

OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

asi@activeseniorsinc.org

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Monthly Newsletter - December 2021

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
Dec. 9, Noon, \$18. Program: Senior Singers

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

Holiday Closures: Closes Dec. 24, reopens Jan. 3.

Cribbage Returns

By Wayne McDaniel

Cribbage has resumed. Cribbage will be on Wednesdays from 10-12. Cost is \$2.00 members and \$4.00 non-members. All Cribbage players are welcome and those interested in learning the game are most welcome.

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. A Nominating Committee composed of both Board Members and general Members must select nominees and post their names a month before the Board elections.

Board Members serve two-year terms and are required to leave the Board after two full two-year terms. Nominees to fill 2022 Board vacancies are **Loretta Salinas** and **Laura Ruggieri**. 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 meeting, but anyone nominated must agree to serve on the Board. New Board Members are then elected. During lunch the new electees join continuing Board Members in the first meeting of the year, when the Board seats the new members and 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. All this and a delicious lunch too!

December Luncheon

The December luncheon is sold out. Little wonder, with a menu of Filet Mignon (or grilled salmon or vegan beef—meat substitutes cannot have real meat names—see Chef Michael's P. 3 article on plant-based foods), wild mushroom potatoes Dauphinoise, French veggie medley, mixed rolls and mousse cake.

The program is Holiday music performed by the Senior Singers. Bon Appetit.

Newsletter Publication, Holiday Note

Your newsletter Editor, along with the ASI Staff (all Volunteers) and the many other ASI Volunteers, with contributions large and small, ongoing and occasional, who make ASI work for its Members, all wish you an enjoyable and safe Holiday Season and a very good 2022.

As your Editor finds himself a bit overwhelmed by myriad commitments, this is your Holiday issue. There will not be a second December issue. Meanwhile we look forward to new beginnings in the New Year.

Your Editor also wishes to call attention to the Dec. 21 Winter Solstice (in the Northern hemisphere) marking the beginning of longer days, which he really looks forward to.

“Since prehistory, the winter solstice has been seen as a significant time of year in many cultures, and has been marked by festivals and rituals. It marked the symbolic death and rebirth of the Sun. The seasonal significance of the winter solstice is in the reversal of the gradual lengthening of nights and shortening of days.” [Quote from Wikipedia.]

The day is an essential marker for agriculture and over the millennia it has given rise to myriad celebrations among many cultures, including the celebration people know as Christmas.

The season of the Solstice is a good time to reflect on the commonalities of out multiple cultures and to practice “Peace and Goodwill” toward our fellow inhabitants of this planet.

Ready, Set, Let's Go!--Traveling with ASI

By ASI Trips Coordinator Sharon Piazza

This year has passed quickly and 2022 is almost here. Plans are being made for monthly trips starting next March. At this point, dates and costs are to be determined.

March: Mystery Trip

April: Rosie the Riveter Museum

May: Filoli Gardens

June: Horse Races at Golden Gate Fields

July 16: “Come from Away” at SJ Performing Arts

August: de Young Museum

September: Santa Cruz Follies

Oct. 8: San Francisco Fleet Week

Nov. 28-Dec 3: Branson, MO; \$2855/person

Dec. 10: Dickens Christmas Fair

For up-to-date information on trips check out the ASI Tour webpage. Fliers will be posted once dates and costs are determined.



December Birthdays	
Gladys Allen	Linda McWalter
V. Susan Anda	Mary Lu Mesa
Ruth Andresen	Chrys Miller
Irma Barraza	Sherrie Payne
Dixie Bomar	Sharon Piazza
Lupe Boronda	Witold Piekarski
Joanne Bray	Tisha Ragsac
Carol Caetano	Mary Sagun
June Cornell	Hazel Schafer
Pierre Cousineau	Stanley Sokolow
Judy Eichhorn	Carol Statham
Simi Georgalos	Noel Thieleman
Lupe Hernandez	Rod Tokubo
Christine Higgins	Teresa Toledo
Priscilla Jackson	Carol Vogt
Carole King	Roseann Washburn
Rhoda Lynch	

2022—and Dues Renewal—Nearly Here

ASI is now accepting payments for your 2022 dues. Still only \$30. Stop at the office next time you are by ASI.

