

## OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)

831-424-5066



## ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

[www.activeseniorsinc.org](http://www.activeseniorsinc.org)

[Like us on Facebook](#)

# Monthly Newsletter - July 2021

## ASI Upcoming Closures

Happy 4th of July. Closed Mon., July 5, to celebrate.  
Closed Mon., July 12, for building maintenance.  
Closed Mon. Sept. 6, Labor Day. Thank a worker.  
Closed Tue., Sept. 14, for special election. Please vote.

## Updated Activity Schedule

**ASI is open for activities Monday through Friday,  
9:00 AM to 4:00 PM**

### **DAILY ACTIVITIES**

**MONDAY:** Zumba, 9:00-10 AM\* + Instr. Donation  
Que Sera Sera Fabric Art, 2nd & 4th Monday,  
11:30 AM-1:30 PM\*\*

Mahjong 12:30 to 3 PM\*\*

Journaling Club, 1st & 3rd Monday, 1-3 PM,  
July 19 through Aug. 25\*\* (see >>>)

**TUESDAY:** Line Dancing 10 to 11:30 AM\*\*  
Bridge 12:15 to 3:30 PM\*\*

Experienced players of all levels welcome

Beginning Ballroom Lesson 6-7 PM

Ballroom Dancing 7 to 9 PM

Fee \$9.00 (\$10.00 non-members)

**WEDNESDAY:** Yoga 8:45 to 9:45 AM\*

Chess Club, 10 AM-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 Thurs., 9-11 AM\*\*

Tech Assistance, 3rd Thurs., 1-3 PM\*\*

AOA Discussion Group 2:15-3:30 PM

Ping Pong, 3-4 PM\*

Narcotics Anonymous family support group

“Sweet Serenity”, 6:30-7:30 PM

**2nd THURSDAY: MEMBERSHIP LUNCHEON**

July 8, Noon, \$10 members, \$12 non-members.

Program: Mayor Kimbley Craig

**FRIDAY:** Yoga 8:45 to 9:45 AM\*

Zumba 10-11 AM\* + Instr. donation

Bridge 11:30 AM to 3:30 PM \*\*

Western Dance, 1st, 2nd, 4th Fri., 7-10 PM, \$10

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

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

Legal Services for Seniors, Ukulele Club begin soon.

## Journaling Debuts as New ASI Activity

ASI is starting a new activity. The ASI *Journaling Club* is a writing program for seniors, open to all levels, no formal writing background required.

Journaling Club is a 2-hour class from 1-3 PM on 1st and 3rd Mondays (beginning July 19 through Aug. 25, 12 sessions) designed to capture memories, encourage imagination, and share life stories in a fun and engaging manner. Sessions include writing exercises, journal prompts, art, creative expression, collaboration, and sharing of individual writing.

Participants will have opportunities to write stories, memoirs, essays, poetry, and more. Come to meet new people, exchange great stories and enjoy social aspects of writing and sharing with friends.

Journaling Club will be led by Gaye Freedman. The cost is \$2.00 per person per session plus Donation. If you are interested, please click on the survey link below and fill in the requested information. We will contact you to enroll you. Thank You.

<https://forms.gle/18MoK2ZDQana9zMX6>

“ASI—where Active Seniors are Happy Seniors”

## Active Seniors Tours 2021

By Sharon Piazza, ASI Tour Leader

ASI is pleased to resume ASI travel opportunities (thanks mainly to the success of COVID prevention measures and vaccines). Our first scheduled tour—Oct. 31, Sunday—is HAMILTON, the story of America then, told by America now.

Featuring a score blending hip-hop, jazz, R&B and Broadway, HAMILTON has taken the story of American founding father, Alexander Hamilton, and created a revolutionary moment in theater (based on Ron Chernow’s acclaimed biography).

Cost of \$185 per person includes play, transportation, and lunch served on the bus. The tour is sold out but there is a wait list and ASI may get additional tickets. More trips are being planned.

