

## OFFICE HOURS

9:00 am to 4:00 PM

Monday—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)

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# Monthly Newsletter - February 2020

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

## **DAILY ACTIVITIES**

**MONDAY:** Zumba, 8:45-10 AM\* + Instr. Donation  
Qigong, 10-11 AM\*  
Mahjong 12:30 to 3 PM\*\*  
Fabric Art 11 AM to 3 PM\*\*

**TUESDAY:** Line Dancing 10 to 11:30 AM\*\*  
Bridge 12:00 noon to 3:30 PM\*\*  
Experienced players of all levels welcome  
Beginning Bridge, 1-3, thru Feb. See p. 2\*\*  
Legal Services for Seniors, 1st Tues. only,  
1:30-3:00, call for appointment  
Beginning Ballroom Lesson 6-7 PM  
Ballroom Dancing 7 to 9 PM  
Fee \$9.00 (\$10.00 non-members)

**WEDNESDAY:** Yoga 8:45 to 9:45 AM\*  
Chess Club, 10 AM to noon\*\*  
Light Exercise, 10:00-10:45 AM\*  
Ukulele Club, 1st & 3rd, 10:00 AM-noon\*\*  
Ukulele for Beginners, 2nd, 4th, 5th, 10-12\*\*  
Book Club 12:00 PM to 1:30 PM\*  
Tai Chi 1:30 to 3:00 PM\*\*  
Line Dancing 6:30-8:30 PM\*\* + \$1 for instr.

**THURSDAY:** Quilting, 1st, 3rd, 9:30 AM-12:30 PM\*\*  
Tech Assistance, 1st & 3rd, 1:00-3:00 PM\*\*  
Knitting, 1st & 3rd, 1:00-3:00 PM\*\*  
AOA Discussion Group 2:15-3:30 PM  
Ping Pong, 3:00 to 4:00 PM\*

**2nd THURSDAY: MEMBERSHIP LUNCHEON**  
Feb. 13, Noon, \$10 members, \$12 non-  
members. Program: Brotherly Love Singers

**FRIDAY:** Yoga 8:45 to 9:45 AM\*  
Zumba 10:00-11:00 AM\* + Instr. donation  
Bridge 11:15 AM to 4:00 PM \*\*  
Friday, Feb. 14, 1:30-3:30 PM, Keeping Your  
Mind (see P. 2)\*\*  
Western Dance, 2nd & 4th Friday,  
7 to 10 PM, \$10

**SATURDAY:** Western Dancing. 7:00 to 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

## **New and Tried and True Continue**

As the new President of Active Seniors, I will continue our organization's commitment to the tradition of providing new services, new technology and new programs that enhance the health and well being of our members.

Active Seniors is now recognized as a premier community organization celebrating 60 years of services to our seniors in Monterey County. I want to thank the Board of Directors, volunteers and members for your tireless support to our organization and I intend to do my best to continue the rich tradition of service to seniors of the Salinas community.  
Dwight Freedman

## **Membership Renewals**

You need to do YOUR best. If you haven't renewed, your annual ASI membership is expired and you need to renew, still for the low, low fee of \$30.

Don't forget! Set a good example! Show your support of ASI! You can continue to enjoy, and take advantage of, all the programs and activities ASI has to offer. And at a reduced price as well.

Keep Yourself Healthy—with ASI fitness, exercise and dance classes. Keep Your Mind Sharp—with arts, chess club, book club and tech classes. Keep Your Life Full—with ukulele club, ballroom dance, the monthly luncheon, and volunteering.

## **Reserve Now—Feb. 13 Lunch/Program**

The February lunch Menu is Grilled Chicken Breast with Pesto Cream Sauce, Roasted Rosemary Potatoes, French Veggie Medley, Potato Dill Rolls & Butter, and Lemon Cake with Raspberry Coulee.

A familiar program favorite, for Valentine's Day, is the Brotherly Love Singers.



## A Matter of Balance—Natividad Community Program Offered

The Natividad Trauma Center is presenting a free eight-week workshop to learn how to manage your concerns about falling. Classes are scheduled for every Tuesday from Feb. 4 through March 24, from 1:00 pm to 3:00 pm.

Participants will learn to: view falls as controllable; set goals for increasing activity; make changes at home to reduce fall risk; and exercise to increase muscle strength and balance. Who should attend? Anyone who is concerned about falls; who has fallen or is at risk for falls; who is interested in improving balance, flexibility and strength; who can walk independently (may use cane); and who does not have dementia.

The workshops are free and refreshments are provided. Registration is required and participants must attend all eight workshops. To register call Lorraine Artinger, RN, Trauma Prevention and Outreach Nurse, (831) 772-7357.

## Keeping Your Mind—By Gail Saul

In a “health” newsletter recently I was reading a list of the things one can do to keep dementia and Alzheimer’s away--staying active (walking and exercising), eating fresh fruits and vegetables, and more plant than animal foods.. you know the litany...and, they mentioned getting into discussion groups to talk about new things. The benefits include:

- exercising your mental processes that you use to hear new things and process them into existing knowledge,
- then coming up with the thoughts that result from that process and
- putting them into words to tell someone else.

In exchanging the ideas the discussion activates paths in the brain that need exercise to stay useable. We are starting a discussion group here at ASI using talks from TED.com.