Time for Year-End 2021 Donations

Tax time is also coming. You can make deductible donations—consider one to ASI. You may mail checks to ASI but the office accepts payments via cash and credit card.



Coronavirus has turned us all into dogs. We wander around the house looking for food. We get told "No" if we get too close to strangers and we get really excited about going for walks and car rides.

Sourcing Plant Based Replacements

By Chef Michael

Most months I submit a plant-based recipe to the ASI newsletter. This month is for the folks who want a simpler way to move over to a plant-based diet, so I thought I would share some of my favorite pre-made products.

The requirements are that foods must be organic or GMO free, low in fat, sugar, salt and high in protein, plus most of all, they must taste good. A lot of the items on the market are actually pretty unhealthy, very high in salt and fat, etc. so I recommend looking at the labels to compare. For example a Beyond Burger patty, while not horrible, has 230 calories, 14g fat, and 400mg salt compared to a Gardein Be'f patty which is 130 calories, 5g fat, 340mg salt.

Some of these products can be a little pricey, but so is meat these days. Also, you might save dollars by reducing some of your medicine costs as a result of moving to a plant-based diet. Since last May, I have lowered my numbers enough to reduce my Statin by half and by next May I am on trajectory to get off them all together.

Note: All these items are available at Whole Foods Monterey, some at Nob Hill and some of the other normal chain stores. Also, I get discounts at "Thrive Online Market."

Here are some of my favorites:

Dairy Replacements

Califia Almond Barista Creamer for my Coffee.

Pacific Hemp Milk for savory sauces

Trader Joes Soy Beverage – high in protein

Earth Balance Butter Sub

Violife has some great Cheese alts – I especially like the Parmesan Block and Cheddar Slices

365 Brand Smoked Gouda Slices

Follow Your Heart Feta Crumbles

"Kite Hill" has some amazing products made with almond milk--Yogurt, Sour Cream and Cream Cheese. Hard to tell from the real deal!

Meat Replacements from The Freezer Section

Gardein by far has the best products for my taste buds. They have really nailed the textures and flavors.

Gardein products I like:

Be'f Burger

Ground Be'f

Chicken Style Breaded Patty

F'sh Filets

Mini Cr'b Cakes

Breakfast Saus'ge Patties

365 Plant Based Burgers & Breakfast Sausage

Textured Vegetable Protein

I get these products from Amazon. They are dry and I reconstitute them in a flavored water, like Taco Season mixed with water for my Mexican meat alts. You can also just add them to stews, chilis and soups during the cooking process. Great for stir fries. There are a few different textures, like crumbles, pieces and curls.



I gave my wife a glue stick instead of a chap stick. She's still not talking to me.



Thank you T & A
For mailing these!



Freeze Your Credit Reports

Thanks to Thad Evans

California passed legislation allowing residents to do this for free as of 2003, and in late 2007, all three of the major credit bureaus announced that they would let consumers freeze their credit reports, regardless of the state of residency. The freeze stops all credit inquiries (except as allowed by law) and therefore stops credit fraud (except on cards already issued). The downside is that it takes some work to getting the freeze temporarily unlocked any time you want to apply for credit--but getting a freeze lifted is 1,000 times easier than trying to recover from credit fraud.

Here's how to do it according to the C|Net Personal Finance website [How to freeze your credit -- and why you might want to \(cnet.com\)](#):

1. Visit the credit bureau's security freeze webpage or call to get started; you'll need to either call each bureau or visit its security freeze webpage to add a freeze. The credit bureau credit freeze phone numbers are: Equifax - 1-800-349-9960; Experian - 1-888-397-3742; TransUnion - 1-888-909-8872

2. Provide your personal information including your SSN, address, date of birth and more (you called them so you know to whom you're speaking). In addition, you'll be asked to verify your identity by answering some multiple-choice questions to which only you would know the answer. A typical question is: "What is the name of the credit card you applied for in August of 2020?" After this step, you'll be able to freeze your credit with Transunion and Equifax. Experian has one additional step.

3. Save your PIN (Experian only). Once your identity has been verified and your security freeze has been placed, you may be provided with a personal identification number you can use to freeze and unfreeze your credit. PINs are typically emailed to the address you provided or texted to your phone. Look out for it and keep it in a safe place—you'll need it to lift a security freeze if you want to apply for a credit card or a loan one day.