

## 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)

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# Monthly Newsletter - October 2021

## Updated Activity Schedule

### DAILY ACTIVITIES

**MONDAY:** Zumba, 9:00-10 AM\* + Instr. Donation  
Ukulele Club, 10:30 AM-12:30\*\* 1st, 3rd Mon.

1st Mon. for beginners (but all welcome)

Que Sera Sera Fabric Art, 11:30 AM-1:30 PM\*\*  
2nd & 4th

Mahjong 12:30 to 3 PM\*\*

Journaling Club, 1-3 PM, 1st & 3rd Monday

**TUESDAY:** Line Dancing 10 to 11:30 AM\*\*

Bridge 12:00 noon to 3:15 PM\*\*

Experienced players of all levels welcome

Legal Services for Srs., 1-3 PM, sign up required

Beginning Ballroom Lesson 6-7 PM

Ballroom Dancing 7 to 9 PM

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

**WEDNESDAY:** Yoga 8:45 to 10:00AM\*

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, 9-11 AM\*\*, 1st & 3rd

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

AOA Discussion Group 2:15-3:30 PM. No drop-  
ins; to register call Nanci, 831-975-4257

Ping Pong, 3-4 PM\*

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

**2nd THURSDAY: MEMBERSHIP LUNCHEON**

Oct. 14, Noon, \$12. Program: Scotty Wright Trio  
(story P. 3)

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

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

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

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

\* \$1 Fee  
for mem-  
bers, \$2 for  
non-  
members  
\*\* \$2 for  
members,  
\$4 for non-  
members



Monde Mobsinner Bakaqana

14 hours ago · 🌐

Why Iron-man and why not  
Fe-male?

This joke is not for everyone

## Suggestions/Procedures Keep ASI Safe

By ASI President Dwight Freeman and the ASI Board

We hope everyone is safe and well. We are very pleased to announce that Active Seniors Inc. re-opened on Monday September 27<sup>th</sup> at 9 AM. All our current Activity Leaders are on board.

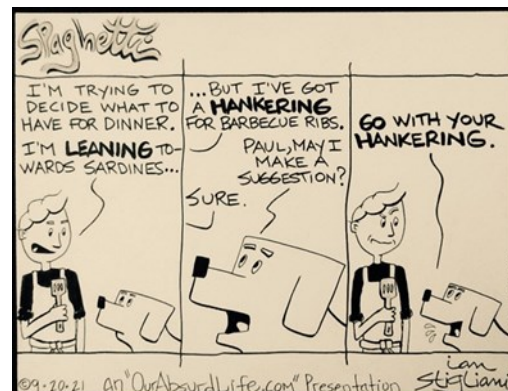
Additionally, we will have our in-person Luncheon on Thursday Oct. 14 and have scheduled other activities throughout the October calendar. Our facility was deep cleaned on Saturday September 25.

We would like to remind you how important it is for everyone to participate in keeping ASI a safe environment. Please carefully adhere to these requirements:

- If you don't feel well, stay home;
- If your symptoms continue, get tested right away;
- If your test shows positive, please notify your Activity Leader or the ASI office immediately;
- Fully vaccinated people should get tested 3-5 days after exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

All our activities require Members and non-members to show proof that they are fully vaccinated. As of now there is no indoor mask mandate in Monterey County. However, indoor mask mandates may be coming. In any case, ASI

strongly encourages activity participants to wear masks whenever possible and feasible.



## Active Seniors Inc. October Activities & Presentations

Join us in the following special activities and presentations being held at Active Seniors this month. Call or come in to sign up for the presentations or workshops below. **All Participants Must be Fully Vaccinated.**

### Ukulele Club:

**When:** Monday October 4. **Time:** 10:30 am.

The re-opening of the Active Seniors building now allows us to resume regular meetings of the club twice per month--on the first and third Mondays. Our first meeting will be for beginners, but anyone is welcome to come.

To be sure you'll have a seat, **please let me know by email to [stanleysokolow@gmail.com](mailto:stanleysokolow@gmail.com) that you want to come on Oct 4**, if you haven't reserved your place already.

Also, let me know if you want to borrow one of our loaner ukuleles for the meeting. Due to the ongoing prevalence of COVID in the community, seating will be limited to 24 for adequate spacing.

### ASI October Luncheon--Fall Theme

**When:** Thursday October 14. **Time:** 12 Noon

**Menu:** Jumbo Shrimp Louie with Baby Gems Lettuce; Leek Cheese Roll; Strawberry Shortcake

**Luncheon Requirements:** Luncheon Registration: Now Open. Luncheon Registration ends Monday October 11 or when we reach a maximum 96 guests.

**Cost:** \$12 per person. No Refunds and No Transfers.

Attendees must show proof they have been **fully vaccinated.**

**All reservations must be in person and paid. No phone reservations.**

Reservations can be paid for by Cash, Check or Credit Card.

