

OFFICE HOURS

9:00 am to 4:00 PM

Monday—Friday

asi@activeseniorsinc.org

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

Monthly Newsletter—March 2019

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

DAILY ACTIVITIES

- MONDAY:** Zumba, 8:45 to 10 AM*
Light Exercise 10 to 11 AM*
Mahjong 12:30 to 3 PM**
Fabric Art 11 AM to 3 PM**
- TUESDAY:** Line Dancing 10 to 11:30 AM**
Bridge 12:00 noon to 3:30 PM**
Experienced players of all levels welcome
Legal Services for Seniors, 1st Tues only, 1:30-3:00, call for appointment
Dance Lesson 6 to 7 PM, \$5.00
Ballroom Dancing 7 to 9 PM
Fee \$9.00 (\$10.00 non-members)
- WEDNESDAY:** Yoga 8:45 to 9:45 AM*
Cribbage/Games 10 AM to noon**
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 to 8:30 PM**
Plus \$1 donation for instructor
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM**
1st & 3rd Thursday
Tech Assistance, 1st & 3rd, 1-3 PM**
Knitting, 1st & 3rd, 1:00-3:00 PM**
AOA Discussion Group 2:15-3:30 PM
Ping Pong, 3:00 to 4:00 PM*
Beginning Bridge (see p. 3)
- 2nd THURSDAY: MEMBERSHIP LUNCHEON**
March 14, Noon, \$8 members, \$10 non-members. Program; Scott Miller on CA license plates.
- 4th THURSDAY:** Mar. 28 Photo2PC Tech Workshop, 1-3 PM
- FRIDAY:** Yoga 8:45 to 9:45 AM*
Zumba 10-11 AM* + Instr. donation
Bridge 11:15 AM to 4:00 PM **
Western Dance, 2nd & 4th Friday, 7 to 10 PM, \$10
- SATURDAY:** Western Dancing. 7:00 to 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

Can It Be March Already?

March is upon us. We all are appreciative of the rain to renew our reservoirs and turn our golden state to a lush green environment. Of course we all become a little bit Irish during this wonderful time.



Be sure to wear green at our monthly luncheon on Thursday, March 14th. Thanks go out to our past president, **Karen Towle**, (and crew) for preparing our traditional Corn Beef, Cabbage and Potatoes and of course **Patricia and Michael Whitlock** for their delicious Irish Flag Bar Cookies.

Our own ASI member, **Scott Miller**, will be

discussing the history of automobile license plates. Do you remember the first car you drove? What year was the license plate year? This will be a fascinating discussion



you will not want to miss.

Thanks to the luck of the Irish, we all can be appreciative of year 2019 so far. We look forward to all of you to enjoying the many activities, events, classes, workshops and adventure trips that your Active Seniors Inc. offers. We are truly blessed. See you at ASI.

Prez Wayne



May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.

Irish Blessing

Behind the Scene—Spotlight on Volunteers

Behind the scene are ASI office volunteers led by indispensable ASI volunteer Susan Riddoch. Susan orients new office volunteers and ensures we have coverage each day, week and month. Office volunteers work either a morning shift (9:00 – 12:30) or an afternoon shift (12:30 – 4:00) two or more days per month.

These dedicated volunteers are greatly appreciated: ***Nanci Crompton, Carolyn Humphreys, Helen Jewell, Shirley Jones, Margaret Martinez, Chrys Miller, Bob McGregor, George Mills, Joan Nelson, Renée Panfil, Sharon Piazza, Robert Pettit, Sylvia Teixeira, Dan Towle, Karen Towle, Mary Ann Traylor, and Helma Zeuge.***

Be sure to thank the volunteers when you are at Active Seniors. Your organization has no paid staff, so we all need to jump in and do our part. Consider becoming an office volunteer to do everything from answering the phones to greeting and assisting Members at the front desk to keeping the cookie box full. This is a great way to get to know your fellow ASI members.

