

**OFFICE HOURS**

9:30 am to 3:30 PM  
Monday—Friday

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street  
Salinas CA 93901-3211  
[www.activeseniorsinc.com](http://www.activeseniorsinc.com)  
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# Monthly Newsletter August 2016

## Center is open for activities Monday through Friday, 9:30 AM to 3:30 PM.

### DAILY ACTIVITIES

- MONDAY:** **Yoga: By appointment\***  
Quilting and knitting \*\*  
9:30 AM to 3 PM  
Light Exercise 10 AM to 11 AM\*  
Mahjong 12:30 PM to 3:00 PM\*\*  
Fabric Art –Monday\*\*11 AM to 3 PM
- TUESDAY:** Line Dancing 10 AM-11:30AM\*\*  
Bridge 11:30 AM to 3:30 PM\*\*  
Ballroom Dancing 7 to 9 PM  
Fee \$8.00 (\$9.00 non-members)
- WEDNESDAY:** Yoga 8:45 AM to 9:45 AM\*  
Cribbage 10:00 AM to 12 PM \*\*  
Light Exercise from 10 to 11 AM\*  
Tai Chi 1:30 to 3:00 PM\*\*  
Line Dancing 6:30 PM–8:30 PM\*\*
- THURSDAY: MEMBERSHIP LUNCHEON**  
2<sup>nd</sup> Thursday of each month  
Lunch served at 12:00 PM
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM\*\*  
1<sup>st</sup> & 3<sup>rd</sup> Thursday  
Computer Class 1:00 to 3:00 PM\*\*  
1<sup>st</sup> & 3<sup>rd</sup> Thursday  
Knitting, 1:00 to 3:00 PM\*\*  
1<sup>st</sup> & 3<sup>rd</sup> Thursday  
AOA - Discussion Group 2:30-3:30  
Ping Pong, 2:00 to 3:30 PM\*  
1<sup>st</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Thursday
- FRIDAY:** Yoga 8:45 to 9:45 AM\*  
Exercise 10 to 11 AM\*  
Bridge I - 11:00 AM to 3:30 PM \*\*  
Bridge for Beginners 11:15 to 3PM\*\*
- SATURDAY:** **1st Saturday each month, starting August 6th, Western Dancing. 7:00—10:00 PM**

\* Fee \$8.00 (for members)

\*\* Fee \$10.00 (for non-members)

There is a donation of \$1.00 to the Wednesday line dance instructor.



August is back to school month. Many of you have enjoyed helping your children and grandchildren prepare for school each fall. Now that our grandchildren are scattered across the country, Dan & I still want to help children get ready for the school year with all of the “things” they will need. We will have a basket for donations that will go to Roosevelt School, which is the elementary school closest to us.

Some good news for all members: Active Seniors is doing exceedingly well. We are getting new members daily. Wayne McDaniel actually signed up 8 new members in one day. You are obviously telling your friends and neighbors about the fun activities we have going on here and they are responding. We get inquiries daily about trips, one day excursions, activities, and membership. It is heartwarming to see our activities full and know that our members lives are being enriched.

Our new freezer has arrived and our kitchen now contains all new appliances which makes cooking for our monthly luncheon meetings easier and more enjoyable. And with the growth we are experiencing at the luncheons, this is a very good thing. Thank you all for being such a great group of positive, cheerful people to work with. You make those of us who serve on the board and in the office proud to be part of such a wonderful organization.

**VETERAN'S TRANSITION CENTER OF MONTEREY COUNTY (VTC).** As a result of last month's vibrant speaker, Colonel Bare, (Commander of the VTC), members of ASI have pledged their support and are volunteering their time for the Center's "Stand Down" for homeless Veterans. It will begin at noon August 19<sup>th</sup> to noon August 21<sup>st</sup>. If you are interested in volunteering your time during this profound event, please visit their website at [www.vtcmonterey.org](http://www.vtcmonterey.org). As Colonel Bare stated, "We need to give back to those individuals who have given so much for our wonderful Country". Please join our team to help out our disabled and homeless veterans of Monterey County.

We really need help in the kitchen these days as the attendance at our luncheons is growing. If you would like to help, or chair a luncheon committee, please contact me at 320-0835. Our luncheon this month will be a salad bar with "ALL" the fixins'. Police chief Kelly McMillan is our speaker. Please sign up by Monday, August 8th at the latest.

*Karen*

**TOUR DIRECTOR: LYNETTE McGREGOR**

## **ACTIVE SENIORS 2016 & 2017 Tours**

**AUGUST 20, 2016, SATURDAY, GIANTS GAME** Playing the New York Mets, 9:30 AM bus leaves Kohl's parking lot, be there 15 minutes early. Club level, section 230. Reservations through Jeanne Dorr at Prime Connections: (831) 633-7111. Cost is \$180 per person. First 40,000 fans receive a Virgin America 2 for 1 flight voucher.

**SEPTEMBER 15, 2016, THURSDAY - FALL HORSE RACES** Enjoy a lunch, play a hunch, win a bunch....we hope! This is an activity always enjoyed by those that attend regardless whether or not you like to bet on the horses. It's just fun—and a very good lunch!! \$79/person

**OCTOBER 1, 2016 GIANTS GAME** Playing the Los Angeles Dodgers, 9:30 AM bus leaves Kohl's parking lot, be there 15 minutes early. Lower box section 128. Reservations through Jeanne Dorr at Prime Connections: (831) 633-7111. Cost is \$170 per person. First 20,000 fans receive a Star Wars T-shirt.

