

## 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 - November 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, 9-11:30 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, 9:30-11:30 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**

Nov. 10, Noon, \$12. Sign up by Friday, Nov. 4.

Program: **Ann Mills Griffin**, on POW/MIA efforts

**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

**SATURDAY-1st, 3rd:** Bridge, 11:30 AM-3:30 PM\*\*

**SATURDAY-2nd:** Yoga/balance/pilates, 8:45-10:00

AM (Mat, block required); *max 30 participants\**

Zumba, 10:15-11:15 AM; *max 40 participants\**

Tai Chi, 11:30AM-1:00PM; *max 40 participants\*\**

Ukulele, 1:15-3:15PM (Ukes avail. or bring own)\*\*

Non-Members must bring VAX card. Office closed Saturday. Participants must bring exact change and arrive prior to start. Doors locked as activity begins. Come in or call office, 831-424-5066, a week prior to reserve Bridge seat.

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

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

## ASI seeks Members to Serve on Board

Each January the Membership elects individuals to serve on the ASI board. About one-third of the 11 Board seats become vacant each year. In most cases newly elected or re-elected Board Members will serve a two-year term.

The Nominating Committee is recruiting Members to serve on the Board. If interested please contact Committee Chair Jim Tripp, [wa6dij@gmail.com](mailto:wa6dij@gmail.com) or by phone or text at 831-320-7709. The Board very much looks forward to working with new Members with new ideas. Thank you.

For more information about the Board and its functions, please review the ASI By-Laws, available online at: <https://uploads.documents.cimpress.io/v1/uploads/6b62a630-2e75-45f4-a5e2-700095494b94~110/original?tenant=vbu-digital>

## ASI Closures and Schedule Changes

The ASI facility will be in use as a General Mid-term Election precinct site on Nov. 8 and will be closed to all ASI activities that day. Please be sure and vote that day if you haven't already. Thank you. ASI is also closed Nov. 11, Veteran's Day, **except for Ms. Griffin's special 6:00 PM presentation (P. 2).**

Also, there's no Technology Workshop or Training class in November or December due to the holidays. We will resume Technology Workshops and classes in January. ASI Holiday Closures include Nov. 24-25 (Thanksgiving) and Dec. 26-30 (Christmas).

## Saturday Classes Up and Running

ASI's newly established Saturday classes (<<<) have been a roaring success, with expansion to additional Saturdays in the works. Keep posted.

One participant, for example, loves Bridge but still works and can't make weekday classes. He's already a regular at Saturday Bridge.

## November Lunch and Program

It's time to sign up for the Nov. 10 luncheon. The deadline is 4:00 PM Friday, Nov. 4. That's coming right up so get on in to ASI. The menu is...what did you expect? And what do you like? It's roast turkey of course, with the usual trimmings—smashed potatoes, peas and carrots, dinner rolls and—what did you expect? Pumpkin pie.

If you read the newsletter you already know something about the program. Here's more. **Ann Mills Griffin**, who has led the National League of POW/MIA Families since August 1978, first as Executive Director and, since August 2011, as Chairman of the Board, with CEO responsibilities, will be ASI's speaker.

She now focuses primarily on US policy, operations, and sustaining the League's financial health. She serves as an Adviser to the US side of the US-Russia Joint Commission (USRJC) on POW/MIAs and, at the request of the Secretary of Defense, she served as a Commissioner on the Department of Defense 50\* Anniversary Vietnam War Commemoration.

Since 1970, the League has fought for the return of POWs, the fullest possible accounting for those listed as MIA, and the recovery and identification of remains of those who died serving our nation. She was instrumental in setting up high level negotiations between Vietnam and the US in 1982-83. She continues to represent POW/MIA families and our missing personnel in direct contacts with US and foreign leaders.

Ms. Mills-Griffiths has led or participated in numerous delegations to Southeast Asia, meeting with senior officials. As a recognized leader on POW/MIA issues and recipient of many honors, she has appeared frequently before congressional committees and the media, and provides advice and counsel to other nations facing personnel accounting issues.

