

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

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Monthly Newsletter - September 2022

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation

Ukulele Club, Noon –2 PM,** 1st and 3rd

Mondays beginners to brilliant, 2nd, 4th
(& 5th) jam sessions for everyone.

Mahjong 12:30 to 3 PM**

Readers Theater, 2:30-3:30*

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

Beginning Ballroom Lesson 6-7 PM

Ballroom Dancing 7 to 8:30 PM

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

WEDNESDAY: Yoga/Balance 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 instructor

THURSDAY: Ping Pong, 3-4 PM*

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

Quilting, 1st & 3rd, 9:00-11:00 AM**

Knitting & Crocheting, 1st, 3rd, 4th, 1-3 PM.

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

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

2nd THURSDAY: MEMBERSHIP LUNCHEON

Sept. 8, Noon, \$12. Sign up by Friday, Sept. 2.

Program: Dr. Carol McKibben, Salinas history

FRIDAY: Yoga/Balance 8:45 to 10:00 AM*

Zumba 10:15-11:15 AM* + Instr. donation

Bridge 12:00 noon to 3:30 PM **

Western Dance, 7-9:30 PM, 1st and 3rd Fri. \$8/10

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

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

Friday Night Western/Line Dancing is Back!

Where: Active Seniors, 100 Harvest St., Salinas; **When:** Fri., Sept. 2, 16; **Time:** 7-9:30 PM; **Information:** 831-424-5066 or 831-261-8087; **Members:** \$4, **Non-Members:** \$8

By popular demand we're dancing on the first and third Fridays. Proof of COVID vaccination required. Masks optional. Don't miss the FUN! See you on the dance floor!

No Inflation Here

By Donna Elder-Holifield

Unlike the news stories about inflation, this article tells a story about how money is used wisely and how services are offered to seniors at minimal costs. It explains how Active Seniors Inc. holds costs down while offering a plethora of activities.

The main sources of money for ASI are the \$30 dues members pay for a year's membership, the small per-person fee for each activity and the interest and dividends from savings and investment accounts that are formed from donations (trusts, memorials, etc.). From time to time, ASI also receives grants for specific projects.

The Savings and investment funds are used for major projects such as parking lot repairs, tree removals, floor refinishing, kitchen improvements, or any other expenses not considered operational. There is no assessment of members for these repairs and improvements. Also, there are no mortgage payments as the facility at Harvest and Pajaro was paid for in three years via donations.

The dues and the fees charged for the activities (the \$1/\$2 for members and \$2/\$4 for non-members you put in the baskets on the table as you walk in the door for your activity) go toward all the operational expenses which include gardening, janitorial services, utilities, insurance, supplies and any other minor expenses.

Twelve-dollar luncheons are another bargain. The luncheons are made possible by all the volunteers. Yes, our wonderful chef, all the kitchen crew, the servers, and the table decorators are volunteers.

The trips are coordinated by a volunteer, Sharon Piazza. She does all the organizing and legwork for the one-day trips. Extended trips (like the upcoming Branson trip) that require multiple transportation and destination arrangements are normally set up by a travel agent under Sharon's watchful eye.

(continued on P. 2)

No Inflation (continued from P. 1)

The event tickets, buses, and lunches for the one-day excursions are all paid as a package by the people making the trip with a breakeven point calculated at 30 attendees. It should be noted that ASI carries a travel accident policy that covers anyone on the one-day excursions.

The cost of extended trips is paid by each participant to the travel company, in which case each traveler is responsible for his/her insurance offered by travel companies at a very reasonable fee. Sharon does a very good job of getting most for your money. So, enjoy the activities and rest assured that as a private, non-profit entity, ASI is an absolute bargain to be treasured for all the services the volunteers offer.

ASI Luncheon Sept. 8

Please purchase your Lunch by 4 PM Friday, Sept. 2. It's Chicken Penne with pesto cream sauce; garlic bread; Salinas greens with balsamic dressing; triple berry crumble.

We have a great program scheduled. If you are interested in Salinas you won't want to miss it. Dr. Carol McKibben (>>>) will focus her talk on how multiple ethnic groups became city-builders in Salinas, challenging our understandings and assumptions about Salinas history and its significance to California and the nation.

[Carol McKibben](#) is a Lecturer, Departments of History and Urban Studies, Stanford University; Affiliated Scholar, The Bill Lane Center for the American West; and an Organization of American Historians Distinguished Lecturer. She has been teaching courses in California history, Urban history and Immigration history for the Department of History and Urban Studies at Stanford University since 2006 and for the Bill Lane Center for the American West since 2020. She has also engaged in numerous community-based research projects on the Monterey Peninsula for thirty years. As Director of The Salinas History Project, Dr. McKibben is currently engaged in a community-based research project that aims to re-examine the historical development of the city of Salinas in regional, state, and national contexts.



Remember the Survey Many of You Took?