Keeping Your Personal Belongings Safe and What to Do if You Don't

Margaret Neal, ASI Board Member, will be giving a presentation, "SNATCH, GRAB, and GO," on Wednesday, March 13 at 10:00 here at ASI, based on what she learned from her personal experience with the theft of her purse and all its contents!

Handouts will include feedback given to her by the Salinas Police Department as well as an outline of five steps to take immediately if your credit cards are lost or stolen, and what to do if identity theft happens to you. She will share her personal priority checklist on how to start replacing stolen items such as keys, cell phone, driver's license, health coverage cards and filing insurance claims where applicable.

Margaret will also have suggestions on where to store and not store your purse or backpack. This could be an extremely valuable training session for any of us.

More Technology Training for ASI Members

In an effort to provide ASI Members with better services and support around technology we are enhancing our technology programs for 2019. We will offer technology training/workshops every other month.

Each training/workshop will focus on different subjects around technology such as Excel Basics and Skype and how to use it. You will be notified via the newsletter and email when they will be available.

Additionally, we have updated our ASI website to include a Technology Tips page. We will be adding tips on a regular basis. Our first article "Robocall relief is here" is now available. Please click on the following link to read the tip. It may be the relief you have been looking for. <https://www.activeseniorsinc.org/tech-tips>

First Technology Special Workshop a Success—Will Be Repeated

If you took pictures last year during the holidays or from vacation and didn't know how to get them on to your laptop, the Photo2PC workshop on Feb. 21 was for you. ASI Members who attended with their camera, phone or tablet found out how to download photos onto a laptop and organize them.

As many others want to learn to manage their photos, Photo2PC will be offered again on March 28, 1:00-3:00 PM. The cost is \$2.00 for Members, \$4.00 for Non-Members. Please bring your Camera, Tablet, Phone and a Laptop (including iPad and iPhone). Don't forget your USB Connection cable and power adapter.

Some of you said you would like to copy photos onto a USB flash drive. A USB flash drive is a great way to backup your data before removing them from your device. A USB flash drive can be purchased at BestBuy, OfficeMax, Target and other retailers. I recommend the **SanDisk Cruzer 32GB USB Drive** at OfficeMax for only \$8.99 + tax.

I will email a PDF of the documentation I will be presenting for the workshop. Please print this document and bring it with you. There will be limited printouts available. Those of you who have desktops can follow the documentation at your home. Just ask me to send it to you. However, you can still attend, learn the process and feel free to ask questions. Our technology team members also look forward to seeing you at our future special Technology Workshops. Your Director of Technology, ***Dwight Freedman Sr.***

Blue Zones Project

The Blue Zones Project has come to Salinas with Tiffany Di Tullio as the director. We would like Active Seniors to be one of the organizations involved with it as their goals are very much like our own. Tiffany will be our speaker at the April luncheon. You won't want to miss it!

Blue Zones are five places around the world where people live longer, happier, healthier lives and researchers have found 9 specific things that they all have in common. The project is aimed at making our community a Blue Zone. Here in a nutshell is the heart of what makes a Blue Zone.

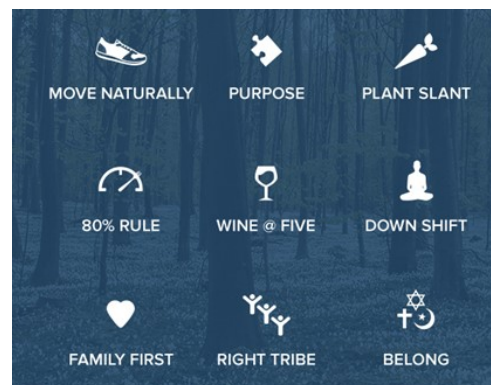
We spend 90 percent of our time in the same places, and that environment dictates how easy it is to make healthy choices, or how difficult. By using the nine secrets of longevity (see graphic) to improve where we live, work, learn, and play, we make it easier to get up and move, eat healthy, make new friends, find a reason for being—and live longer, and better.