**Entertainment:** Music – The Scotty Wright Trio (see P. 3)

### Technology Workshop:

**When:** Thursday October 21. **Time:** 1 to 3 pm

### VNA Flu Clinic:

**When:** Friday October 22. **Time:** 1 to 3 pm

**Cost:** Please bring your Medicare or Health Insurance Card.

Winter is on our doorstep, so this is the time to get your Flu Vaccination.

### Medicare Presentation:

**When:** Thursday October 28. **Time:** 1 to 3 pm

**Cost:** Free

Alliance on Aging is giving a Medicare Presentation. Find out What will be changing next year. See you there...

## Ready, Set, Let's Go!

Traveling With ASI, by Sharon Piazza

What's on your travel bucket list? Kentucky Derby? See the Northern Lights? Napa Valley wine tour? Take a cruise? Where in the world would you want to go the most?

Or maybe you would rather stay close to home and visit a museum or see a play. If you have a travel idea, give Sharon a call: 831-261-8087.

### October Birthdays

Carol Brown	John Morrison
Frankie Chaney	Claudia Palassou
Cynthia Duvall	Anne Pauly
Jaime Eltit	Gene Rojas
Joseph Haro	Terri Schreihart
Jeanette Hildebrandt	Cristy Shauck
Susan Jimenez	John Silva
Don King	Harry Singh
Anjalie Kulkarni	Colene Smoot
Carlos Mariscal	Julie Spitz
Harold McCarthy	John Villalobos
Carolyn Meyer	Verna Lee Wicks
Joan Miloch	



THE NIGHT EDDIE BECAME A TOAD.



## Scotty Wright Trio Entertains at Oct. Lunch

Thanks to Chef Michael

Scotty Wight (at right) is an amazing vocalist and keyboard player who played the ASI luncheon a few years back. On October 14, Scotty will be returning to ASI, accompanied by Ben Herod and Chef Michael of the Moon Glow Dance Band from the Tuesday Night Ballroom Dance. This is a not-to-miss event at ASI.

And there's more! Chef Michael and the ASI kitchen team will be presenting a wonderful Shrimp Louis with Baby Gems and Strawberry Shortcake.



## Third Shots of Pfizer, Moderna Available; Booster for Pfizer

Thank to Jim Tripp

An actual booster shot is now available for those 65 and over who received the second Pfizer (not Moderna, unfortunately) vaccination shot at least six months previous. People can go to <https://myturn.ca.gov> for information and to sign up for an appointment.

Third shots of either the Pfizer or the Moderna vaccines are also available. At this time, however, additional vaccine doses are only authorized for individuals with moderate to severe immune compromise.



Ben Herod on Sax, Clarinet, Flute & Percussion

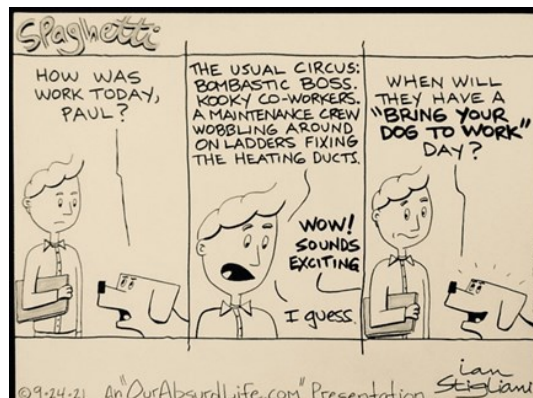


Chef Michael Upright Bass

## Best of Monterey Bay Visitors Guide

The next time you come by ASI, ask for a copy of the *Visitors Guide*. Published by Monterey County Weekly, it should be in your library. Not only can you keep your out-of-town guests well-fed and entertained for as long as they are here, you'll most likely learn a lot about what the County offers, even if you have lived here all your life.

There's always something new and this great overview introduces you to most of it.—restaurants, drinks, farmers markets, events, arts, recreation, beaches, golf and, yes, emporiums where you can purchase cannabis (>>>).





Thank you T & A  
For mailing these!

## Texican Fruit Compote

By Chef Michael

Most Months at the ASI Luncheon, I serve a Fruit Compote as an alternative to the regular dessert. I have received a lot of requests for the recipe, so I thought I would share it in the newsletter. It is a vegan dish, so it fits my quest of presenting plant-based options.

### For The Compote

Note: All fruit is fresh & ½" cubed.

I prefer organic, especially the strawberries.

1 cup Strawberries	1 T Chopped Mint
1 cup Pineapple	1 T Toasted Shredded Coconut
1 cup Honeydew Melon	1/2 T Minced fresh Ginger Root
1 cup Cantaloupe	

### For The Dressing

Juice From 1 Lime     1 T Lankanto MonkFruit Sweetener (or Honey or Sugar)

### Method

In a bowl, whip lime juice and monkfruit together. Add cubed fruit, mint, coconut, ginger and incorporate. Serve Chilled



CUT the strings before throwing them out.  
Reaching as many people as possible: Please pass on.

## Please Cut Mask Strings Before Discarding (>>>)

Help Protect wildlife by cutting mask strings before disposing masks. Thanks.