Thank you to all our Members who filled out our member satisfaction survey. The results are in, and we would like to share responses with you. Here is a short breakdown of the results including your ideas and suggestions. We are excited to let you know we are already working on implementing two of your suggestions. You will be hearing more about Saturday Activities (P. 3) and New Member Orientation soon.

We cannot highlight every activity that was included in our survey; however, these are the most requested new activity suggestions: Saturday Activities –See article on P. 3; Genealogy –In Place; Gardening Classes; Cooking Demonstrations; New Member Orientation—Soon to be announced; 50's to 70's Dance, Holiday Dance (Valentine's Day, Super Bowl Watch Party) etc.; Tours—a separate survey has been created, results to be announced. The top four current activities are: ASI Luncheon; Zumba; Yoga; Tours.

If you are interested in leading or assisting with the leadership of the suggested classes or activities above, please feel free to contact our office at (831) 424-5066 or email us at asi@activeseniorsinc.org. Thank you for your participation. We are looking forward to implementing more of your ideas soon.

Warm regards, Your ASI Staff

Please Help

By Loretta Salinas

Connie Sapien, an active member of ASI and the community, lost her home and everything in it in a tragic housefire on Aug. 20. Please open your hearts and make a monetary donation, so Connie can navigate through this very difficult time. Checks can be made out directly to Connie Sapien. Active Seniors Inc. (100 Harvest St., Salinas, 93901) will accept all donations on her behalf. You can drop by the office or mail them in.

Should you have questions, please contact Loretta Salinas at 831-840-1196 or Lucy Hansen at 831-595-0349. Thank you for your support.

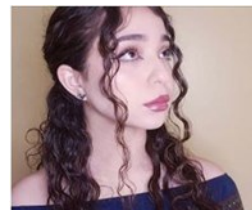
Monterey County Pops Free Concert Sept. 4

MONTEREY COUNTY POPS! presents "HONORING LABOR," a free concert on Sunday, Sept. 4, 2:00-3:30 PM at Closer Park, 401 Towt St., Salinas. It is an important addition to the Monterey County Pops! series of annual performances at major civic events in the county. This year's performance is funded by The Recording Industry Music Performance Trust Fund administered through the American Federation of Musicians.

The 22-piece professional orchestra will perform in Closter Park's Kiosk or band stand, donated several years ago by Central Coast Rotary Clubs. Cities worldwide present free concerts in similar band stands and Monterey County Pops! is proud to bring the tradition to Salinas. Community and Rotary leaders will address the audience.

The performance will begin with the National Anthem sung by recent Hartnell graduate and San José State scholarship student, Tatiana Magdaleno (>>>). The program features a wide variety of musical selections appealing to all ages and musical tastes, with patriotic titles, traditional band standards, pop music from the U.S. and Mexico, film scores and classical numbers.

The informal afternoon of music is hosted in English and Spanish by Music Dir. Dr. Carl Christensen. The public is invited to bring blankets or lawn chairs to enjoy the concert.



EXTRA! EXTRA! EXTRA!!!! Check Your Saturdays

By Bob McGregor, Board President.

Beginning in October, Active Seniors is excited to start offering select activities on Saturday.

Bridge will be offered on the first Saturday of each month beginning Oct. 1 from 11:30AM – 3:30PM. The following activities will be offered on the second Saturday of each month beginning Oct. 8:

Yoga, 8:45-10 AM (Mat, block required. Bring water.) *maximum number of participants– 30; \$1 members, \$2 nonmembers*

Zumba, 10:15AM – 11:15AM (Bring water); *maximum number of participants – 40; \$1 members, \$2 nonmembers*

Tai Chi, 11:30AM – 1:00PM (Bring water); *\$2 members, \$4 nonmembers*

Ukulele, 1:15PM – 3:15PM (Ukuleles will be available for your use or you can bring your own); *\$2 members, \$4 nonmembers*

Our office is closed on Saturday when our activities are taking place. As a result, participants must bring exact change and arrive prior to the start of the activity. Doors will be locked once the activity begins.

If you are interested in Bridge and are currently not a member of the Bridge group, you must come in and sign up or call the office at 831-424-5066 to reserve a seat a week prior to the scheduled activity.

Non-Members must bring their VAX card in order to participate in any activity.

We are excited to offer more opportunities for our members! Let us know how Saturdays work out for you.

Thursday Night's Sweet Serenity Meeting

By Kim K

Is drug addiction affecting a loved one or friend? The Nar-Anon Family Groups form an anonymous world-wide fellowship for those affected by someone else's addiction. We offer our help by sharing our experience, strength, and hope. The only requirement for membership is a problem of addiction with a relative or friend.

Please come join us at ASI every Thursday evening from 6:30-7:30 PM. Newcomers welcome. See you there!

