Closure

ASI will be closed Aug. 10 through Aug. 13 for parking lot maintenance. There will be no activities on those days. We apologize for any inconvenience, but it is imperative we re-seal (and by necessity re-stripe) the parking lot on a regular basis because if we don't the asphalt deteriorates much more quickly, thus necessitating much more expensive repairs. We thank you for your cooperation and understanding.

Senior Assistance Equipment

Did you know that another benefit of Active Seniors is the opportunity to borrow sick room equipment? Based on availability, we provide crutches, walkers, wheelchairs and other equipment. If you have sick room equipment you or another member of your family no longer needs, your ASI would appreciate your donation.

Aug. 9 Lunch and Program

For the August lunch, ASI is bringing in pizza and Caesar salad (Chef Michael is temporarily out). Diners will still get Patricia Whitlock's spice cake. The speaker is Capt. Wiley from the Naval Postgraduate School.

Monterey Salinas Mobility Program—the Taxi Program

Another benefit coordinated with the MST bus service is the taxi program. The MST program will provide assistance to our **SENIORS**, veterans, and individuals with disabilities in accessing important locations within our community. You may sign up here at your Active Seniors office and MST will send you taxi vouchers that allow you to travel up to 17 miles for only \$3.00.

For example, if you wish to attend our monthly lunches, you would call (in advance) and a taxi would bring you to the Active Seniors facility. At the same time you could arrange to be picked up following the luncheon and returned to your home. Your cost would be \$3 coming and \$3 going home for a total of \$6.00.

Your Active Seniors, Inc. has a scholarship fund to assist you with your expenses if necessary.



Spotlight on ASI's newest member

Please welcome ASI's newest first-time member—and introduce yourself if you see her. She is Marian Lowe, ASI member no. 551 in 2018. She is 100 years and six months old.

Shake your Tail Feathers At the Monterey County Fair

August 31, 2018, at the Monterey County Fair, it's Senior Appreciation Day. Representatives will be there from various organizations that support and provide services to seniors. Your organization, ACTIVE SENIORS, INC., will have a display table providing information on ASI. Admission is free for seniors. Drop by and say "hello" at our table. If you want to volunteer an hour or so, contact Prez Wayne for information at (831) 320-0913. See you there.



Marian Lowe

Give Your Fabric Projects a Boost

The Active Seniors' Sassy Quilters group will hold a day-long sew-in on Thursday, Aug. 30—the fifth Thursday—9:30 to 3:30. Bring your sewing machine, a brown bag lunch, and the projects you want to tackle. We'll provide extension cords, power strips, irons, ironing boards, and all of the cutting tools. Some members are taking on their UFOs. Others are challenging fellow quilters to a 1600 Race. If you want to cut out pieces or pin a quilt, we'll elevate the tables. Hand work, of course, is always fair game. This is your day, quilters. Join us!

Veterans Transition Center Stand Down Seeks Clothing

Please begin saving all-ages clothing for homeless veterans and families to be distributed at the VTC Stand Down Sept. 28-30, where the VTC expects 500+ families.

Spotlight on Programs--Yoga at Active Seniors

Our Yoga class was started 3 years ago with only 4 people and at the time we met in the board room. We now have an average of 22 people attending, and frequently on Fridays we have as many as 30. Our leader, Robert Pettit, challenges us to “stretch” ourselves (oh, did I really say that!), but not to the point of pain. We laugh, we groan, and we have a lot of fun along with getting strong, flexible and improving our balance.

We welcome all skill levels and have participants who are brand new to Yoga and can hardly bend forward, to those who have been doing Yoga for years and excel at all the poses. We have several members who are in their 80's and some newcomers who are in their 40's and still working.

We finish our sessions with some pilates to work and strengthen our core which is uber important as we age. Then we lie back on our mats, close our eyes and relax with some soothing, quiet music. All in all, it is a wonderful way to spend an hour on Wednesday and Friday mornings.