She has participated for decades in policy dealing with Southeast Asia and, more recently has encouraged pursuing answers on a separate humanitarian basis, despite policy and political differences, with the PRC, DPRK and the Russian Federation

Her commitment results from her brother Lt. JG James B. Mills' disappearance on a night low-flying mission over North Vietnam Sept. 21, 1966. Despite uncertainty about the incident, and thanks to near-miraculous site discovery and dedication by DPAA's underwater archeologists, Mills' remains were recovered and identified in Aug. 2018. He was buried June 24, 2019, in Arlington National Cemetery.

## Additional Special Program

**Ann Mills Griffin** (after speaking at 10 AM at the Vietnam Memorial Monument in Salinas and appearing at the 2:00 PM Veterans Day parade) will again be speaking **at ASI from 6:00 PM to about 8:00 PM on Friday, Nov. 11** (Veterans Day).

If you are particularly interested in the POW/MIA program, this will be a great opportunity for extended Q and A sessions. We are contacting Veteran's organizations inviting their members to attend. The event is free, but we will ask for donations for the National League of POW/MIA Families.

## Very Special Volunteers Needed

The annual (for some 70+ years now) Salinas Valley Chamber of Commerce Children's Shopping Tour is Dec. 10 this year, from 7:00 AM to Noon. Volunteers and Chaperones are essential to this event. You'll help the children feel good as they acquire their new clothes; the children will help you feel good when they flash the big thank you smile. To assist with the event, please sign up online for your preferred shifts:

<https://salinasvalleychamberofcommerce.growthzoneapp.com/ap/Events/Register/4pVnonYp?mode=Attendee>. Thank you.

### November Birthdays

Lianne Avila	Martin Marr
Leslie Carter	Edith Meek
Beulah Collins	Georgina Mendes
Deanna Crannell	Kiyoko Michioka
Suzanne Du Verrier	Venita F. Miltz
Richard Emery	Sheryl Peck
Pertina England	Robert Pettit
John Favero	Sally Pettit
Pam Ferrasci	Rebecca Rodick
Dwight Freedman	Julie Roseman
Patricia Friedrich	Mary Rothstein
Barbara Guerrero	Margie Sifuentes
Susan Guidotti	Irene Smith
Marina Hayes	Lola Smith
Anthony Hedgpeth	Angie Stone
Evelyn Hibino	Carol Storm
Susan Holtam	Margarita Swank
Cliff Hylton	Debbie Tack
Maryanne Killough	Trena Tannahill
Paula Lewycky	Vivida Torre
	Mary Ann Traylor



## ASI Holds Two October Events

Oct. 27 ASI offered a new Member orientation (>>>) with a good turnout. Conducted by Karen Towle and Bob McGregor, participants learned of the history of ASI, its mission, activities, and volunteer opportunities and met ASI Board Members.

The next day ASI and partners opened the ASI facility to the general public. Partners who set up tables were ready and willing to share what they offer in the way of services and products for seniors. Organizer Wayne McDaniel, ASI Dir. of Publicity, says ASI has paved the way for strong ongoing partnerships and an even better future open house.

ASI had its own table, of course, next to the Salinas Public Libraries and Alliance on Aging tables. Other participants included Legal Services for Seniors; Doris Beckman, Affordable Housing Advocate; California Telephone Access Program with adaptive devices and services; Salinas Valley Chamber of Commerce; ASI Board Member Laura Ruggieri and Elder Placement Professionals; publications *Monterey County Weekly*, *Monterey County Real Producers* and *In the Loop*; ITN Monterey County; ASI Board Member Dwight Freedman and DFREEDMAN IT SOLUTIONS; Loaves and Fishes Computers; ; and the Blue Zones Project. We thank them all.



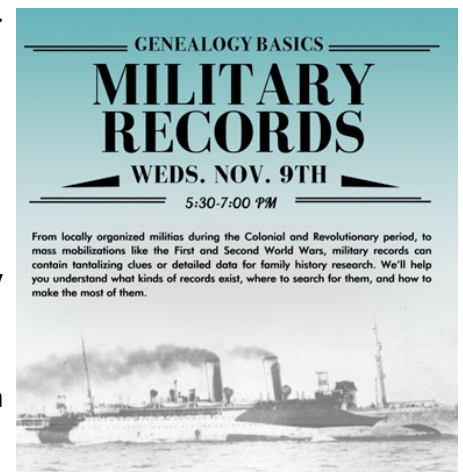
## From the Salinas Public Library—Genealogy and and More

