

OFFICE HOURS

9:00 am to 4:00 PM

Monday—Friday

activeseniorsinc@gmail.com

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

Monthly Newsletter—June 2018

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

DAILY ACTIVITIES

- MONDAY:** Zumba, 8:45AM—10 AM *
 Quilting/knitting 9:30 AM to 3 PM**
 Light Exercise 10 AM to 11 AM*
 Mahjong 12:30 PM to 3 PM**
 Fabric Art 11 AM to 3 PM**
- TUESDAY:** Line Dancing 10 AM-11:30 AM**
 Bridge 11:30 AM to 3:30 PM**
 Beginning Bridge 1:00-3:00 PM*
 Legal Services for Seniors, 1st cancelled; 3rd Tue., June 19, 1:15-3 PM
 Dance Lesson 6 to 7 PM, \$5.00
 Ballroom Dancing 7 to 9 PM
 Fee \$8.00 (\$9.00 non-members)
- WEDNESDAY:** Yoga 8:45 AM to 9:45 AM*
 Cribbage/Games 10 AM to 12 PM **
 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 PM—8:30 PM**
 Plus \$1 donation for instructor
- THURSDAY: MEMBERSHIP LUNCHEON**
 June 14, 2nd Thurs., 12 noon, \$7
\$8 after Friday before luncheon
 June 28 1-3 PM—CHP Mature Driver
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM**
 1st & 3rd Thursday
 June 7, MST Travel Info, 1-3 PM
 June 21, Tech Assistance 1-3 PM**
 Knitting, 1:00 to 3:00 PM**
 1st & 3rd Thursday
 AOA - Discussion Group 2:15-3:30
 Ping Pong, 3:00 to 4:00 PM*
- FRIDAY:** Yoga 8:45 to 9:45 AM*
 Zumba 10-11 AM* + donation
 Bridge 11:15 AM to 4:00 PM **
 Western Dance, 2nd & 4th Friday,
 7-10 PM, \$10
- SATURDAY:** Western Dancing. 7:00—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

Time to Renew

May has arrived in full bloom. The hills are alive with wonderful wild flowers and the cattle are enjoying the fresh new grass from the rains of March, April and May. It is



a time for renewal. While many of you are enjoying the benefits of your Active Seniors, Inc. membership, others members would do well to explore the extensive activities at ASI.

Our new book club is off to a great start. Other members are taking advantage of the renewed beginning bridge activity. Many other benefits have been added for your participation and enjoyment. Our partnerships with the Alliance on Aging, Legal Services for Seniors, Aspire Health, and the fourth Thursday of the month free seminars and programs are all new. Watch for more new activities and events.

The many activities Monday through Friday continue to be well attended and make for happy seniors. June is a good month to evaluate and consider your participation. It's time for renewal as the board and activity leaders review new and ongoing activities at your Active Seniors facility.



Come join your friends at your monthly luncheon. This month's luncheon is June 14. Our Master Chef Michael is preparing Grande Taco Salad and our dessert chief Pat is preparing pineapple upside down cake. Our guest speaker, member Bob McGregor, will be presenting a program on model airplanes and the use of Drones. See you at ASI!

Prez Wayne

MST Mobility Programs Presentation

On Thursday, June 7, from 1-3 PM, Mobility Specialists from Monterey-Salinas Transit will bring to ASI a program on MST's mobility programs. Programs include *RIDES Paratransit*, *Taxi Vouchers* and *Travel Training*. The ADA requires public transit agencies to provide complementary paratransit to those unable to use the fixed-route system—that's MST RIDES in Monterey County. The Taxi Vouchers program assists seniors, veterans, and individuals with disabilities in accessing other important locations. Travel Training is for anyone who wants to learn to use public transportation safely and independently. This free workshop provides a great opportunity for our members who have difficulty getting to ASI to learn how they can travel more easily. Plan to attend. The Tech Assistance workshop is cancelled that day.

Election Day June 5

Please exercise your right to vote in California's Primary Election June 5. Our involvement renders our democracy viable and functional. ASI contributes to the public good as it offers its facility as a polling place and provides elections staff. Thank you ASI members for volunteering to work the election.

All regular Tuesday ASI activities (Line Dancing; Ballroom Lessons and Dance; all Bridge sessions; and Legal Services for Seniors) are cancelled for the day.

Fourth Thursday Workshops at ASI

We are scheduling free workshops or activities open to all members and guests the fourth Thursday each month from 1:00- 3:00 PM.

In January, we had a workshop on scams presented by Legal Services for Seniors. In February, *Jim Tripp*, one of our members, conducted a workshop on how to save photos and make picture books using Shutterfly. In March, ASI member *Dwight Freedman* led a workshop on Internet Security. The April seminar, presented by ASI member *William Tienken*, covered the ins and outs of Medicare, Medicare Supplements and Medicare Advantage plans. May 24 featured the Lions Club eye screening. The Lions also collected used eye glasses you no longer needed. If you missed that session, you can bring your no-longer-useable eyeglasses to ASI any time and we will send them on to the Lions. Thank you.

The June 28 session will feature the CHP and its Mature Driver information and training session. It's a useful and necessary provision for helping us become safer and more aware drivers.