September Birthdays

Susan Aremas	Mary Laffin
Edward Armstrong	Therese Ledesma
Ann Atkins	Margaret Lopez
Richard Avila	Leroy Martella
Patricia Barr	Janeen Martino
Esther Bench	Mary Lea McDaniel
Elizabeth Birkeland	Diane Middaugh
Clara Bunse	Scott Miller
Debby Carranza	Ed Nimis
Richard Davenport	Mary Ellen Parra
Amy Dawe	Cheryl Pirozzoli
Jean Dawson	Lynn Pura
Donna Elder-Holifield	Barbara Pybas
Marc Eldridge	Mary Rogers
Jackie Gash	Laurie Singer
Lionel Gill	Diane Smith
Raquel Gonzales	Kathy Stoudt
Mercedes Grissom	Larry Tack
Josie Hancock	Michael Vindhurst
Gwen Jensen	Tom Wesolowski
Joseph Johnson	Carole Wild
Roseann Kalich	Robert Williams
Margot Klepar	Grace Wood
Ravi Kulkarni	Delia Ybarra



Save the Dates: More Information in Subsequent Newsletters

By Wayne McDaniel, ASI Publicity Chair

ASI is planning some upcoming events which you may want to put on your calendars.

The first is Oct. 28, 4:00-7:00 PM, an open house at ASI featuring information tables for ASI's partners (yes, ASI cooperates with numerous agencies and non-profit organizations). Come and check them all out.

A second event to mark is the ASI luncheon program on Thurs. Nov. 10. It will feature Ann Mills-Griffith, Chmn. and CEO of the National League of POW/MIA Families, whose remarks, including those about her brother who was MIA for 52 years, will surely resonate with all of us.



Adaptive Phone Services Available

By Dwight Freedman

Just prior to our next Technology Workshop on Thursday September 15, at 1:00 PM, we will have a short presentation given by Lydia Santillan, a Field Operations Specialist for the California Telephone Access Program.

Come to this free demonstration. An expert will show various types of adaptive phones available and explain this state-funded program. There is no cost, obligation, age, or income requirement. See you there.

Want to learn more? Click Here www.CaliforniaPhones.org. For more information about Free Smart Phone Training, contact us at [1-866-271-1540](tel:1-866-271-1540) or smartphonetraining@ddtp.org.

A Couple of Poll Workers Needed as Backups

If you can work a shift Nov. 8 and do 2 hours training, we may need you in case someone cancels. If you can help, contact George Niesen by text/phone, 831-595-3165 or email, gniesen@redshift.com. Thanks.

Ready, Set, Let's Go!

By Sharon Piazza

Only 10 seats remain for this year's **Fleet Week** on Saturday, Oct. 8. Come aboard the beautiful San Francisco Belle for a delicious lunch buffet, free-flowing champagne, DJ entertainment, and the best view of the **Blue Angels** airshow. On the return trip plan on showing off your dance moves. Stop by ASI to make your reservation soon. Tickets are going fast! Registrations received after Sept. 14 will be put on a waitlist. \$170/person.

The Dickens Christmas Fair is coming to the Cow Palace in Daly City. Our last one-day trip for 2022 takes us there Nov. 19. You'll enjoy food, drink, crafts, games, and endless amusements. Lunch on your own. \$76/person. Several Members have attended in the past and say it is a memorable event.

As event tickets are non-refundable we need registration and payment by Mon. Sept. 19, at 4:00 P.M. to finalize our purchase. If we don't have commitment from at least 30 members and/or guests by Sept. 14, we will cancel the trip and refund payments. Please see the trip fliers. For questions or information, contact Sharon at 831-261-8087 or visit the ASI website at activeseniorsinc.org/tours.

From the Salinas Public Library

Thanks to Jissella Duarte, Librarian, Salinas Public Library

[Dementia Conversations](#)

Learn helpful tips to guide you in difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

Virtual Meeting, [Register Here](#). Thursday, September 8, from 10--11 AM.

For more information contact Don at Donga@ci.salinas.ca.us

[Author Talk: Dr. Michele Borba, "Thrivers"](#)

Join Dr. Michele Borba for our first author talk on September 8. Her book "Thrivers", empowers educators and parents to help kids thrive in today's fast-paced, digital-driven world.

Virtual Meeting, [Register Online](#). Thursday, September 8, from 11 AM—Noon.

[Make sure to mark your calendar for September's author talks!](#)

More authors are scheduled to present in Sept. including prolific British-American writer, journalist, and consummate adventurer *Simon Winchester*, who has written over 30 titles and will talk about his myriad books and personal expeditions. Pulitzer Prize finalist *Hernan Diaz* will talk about his latest book "Trust", an intricately constructed quartet of stories revolving around a legendary Wall Street tycoon and his wife in 1920s New York.

For more information contact Jissella at Jissellad@ci.salinas.ca.us

[Dogs Making a Difference: From Puppy to Guide Dog](#)

Guide dogs are life changing companions and helpers for their human partners. Learn about the people they help and the people that help them along the way.

This exciting program will appeal to people who are curious about guide dogs and what they do, those who are interested in getting a guide dog for themselves or someone they know, and people who would like to learn about becoming a guide dog puppy raiser. A guide dog will be at the program!

In-Person Program, Tuesday, September 20, from 6-- 7 PM, El Gabilan Library.

For more information contact Kate at kathrynb@ci.salinas.ca.us