# COVID-19 “Digital” Vaccine Card

By [Wanda Pan-Christiansen](#), Dev. and Marketing Dir., Alliance on Aging

If you misplaced your COVID-19 vaccine card—not to worry—you can now access your card digitally via the California Department of Public Health’s new digital vaccine record site.

Your digital vaccination card will show the following information (same as the paper version): name, date of birth, date of vaccinations, and vaccine manufacturer, and a QR code readable by a QR scanner.

- To access your digital COVID-19 vaccine card, go to: <https://myvaccinerecord.cdph.ca.gov>.
- Enter your name, date of birth and email or mobile phone number associated with your vaccination record.
- You will then create a four-digit PIN, which is used to access a link to your record.

The digital card serves as a convenient backup to the paper card. Just use your phone to access your digital card or place the QR code at the QR scanner. NOTE: If you received your vaccinations from a federal agency (e.g., Department of Defense, Indian Health Services, or Veterans Affairs), you will need to reach out to those agencies for assistance with your vaccination record.



## Libraries Opening, But Virtual Programs Continue

By [JJissella Duarte](#), Librarian, Salinas Public Library

At the Library, we opened all our branches for express service earlier this month. Now folks can come inside and browse through the shelves and use the computers for a limited amount of time. We are, however, continuing our virtual programming and next up for adults is a workshop in our Genealogy Basics Series. All the information is below.

### Genealogy Basics: It's All Relative

Date: Wednesday, July 14, 2021. Time: 5:30-7:00 pm

Where: Zoom register online at <https://bit.ly/3mJbnMC>

Website Link: <https://salinaspubliclibrary.org/GenealogyBasics/ItsAllRelative/July/2021>

Description: It can be challenging to sort out family connections between relatives. Identifying the ancestor that connects you and the generation that divides you, whether it’s your first cousins or your half-third cousin twice removed, helps make sense of your family tree. This class will help you sort things out to make sense of it.

Questions? Contact Cathy at [CathleenA@ci.salinas.ca.us](mailto:CathleenA@ci.salinas.ca.us)

### Writing in a Fresh Dimension: Getting Published as an Older Author

Date: [Wednesday, July 21](#). Time: 4:00 - 5:00 pm

Where: Register for this virtual event [here](#).

Description: Bonnie Dillabough turned a recurring dream into a trilogy of books. The first was published 2 weeks before her 64th birthday.

Bonnie (>>>) writes where two genres meet, science fiction and fantasy. Whether you are a book fan or an aspiring author, come hear about the joys and pitfalls of writing and getting published.

Questions? Contact Jissella at [JissellaD@ci.salinas.ca.us](mailto:JissellaD@ci.salinas.ca.us).

## July Birthdays

*Ed. Note: Should we continue these monthly announcements? Or return them to the lunches? Let your editor know via email at [griesen@redshift.com](mailto:griesen@redshift.com) or by phone, 595-3165. Thank you.*

Linda Amaral	Susan Mcgee
Jean Chapin	Bob Meyer
Niki Estrada	Kathy Palone
Ben Hanley	Vickie Petree
Bernard Hanly	René Pledger
Judy Hansen	Jo Porter
Patricia Haynes	Gerry Reynolds
Suzanne Hendrick	Violet Rodriquez
Richard Humphreys	Judy Simmons
Tom Immermann	Patrick Stanford
Marilyn Janes	Karen Totaan
Myrna King	Bob Whitlock



## Newsletter Contributions Wanted

ASI Members please help make this newsletter more relevant. Your Editor welcomes articles or suggestions or bits of humor you think other Members would like. Please send submissions, suggestions, even your own articles and writings to George Niesen, [griesen@redshift.com](mailto:griesen@redshift.com) or text or call at 831-595-3165. Thank you.