### Genealogy Basics: Military Records.

**When:** Wed., Nov. 9, 2022, 5:30-7:00 pm. **Where:** Online Virtual. **Cost:** Free.

**Categories:** Family History, Genealogy, Education, Classes & Workshops. **Description:** From locally organized militias during the Colonial and Revolutionary period, to mass mobilizations like the First and Second World Wars, military records can contain tantalizing clues or detailed data for family history research. We'll help you understand what kinds of records exist, where to search for them, and how to make the most of them. For more information, please contact Cathy at [CathleenA@ci.salinas.ca.us](mailto:CathleenA@ci.salinas.ca.us).

Welcome! You are invited to join a meeting: Genealogy Basics: Military Records. After registering, you will receive a confirmation email about joining the meeting. **Website Link:** <https://bit.ly/3xQyaNh>.



### Genealogy Work Group.

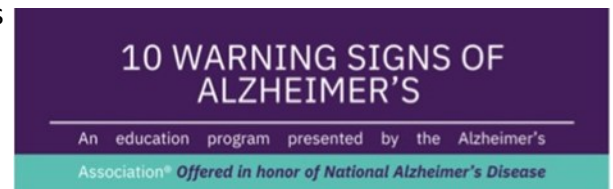
**When:** Tuesday, Nov. 22, 2022, 6:00-7:00 pm. **Where:** Online Virtual. **Categories:** Family History, Genealogy, Education, Classes & Workshops. **Description:** What do you do when the next generation just isn't interested in all the family history you've collected? We'll share tips and ideas about how to preserve your research for the future when there's not a family member to give it to. For more information, please contact Cathy at [CathleenA@ci.salinas.ca.us](mailto:CathleenA@ci.salinas.ca.us)

### 10 Warning Signs of Alzheimer's

**Description:** Join us to learn the difference between normal aging and Alzheimer's. Common warning signs; The importance of early detection and benefits of diagnosis; Next steps and expectations for the diagnostic process; and Alzheimer's Association resources.

**When:** Wed., Nov. 2, 2022, from 3:00-4:30 PM. **Where:** El Gabilan Library. **Register Online:** In-Person Program.

**When:** Wed., Nov. 9, 2022, from 5:30-7:00 PM. **Where:** @ Cesar Chavez Library. **Register Online:** In-Person Program (In Spanish). For more information contact Lisa McGrath, [lamcgrath@alz.org](mailto:lamcgrath@alz.org) or 800-272-3900.





---

## Connect With the Blue Zones Project Monterey County

As your Editor worked on this newsletter he checked the ASI email in box (as usual) for items that might be of interest to Members. One email from the Blue Zones Project (BZP) referred to Blue Zones events for November.

As I clicked through to the calendar I was overwhelmed. Way too many events (13) to list in this little four-page newsletter. So I'm providing the link below so you can check out for yourself the numerous and interesting events Blue Zones sponsors, from walks to work sessions and a whole bunch else.

While you are on the site you may as well look into everything else the BZP has to offer, including a host of information about the Project and healthy living. Here is the link to the events calendar:

<https://mail.google.com/mail/u/0/#inbox/WhctKKXgrRNGGDTkKzjrxXcLHLTvcJDmBWpqjtGKTBCRvwxTWJGTnnXHZgFHpQDsJlgxHtb>



## Salinas Public Library Offers New National Program of Author Talks

SPL, as part of a library consortium, has launched a new Author Talks program. Coming up this month: Nov. 2, 1 PM, Lisa Napoli on her book *susan, linda, nina & cokie*—about female journalists and National Public Radio; Nov. 10, 11 AM, Bonnie Garmus with her new novel *Lessons in Chemistry*; and Nov. 15, 9 AM, Kwame Christian on *How to Have Difficult Conversations About Race*.

Register or see upcoming events at: <https://libraryc.org/salinaspubliclibrary>. You can join the talks live as well as view recorded past talks. Hear what noted authors say about their work and life in general. Questions? Contact Jissella at [Jissellad@ci.salinas.ca.us](mailto:Jissellad@ci.salinas.ca.us).