Calendar of Upcoming Special Events

- ASI schedules many one-time events, in addition to regularly scheduled weekly workshops. Here are some.
- August 4** (9 AM- 4 PM) Saturday: Post-Wide Yard Sale (at the former Ft. Ord, 4242 Gigling Rd.). ASI will have a booth to raise funds. **We are accepting donations for the sale.** Donation receipts available if members want one. Note: 9-10 AM is early-bird shopping for a fee (\$5-\$10). Admission is free after 10 AM.
 - August 10-13:** ASI closed for parking lot re-sealing and striping. Welcome back Tuesday, Aug. 14.
 - Aug. 23** 1-3 PM (Free 4th Thursday), Joanne Valdez from COSTCO discussing hearing aids.
 - September 6** Thursday, (1-3 PM): At ASI. Technology Assistance put on by California Telephone Access Program, discussing basic iPhone use. \$2 per member. Limited to first 15 ASI members who sign up in the office.
 - September 27** (1-3 PM): ASI's fourth Thursday FREE event will be California Telephone Access Program discussing Android Phone use. LIMITED to the first 6 signups. Signup sheet not available yet.
 - October 25** (1-3 PM): ASI's fourth Thursday FREE event will be the VNA flu clinic where you may also be able to get other shots you may need, such as pneumonia and shingles.

ASI Yard Sale Fundraiser Needs Your Help

Your Active Seniors, Inc. organization needs your help. ASI is participating in the Post Wide Yard sale on Saturday, Aug. 4, from 9 am to 4 pm (see note in calendar). First, we can still use donations. Please bring them to ASI through Friday, Aug. 3. Second, our regular scoundrels (I won't say who you are) are all out of town.

We need 2- 3 pickups to transport tables, chairs and yard sale items from ASI to the old Fort Ord area where the yard sale is taking place. We will load at 7:30 AM at ASI and will return around 4:00 pm. If you can help, would you please contact Prez Wayne at (831) 320- 0913. Thanks for your support.
Prez Wayne

Star Pharmacy's Fourth Thursday Event

On July 26 a sizeable delegation (more than 30) of ASI members met at Star Pharmacy for lunch (delicious and healthy, featuring a Caesar salad, great salsa and chips, and snack mixes) and an informative program presented by staff and suppliers, including a review of risk factors in aging and heart disease and tips on medications, hydration, skin care, cosmetics and exercise.

Especially useful was a wide ranging look at adaptive techniques, materials and devices, much of which most of us were not familiar with and, unfortunately, may not yet want to be familiar with—but should be. Jondy Lee of the Star staff encouraged us to become knowledgeable about whatever can help seniors on our journeys through the later years and to take advantage of those techniques and aids sooner than later.

Star intends to continue offering workshops on an occasional basis. We can look forward to the next one.

ACTIVE SENIORS, INC.
VOLUME 22 ISSUE 2
100 Harvest St.
Salinas CA 93901



Thank you T & A

For mailing these!



ACTIVE SENIORS 2018 Adventure Tours: TOUR DIRECTOR: LYNETTE McGREGOR

SEPTEMBER 14, 2018, SANTA CRUZ FOLLIES: See the Follies where all the performers—who have as much fun as the audience—must be at least 55 years old. Early no-host lunch at Phil's Fish Market in Moss Landing plus tour of Gizdich Farms. \$57 per person. With Silver Kings & Queens. *Please contact Lynette, 422-3049.*

SEPTEMBER 25-OCTOBER 3, 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 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 \$2995. See full itinerary in the rack at Active Seniors.

August 11-23, 2019, CASTLES OF THE BRITISH ISLES. Fabulous cruise/trip on Cunard's Queen Victoria starting from London and going around the UK. See Newcastle-upon-Tyne, Inverness, Scotland, Glasgow, Scotland, Belfast, N. Ireland, Liverpool, England, St. Peter Port-Guernsey, Southampton, and back to London. If deposited by July 31st, receive \$150 on a Balcony Stateroom. From \$4,335.

4th Thursday of the month Program

Your FREE 4th Thursday of the month program will feature Joanne Valdez from COSTCO discussing hearing aids. This should be a very informative program. The program will be at the Active Senior, Inc. facility the 4th Thursday in August (Aug. 23) from 1-3 pm. See you there!