# How to Apply for MST Taxi Voucher Program

Thanks to **Wayne McDaniel**

1. Customer/Rider (or his/her representative) fills out **MST form** (in folder on ASI office counter).
2. Office volunteer puts form into **Wayne's in-box**.
3. Wayne calls **MST** and gives them that information.
4. **MST mails** to customer their vouchers with necessary information.
5. **Customer calls** one of five taxi companies in Salinas—at least 24 hours **in advance**.
6. On the given day the customer gets into the taxi and hands a **voucher and a \$3.00** payment to the driver.
7. Watch the **meter!** If the meter goes **beyond \$17.00** the customer must pay for any extra amount.

Question: What about tipping? Answer: Tipping is not required. Enjoy your hassle-free trips!



## A Plea from Your ASI Volunteers—Especially Maintenance and Office

We must remind our ASI Members to PLEASE park facing INTO the wall around the parking lot. Backing into a space subjects our beautiful mural to your vehicle exhaust, which in time can damage, discolor or fade the mural. *Please park facing into the wall!* Thank you.

## Easy Vegan Cashew Mayo

By Chef Michael

I seem to be leaning more vegan each day and the results of eating plant based with an intermittent style diet (twice a day) has improved my health tremendously. In my quest to satisfy my taste buds, I have been experimenting with replacement menu items known as “analogues, or imitations”. Here is a recipe for a great mayo replacement. Use it just like a mayo, spreading on sandwiches, making salad dressings, etc. I love 1000 Island, so I mix the mayo with some sugar free catsup, pickle relish and a little Worcester with great results.

Note: I have been a carnivore most of my life and sometimes I really miss meat, so I have been doing a deep dive into the world of crafting Seitan (pronounced Say-Tan) with meat analogues, or imitations. Next month I will begin a series producing replacements starting with the “Vegan In & Out Burger” then on to Chicago Style Frankfurters, Pulled Porc, BBQ Brisket, Chikun Apple Sausage, etc.

### Ingredients

- |                            |                       |                           |
|----------------------------|-----------------------|---------------------------|
| 1 cup raw cashews          | 1 tsp. Dijon mustard  | 1/4 heaping tsp. sea salt |
| 1 Tbsp. lemon juice        | 1 tsp. garlic powder  | 1/2 cup water             |
| 1 Tbsp apple cider vinegar | 1/2 tsp. onion powder |                           |

### Method

Soak cashews in hot water for 30 minutes or overnight in cold water.

Add cashews along with all other ingredients to the blender and process until smooth and creamy. VitaMix blender works best.

Stop and taste test: adding more apple cider vinegar for tanginess; lemon juice for acidity; salt for saltiness; and more water if you want it not so thick.

Blend once more after making final adjustments. Pour into a jar or container and store in the fridge until ready to use. It will keep for several days.





Thank you T & A

For mailing these!



## You Can Contribute to ASI Via Amazon Purchases

Amazon report forwarded thanks to **Wayne McDaniel**

"This is the quarterly notification to inform you that AmazonSmile has made a charitable donation to the charity you've selected, **Active Seniors Inc.**, in the amount of **\$25.67** as a result of qualifying purchases made by you and other customers who have selected this charity.

"Thanks to customers shopping at [smile.amazon.com](https://smile.amazon.com), or with AmazonSmile ON in the Amazon Shopping app, everyday purchases have generated over \$293 mil. in donations to charities worldwide so far. AmazonSmile's impact: \$549.47 to Active Seniors Inc.; \$262,635,668 to all charities in the US; \$293+ mil. to all charities worldwide. To track donations or change your charity, simply visit [Your AmazonSmile Impact](#) page."

## ASI Volunteers Needed

By ASI President **Dwight Freedman**

I would like to remind everyone that Karen Towle is our Office Manager and Office Volunteer Coordinator. If you know of a member who would like to volunteer in the office, please see Karen. If you yourself are able to work a couple of shifts a month at least (9:00 to 12:30 or 12:30-4:00) please contact Karen at the ASI office.

