

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 - January 2022

Updated Activity Schedule

DAILY ACTIVITIES

MONDAY: Zumba, 9:00-10 AM* + Instr. Donation
Ukulele Club, 10:30 AM-12:30** 1st. Mon. for
beginners (all welcome), 3rd for experienced.
Que Sera Sera Fabric Art, 11:30 AM-1:30 PM**
2nd & 4th
Mahjong 12:30 to 3 PM**

TUESDAY: Line Dancing 10 to 11:30 AM**
Bridge 12:00 noon to 3:30 PM**
Newcomers welcome, call office if interested
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*
Cribbage, 10-12*
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.

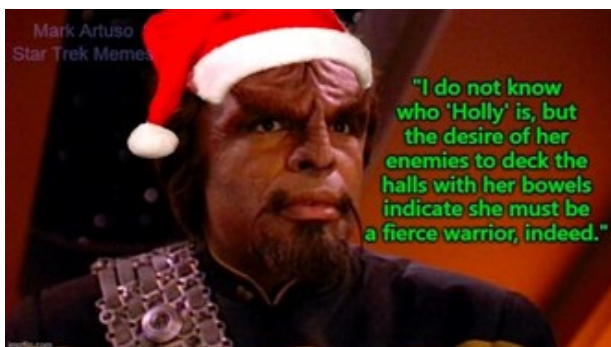
THURSDAY: Quilting, 9-11 AM**, 1st & 3rd
Tech Assistance, 3rd Thurs., 1-3 PM**
Ping Pong, 3-4 PM*
Nar Anon family support group, 6:30-7:30 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON
Jan. 13, Noon, \$12. Program: Mr. & Mrs. Glen
Church, *How Monterey Bay Escaped Industrial Ruin*

FRIDAY: Yoga 8:45 to 10:00 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 members, \$2 for non-members

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



Thank You Dwight Freedman

By Newsletter Editor George Niesen

ASI and every one of its Members owe outgoing ASI Board President Dwight Freedman a huge measure of gratitude for his guidance and leadership over the past two years. When he assumed office in January 2019, no one could have imagined the upheaval the world was about to undergo.

As Dwight faced issues surrounding the spread of COVID-19 his primary concern was for the safety of a vulnerable population (that's us). He made sure the Board took its responsibilities seriously to model ASI as a responsive, community-minded, forward-thinking yet cautious organization.

Thanks to Dwight's careful analysis of the ever-unfolding pandemic and decisive leadership, we have felt safe at ASI. His requirement on reopening that anyone entering the ASI facility be vaccinated was an early example of a measure that would become widely adopted throughout our community. And Dwight remained calm and unflappable throughout.

We have gotten our vaccinations, worn our masks and used sanitizer. We have continued our ASI Memberships, even through closures. We have regretted the loss of activities and we are enjoying their resumption. We still feel safe.

Despite his focus on the pandemic and ASI responses, Dwight continued his work, started earlier, updating ASI's computer system and improving the ASI databases. Dwight also conscientiously attended to all the day-to-day business of running the organization.

I don't think we can thank Dwight enough for his dedication to ASI.



Going to San Francisco (Maybe Without Flowers In Our Hair)

By Helma Zeuge

The bus pulled out of Salinas punctually at 9:00 AM on Wednesday, Dec. 8. Shortly after 11:00 AM and after a smooth ride, “Captain” Stewart securely steered us into the City and dropped us off at Union Square, on the side of the famous Grand Hotel Westin Saint Francis.

Sharon Piazza, our tour organizer, had given us directions and handouts and Cynthia Tsukamoto, her friendly assistant, had passed around some home baked cookies. So – we were ready to spread out. - The City looked a bit drab, gray in gray, and the wind was cold. But that did not dampen our spirits.

Most people went off in the direction of the big stores around the Square, happy to be let loose after a long time of restraints and mandates. Almost in the middle of the Square stood a tall Christmas tree that was decorated with countless colorful blinking lights and topped off by a big red star. One couldn't really tell which was taller – the tree or the familiar column of the Dewey Monument with its dancing figurine on top, a statue of Nike, the Greek Goddess of Victory.

Further back, you could see ice skaters gliding back and forth in an ice rink. Otherwise, the Square was not very populated, except for a few hardy ones, probably visitors, sitting on the steps there or walking about.

Some of our group who had gone to the stores were treated to a little fire alarm – fortunately just a drill. Others went to get something to eat. And I went into the Saint Francis Hotel for breakfast – minutes before they switched to the lunch menu.

I had hoped to find their elegant Tea Room, but – alas – that was cordoned off. Instead there was a modern elegant Cafe where people would sit down with their laptops as they had their coffee and piece of pastry. Others were conducting business over the phone and I couldn't help but overhear pieces of their conversations. The guy on my left did it over his speaker phone in English. The one to my right, more discretely, spoke more softly, in Spanish, holding his phone close to his ear.

Across from me was the reception area and in its background you could see large city scenes, or the coast, or the bridges or the skyscrapers, at changing times of the day or night. I got up and walked to the elevators that would take me up to the high-rise part of the hotel. But you couldn't just step in, no – you needed to find and ask a concierge or doorman or somebody with a key to let you in.

So – up I went at high speed, had a quick look over the city, and down I went at high speed – and that was that. Next, a walk to one of the recommended bookstores. The walk was painful – uphill as well as back downhill, while young people on small motorized roller scooters whizzed by noiselessly.

On the way, I saw a high rise building at least a city block away. Its large windowless wall made a good “canvas” for a gigantic portrait of teenage climate change activist Greta Thunberg from Sweden. Her mien was serious but not threatening – like that of “Big Brother” from the novel “1984.”