The world's longest-lived people live in places that nudge them to move naturally. Working with city planners, schools, and worksites, we re-shape communities so people naturally move more each day without thinking about it. We make it fun to leave home and participate in activities, enjoy an active commute, or easily walk to restaurants

People make hundreds of food decisions every day. We help make healthy choices easier. This means working with grocery stores, restaurants, and worksites to offer and bring attention to foods that are more nutritious and tasty, and schools to implement programs and policies that help children create healthy habits.

The people we surround ourselves with, even friends of friends, strongly influence our health. We create connections in a community—between individuals and community organizations, faith based and community groups, and other social activities—so you can connect with your right tribe. As we say, belong to live long.

Research shows that having a reason to wake up can help us live up to seven good years longer. Through mindfulness and purpose workshops, we teach people to shed stress, live in the moment, and connect with their innate gifts. Then we find opportunities to match their passion with commitment to deepen a sense of purpose.



Activities, Activities, Activities

Many of our members have suggested various activities such as Chinese checkers, Dominos, Hiking and others. Active Seniors encourages and promotes activities and events. To create a new activity or event, we need an activity leader who will commit to leading an ongoing activity and who will be consistently present.

So although we are always happy to schedule new classes, workshops, activities and events, it's not always that easy. Also please remember that we are an all-volunteer organization and do not pay our leaders.

But if you find that special and wonderful leader we'll jump at the chance to schedule your new activity.

Time to Renew Your Memberships Please

Memberships are now past due and payable. Memberships are \$30 per person per year and it doesn't get more reasonable than that. Please note one other *special reminder*.

If you have renewed your membership but did not renew your spouse's or significant other's membership, please remember that other person and renew his or her membership (or encourage him or her to renew for himself/herself). If they are not Members they have to pay double for classes. Please see any office volunteer for help with your renewal. We thank each and every one of you.

Volunteer Opportunity

Salinas Valley Memorial Healthcare System says "Volunteering—[is] A healthy Connection." SVMHS can always use dedicated volunteers for any number of tasks. To register, apply online at <https://www.svmh.com/Volunteer.aspx> or <https://svmhs.vsyslive.com/pages/app:volapp> For more information call 755-0772 or email <mailto:volunteer@svmh.com>.



Thank you T & A

For mailing these!

ACTIVE SENIORS 2019 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR

MAY 10, 2019, FRIDAY, A FUN DAY AT THE RACES. Join us as we venture to the Golden Gate Fields for their fabulous buffet and horse races. Enjoy a lunch, play a hunch, and hopefully win a bunch! \$95/person.

JUNE 23, 2019, SUNDAY, WILL ROGERS FOLLIES. Catch the humor and smarts of Will Rogers as we see the life story of Will Rogers, comedian and headliner at the Ziegfeld Follies. Presented by the West Valley Light Opera at Saratoga Civic Center. Enjoy a no-host lunch at Phil's Fish Market. \$69/person.

AUGUST 9-23, 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. Dates are now August 9-23. We are leaving earlier to make sure we have plenty of time so we don't miss the boat in Southampton. On the way, we plan to take a tour through Windsor, site of Megan and Harry's wedding! Same pricing! From \$4,735.

SEPTEMBER 13, FRIDAY, SANTA CRUZ FOLLIES. Join us for their annual show. This year's theme is "Fascinating Rhythms" from Broadway to Hollywood! You'll want to join these folks who are all over 55 as they have as much fun as we who watch! On the way, we stop at Phil's Fish Market for a no-host lunch. \$55/person.

OCTOBER 12, SATURDAY, FLEET WEEK. San Francisco comes alive celebrating all things Navy! Join us on the San Francisco Belle for a fabulous buffet, flowing mimosas or champagne, as we watch the Blue Angels over, around in front of us from the middle of the bay. \$145/person.

Also doing **Beach Blanket Babylon Dec. 8.** Save the Date! For information on ASI trips and tours please contact Lynette McGregor at 422-3049. You'll be glad you did!

Volunteer Opportunity

The Arts Council for Monterey County is in need of male ballroom dancers for its Professional Artists in the Schools programing. Email karyn@arts4mc.org for more information.