**OCTOBER 7 - 12, 2016 - ALBUQUERQUE BALLOON FESTIVAL** Highlights include the Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science and National Museum of History, Indian Pueblo Cultural Center, Turquoise Trail, Santa Fe and Santa Fe School of Cooking. From \$2,359 per person.

**OCTOBER 8, 2016, SATURDAY, FLEET WEEK IN SAN FRANCISCO** This fun day includes: 2 hour yacht cruise, lavish lunch buffet, free flowing sparkling wine- orange juice- soda- coffee- tea, DJ entertainment, complimentary keepsake boarding photo. \$130/person.

**NOVEMBER 26–DECEMBER 9, 2016 PASSAGE TO POLYNESIA** Fall in love with the rhythm of the sea and the beauty of the South Pacific with its white sand beaches, cool palm breezes and crystal clear turquoise waters. Walk in the footsteps of legends: Herman Melville, Paul Gauguin and Captain Cook. Bali Hai is calling. Relax on board the Six-star elegance of Crystal Symphony as you cruise from San Diego to Papeete. Early booking gets the best deal.

**FEBRUARY 17 - 26, 2017 - SUNNY PORTUGAL**, featuring Estoril Coast, Alentejo and Algarve with optional Madeira Island post tour extension. The tour begins in Cascais and continues on the Lisbon, Sintra, Obidos, Fatima, Evora, Monsaraz, Alentejo, Sagres, Lagos, Algarve, Faro, Sao Bras de Alportel and Azeitao. See and experience the culture and history of Portugal on this comprehensive tour of Portugal. Extend the tour at the end for 5 days if you like to see Madeira Island. Double rate is \$3,339. Brochure available at Active Seniors.

**AUGUST 19 - 26, 2017 - THE GREAT OREGON SOLAR ECLIPSE** Here's a 'bucket list' experience of a total solar eclipse plus a cruise on the Columbia River through the Gorge, one of the most beautiful of river cruises. The variety of things you will experience are the Bonneville Dam, Multnomah Falls, Nez Perce history plus Lewis and Clark history, a speedboat trip through the Snake River where you'll see a 7000-year-old petroglyph, Hanford Interpretive Center, Maryhill Museum, Fort Clatsop and more. The highlight will be the day of the eclipse - hear and learn from astronomers. This is a smaller boat and because it is an eclipse trip, it will sell out quickly. All drinks and excursions are included. We will have a historian on board telling us all about what we are seeing including a lot of what Lewis and Clark journaled about. We will also have Michelle Thaller, astronomer, on the cruise with us. You can see her on the science channel on the program "Universe". She will explain (in laymen's language that we can all understand) much about the stars, preparing us for the total solar eclipse. This trip is already 85% sold out so early reservations are encouraged. From \$3,395.

**OCTOBER 19 - 27, 2017 - CANYON COUNTRY** featuring Arizona and Utah. Begin the tour in Scottsdale and see the sights in the greater Phoenix area before travelling on to Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell, choice of Monument Valley Navajo Tribal Park OR Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park and Las Vegas. Book before April 19, 2017 and save \$170. Double rate is \$3,299. Brochure available at Active Seniors.



**"SAVE THE DATE"**  
**Free Days for Seniors & Military at the**  
**Monterey Co. Fair**

Monterey County Fair Celebrates Seniors and Veterans

**Senior Day | Thurs. Sept 1st | Free 11am-3pm**

Vet & Military Appreciation Day | Fri Sept 2nd | FREE

**\*\*Free Pancake Breakfast for Vets | 10 am | Gate Three**



**The Wall, Berlin, Germany.**



**The Bridge of Spies**

The Bridge of Spies where we exchanged prisoners and got pilot Francis Gary Powers back.



We got to tour a brewery and sample 3 different beers.  
 You can see the size of the samples!



**Our awesome server, Gina**

Our Active Seniors group, just off the boat our first day in Prague.



Dinner our first night on the cruise.





Thank you T & A

For mailing these!

Thank you to **Josiz's Organics**, a subsidiary of Braga Ranches, for the generous donation of lettuce for our July luncheon.

## Our Speaker for August 11, 2016

### Salinas Police Chief

### Kelly McMillan

Three of our members were recognized for their many years of service by our senator, Anthony Canella, at last month's luncheon. Here Beth Stevens receives her award from Reed Sanders, Senator Canella's representative, for her many years of devoted service at ASI. Beth has been the main stay of Ballroom dancing for 18 years. She is an amazing lady who continues to serve faithfully and brings cheer to every activity.

Howard and Shirley Jones were also recognized for their outstanding service. Howard has served as president, facilities manager, and office volunteer where his management and organizational skills have improved the functioning of ASI. Shirley serves on the board and uses her artistic talent to create a lovely atmosphere in our building. She also uses her gifts to create the beautiful table decorations for the luncheons. She always has the utensils, place-mats, napkins and decorations ready to put out for the lunches, and even does them ahead of time if she is going to be out of town. And they both do the shopping to keep the kitchen and janitorial supplies full.

Beth, Howard and Shirley, "THANK YOU", you have our admiration and gratitude for all you have done and continue to do for Active Seniors.