I made it back to our pick-up point, we all boarded the bus and made it back to Salinas “before time and under price” and without any of the traffic jams that we know from “normal” times. - It was a worthwhile trip!



Valentine Cards for Nursing Home/Assisted Living Residents

By Suzanne du Verrier

The hearts of our seniors in nursing homes have been extra lonely these past years. With Valentine Day around the corner it is an opportunity for you to help fill that void and send Valentine Cards to them. It is a great project to have your children or grandchildren do on these cold January days.

You can deliver or mail the cards to your local nursing home or care facility--give them a call to see how many residents there are in the facility. Your Valentine Cards will put a smile on the face of the seniors and fill a little bit of their lonely hearts.

2022—and Dues Renewal—ARE HERE

ASI continues to accept payments for your 2022 dues. Still only \$30. Stop at the office—where you can pay by cash, check or credit card—next time you are by ASI.

Board Elections

Each year, at the annual meeting of the ASI Membership at the January luncheon, Members elect or re-elect about one-third of the Active Seniors Governing Board Members. Nominees to fill 2022 Board vacancies are **Loretta Salinas** and **Laura Ruggieri**. Current Board Members standing for re-election are **Nanci Crompton**, **Donna Elder-Holifield**, **Thad Evans** and **Dwight Freedman**. Leaving the Board are Mary Linzer and Scott Stevens.

Loretta is the ASI Zumba Instructor and Laura is an independent business owner of Elder Placement Professionals of Monterey County and a volunteer for the ASI monthly luncheon.

Members may nominate other candidates from the floor at the January lunch, but anyone nominated must agree to serve on the Board. 2022 Board Members are then elected.

During the luncheon the new electees join the continuing Board Members in the first Board meeting of the year, during which the Board seats the new members and the Board then elects from among its Members the ASI Board President for the following year.

The Board adjourns, introduces the new President to the Membership and the new President closes the formal annual meeting of the Membership. At this time, and throughout the luncheon, please make it a point, collectively and individually, to thank all the Board Members, past and present, for their dedication to the effective operation of our organization. *All this and a delicious lunch too!*

Salinas Public Library Workshops--2022

Healthy Living Series: 10 Warning Signs for Alzheimer's

If holiday time with friends and family raised concerns about a loved one's memory issues, this workshop can help with tools and understanding. Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life.

Join us to learn about 10 common warning signs and what to watch for in yourself and others. We'll cover typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources

Virtual Workshop--[Register Online](#): Thursday, January 13, 2022; from 3 PM - 4:30 PM. You may also register by calling 1-800-272-3900.

Genealogy Basics Series

Did you get a chance to try our Genealogy classes this fall? If not, check our [YouTube Channel](#) to get an idea of what our classes have to offer. The next round of our [Genealogy Basics Series](#) kicks off on Feb. 15, 2022, with our [Getting Started](#) workshop, followed by fresh info in [Using the Census 2](#) on March 30, 2022, and finishing up with our new [Death and Taxes](#) on April 21, 2022.

Virtual Workshop--[Register Online](#): Tuesday, February 15, 2022, from 5:30 PM - 7:00 PM. For more information contact CathleenA@ci.salinas.ca.us

Monitoring Your Dog's Health

By Thad Evans

The canine flu is now rapidly spreading in Southern California. Bay Area experts tell us it is only a matter of time before this virus moves further north into the Bay Area. As it does, it will travel through Monterey County.

Roughly 800 confirmed and suspected cases are reported. Seven dogs have died so far. Canine flu is highly contagious and it's often misdiagnosed. Signs of dog flu include runny nose, cough and a fever. But some dogs show no symptoms at all. Dogs can shed the virus for up to 30 days.

Vaccines are available. Talk to your dog's veterinarian.

January Birthdays

Patricia Abrams	Lee Knutsen
Kathy Antle	David Mcqueen
Sandra Breeden	Eugene Mosqueda
Eloise Cavazos	Yvonne Mraule
Nanci Crompton	Marlene Queen
Tom Crompton	Richard Riehle
Liz Crooke	Emma Rodriguez
Peggy Davis	Mary Schapper
Lori Ducoing	Jean Steinbruner
Beverly Gatliff	Diane Tingey
John Gianelli	Lynne Trebler
Dorothy Griffin	Mary Jane Vonnegut
Lynn Harmon	Susan Warner
Carol Hart	Mary Regina Zalazowski
Bruce Kingston	

A new company, Priori Teas, is developing lines of medicinal teas. The teas offering aid to people with physical ailments will be called Infirma Teas. The line targeting mental health issues will be called Sani Teas.

The paint on the beautiful ASI mural surrounding the parking lot is peeling in one small area. That is not appealing.

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Thank you T & A
For mailing these!

ASI Gets New Signs

A few weeks ago, Robert Pettit, Bob McGregor, and Bob Whitlock (>>>) put up two beautiful new signs, on either side of the ASI building. Be on the lookout as more renovations will follow.



Salinas Ukulele Club

Want to learn how to play a Ukulele? Experienced Ukulele Player?

***** Come join the Salinas Ukulele Club *****

Regular meetings 1st and 3rd Mondays, Noon-2:00 pm. All ages welcome.

Active Seniors, Inc., 100 Harvest St, Salinas CA 93901. Phone (831) 424-5066.

Beginner-oriented sessions on 1st Monday of month. If you have a uke, bring it. If not, we have loaners.

Advanced Sessions are on the 3d Monday of the month

The Ukulele Club is announcing a beginner class on February 7, 2022, for total newcomers to the ukulele or for others who want a refresher class. This introductory class is free for all who attend, but for subsequent classes the fee is \$2 for Active Seniors members and \$4 for non-members. You can join Active Seniors for just \$30 per year!

May all your troubles last as long as your resolutions.