I Remember Papa

Thank you to the many members who brought hundreds of hats for "I Remember PAPA day." The Alliance on Aging needs volunteers to help on Friday, Saturday or Sunday, June 15-17, to distribute the hats to male seniors for Father's Day. You can sign up to volunteer at ASI. What a wonderful way to recognize our fathers, brothers and grandfathers in nursing homes and assisted living.

New Luncheon Pricing

Beginning with the July 12 ASI monthly luncheon, prices will be \$8 for members and guests (well worth it) and \$10 for non-members. There will no longer be an extra charge for later signups, although Chef Michael appreciates timely reservations. Please call in early—you can then pay at the door. The extra lunches sold after the event will now be variably priced (more for prime rib!).

Health Care Questions?

Questions about health care coverage? Learn about Medicare, Medicare Supplements and Medicare Advantage plans. William Tienken representing Aspire Health Plan will be at ASI on June 19 (June 5 cancelled for election) from 1-3 PM to guide you through the maze. We plan to have him in on a monthly basis.

Spotlight on Volunteers—Chrys Miller, Scott Miller

Chrys Miller is a retired paralegal who helped families through the maze of legal work following the death of a family member. Her experience in office work makes her a perfect office volunteer at ASI. She enjoys all kinds of activities, including hiking, travel, volunteering and quilting. She is also a machine knitter. She considers herself fortunate to have a “gift of service” which inspires her to extensive volunteer activities including teaching for the Salinas Valley Community Church literacy center. Her work at ASI began with cleaning the floor at lunches—now she volunteers in the kitchen. Familiar with both PC and Mac computer systems, she offers help during the twice-monthly Tech Assistance workshops at ASI.



Scott Miller is a former electrician and retired math teacher (Salinas High). After miserable and wet basic training at Ft. Ord in 1975 and swearing never to return, his last assignment was back in Monterey in 1978, and here he and Chrys remain. After completing his IBEW electrical apprenticeship he spent three years on a mission to the Philippines, teaching. On his return he substituted while completing his credential, then taught full time until he retired about three years ago. Scott has collected California license plates since he was 15 and has close to 500. He recently joined the American License Plate Collectors Assn. He is also a quilter. At ASI Scott does electrical work, he volunteers in the kitchen, and he helps out with the Tea Dances.

Together, Chrys and Scott joined ASI about three years ago. Scott had driven by ASI for years, not knowing what it was, but once Chrys started with the quilting group and their friends, the Towles, introduced them to ASI, they joined. Scott enjoys the meet and greet atmosphere at ASI. They both belong to the Pinnacles Quilters Guild in San Benito County where Chrys is treasurer. They are both involved with Salinas Valley Community Church. Their daughter's husband is stationed in Tuscany, which subjects them to the burden of visiting Italy a couple of times a year. Their son just completed Chief's Academy with the U.S. Coast Guard and is moving to his new station in Southern California.. When you see Chrys or Scott at ASI, thank them for their extensive contributions to the ASI organization. And please consider volunteering yourself.

2018 ASI Board and Committee Chairs

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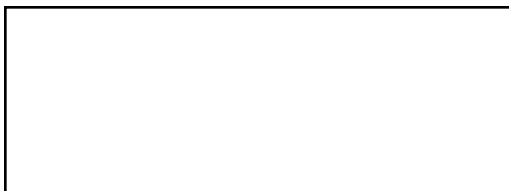
* Not board members

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Thank you T & A

For mailing these!



ACTIVE SENIORS 2018 Adventure Tours: TOUR DIRECTOR: LYNETTE McGREGOR

JULY 15-31, 2018 HAWAII CRUISE. HAWAIIAN VOYAGE ON THE CRYSTAL SYMPHONY...Includes Oahu, Maui, Hawaii, Ensenada, with highlights of Keck observatory, stargazing parties with astronomers, all tips and drinks included. Come and go from San Francisco—no air involved. \$1,000/cabin reduction for those enrolled by June 30th. *We have need of a lady roommate on our Hawaiian trip. Please contact Lynette, 422-3049.*

SEPTEMBER 14, 2018, SANTA CRUZ FOLLIES: See the Follies where all the performers—who have as much fun as the audience—must be at least 55 years old. Early no-host lunch at Phil's Fish Market in Moss Landing plus tour of Gizdich Farms. \$57 per person. With Silver Kings & Queens.

SEPTEMBER 25-OCTOBER 3, 2018 FALL FOLIAGE with the GRAND HOTEL & MACKINAC ISLAND. A beautiful time of year to see part of the North East US. Mackinac Island is noted for no cars—horse and buggies here! \$3765/per person. *Please get reservations in. Still room.*

NOVEMBER 26 - DECEMBER 1, 2018, CHRISTMAS IN BRANSON. Sleigh bells ring, reindeer fly, and wide-eyed young and "seasoned" await the expectation of Christmas. A Branson Christmas brings joyful sounds of singing, merriment, and warmth, plus the show SAMSON. Join Active Seniors on their popular Christmas in Branson tour. Includes roundtrip air, airport transfers, baggage handling (1 bag per person), accommodations, meals (breakfast daily, 2 lunches, 5 dinners), taxes, and escorted shows. Cost per person double occupancy is \$2995. See full itinerary in the rack at Active Seniors.

The crew at right really enjoyed **A FUN DAY AT THE RACES** at Golden Gate Fields April 26. Nothing but fun and laughs.