Come to an initial meeting **Friday, February 14 at 1:30 p.m.** We will have a sample run-through which will last an hour and then talk about details we would like to have for this group.

Presently we propose meeting monthly on the second Friday at 1:30 pm – 3:30 pm at the latest.

The format of the meeting is to watch a 20 minute video from TED.com, writing down ideas and questions, and then discuss what we saw and the things that we liked, hated, agreed with, disagreed with, etc., and what we might change in our life as a result of seeing the talk.

Our initial talk will be: **“Art Can Heal PTSD’s Invisible Wounds,”** given by Melissa Walker, creative arts therapist. Here is a link to that talk if you’d like to preview it.

[https://www.ted.com/talks/melissa\\_walker\\_art\\_can\\_heal\\_ptsd\\_s\\_invisible\\_wounds?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/melissa_walker_art_can_heal_ptsd_s_invisible_wounds?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

## Beginning Bridge Classes Scheduled for February

Wayne McDaniel will be teaching a beginning bridge class every Tuesday in February. The class will be from 1-3 PM on Tuesdays, February 4th, 11th, 18th and the 25th.

Anyone interested must make a commitment to attend all four weeks. The class is only open to current members of ASI and will cost \$2 per session. Members should sign up in the office.

## Bonus for Email Newsletter Subscribers

Email recipients of the ASI Newsletter, please note. You are getting a P. 5 with this newsletter—be sure to scroll to the end to find it. P. 5 is Chef Michael’s recipe for Healthy Clam Chowder—a bonus feature, the first in his proposed series of Healthy Lifestyle Suggestions.

If you are receiving the newsletter via the US Postal Service, you might want to select email delivery, so you won’t miss out on any exciting additional information we will be sending your way but that won’t fit in the print version (extra page are easy to send in an email). Call the ASI office to make the change. Thank you.

## Spotlight on ASI Member Albert Vicent

In recognition of the recent Martin Luther King Holiday and of February as Black History Month, your editor is honored to introduce ASI Member Albert Vicent. Albert grew up in the miniscule Michigan Town of Peacock (population 40, near Baldwin). He went to a one-room school house, then to Baldwin High School.

He graduated in 1947, at age 17, and enlisted in the U.S. Army. He did basic training at Ft. Monmouth, NJ, and was sent to Ft. Lee, VA, for mechanics training. His first experience with segregation was having to move to the back of the bus as it neared Washington, DC, on his way to Ft. Lee. He served his first ten years in the military as a mechanic in transportation units, initially in an all-Black unit.

Occasionally his unit would have black sergeants or officers, but usually the cadre was white. He said the soldiers were always treated well. As a sign of the times, however, they wondered why one white soldier was assigned to the unit. It turned out he had a black ancestor somewhere in the line and he was thus considered Black.

A major Civil Rights event that is rarely mentioned and not well known was President Truman's desegregation of the military by executive order in 1948. As I was interested in the impact of the order at the time, I asked Mr. Albert how it affected him.

He said he had heard about it but because the order had no immediate effect he didn't give it much thought. His still segregated unit was sent to Korea in 1950. When he returned to Ft. Ord in 1952, however, he was surprised to find desegregated units and he was transferred to one soon after. He served as a mechanics instructor for the next couple of years and had students of all races.

He noted that regardless what officers, many from the South, may have thought, they were responsible to the Commander in Chief, the military and the men and couldn't go too far out of line. Also with so many soldiers returning with wives from any number of nations, the military was pretty rapidly integrating itself (Al's late wife of more than 58 years was Japanese).

Mr. Vicent retired after 25 years of military service, the last 15 in Nike air defense units.

He has documented an interesting life in numerous books which can be purchased at: <https://www.trafford.com/Bookstore/BookSearchResults.aspx?Author=Albert+Vicent&>.



## Consider Volunteering—Our Community Has Many Needs

### *Active Seniors Inc.*

We need volunteers right here in our own facility for our own programs. Please consider helping at the Tuesday night dances. We need people to help at the door, welcoming participants, registering them and collecting fees. Call Michael Gaines, (831) 206-3309 or email to [starchef101@gmail.com](mailto:starchef101@gmail.com)

### *The Western Stage (TWS)*

Salinas' premier theater company can use volunteers in many capacities, but particularly for Ushering and Hosting. Ushers assist patrons before, during and after the performance and meanwhile have the opportunity to view the productions.

TWS is particularly in need of hosts—people who can house actors, directors and designers who are here from elsewhere for 10 or 12 weeks sometime between April and December to do a show. Bringing in experienced personnel contributes greatly to the high quality of TWS productions.

Hosts can earn a little extra by charging rent (TWS suggests not more than \$325 per month for a room—these are starving artists, of course) and earn a pair of tickets to TWS. For more information please contact Cheryl Worthy, Company Manager, at 755-6816.

For inside insights on hosting, feel free to contact ASI members George and Mimi Niesen at 758-5718 .

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Salinas CA 93901



Thank you T & A

For mailing these!



## **ACTIVE SENIORS 2020 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR**

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**APRIL 27, 2020, MONDAY, CHUMASH CASINO.** Presented by ASI and Silver Kings & Queens. Leave Park Row at 7:45 AM, King City Fairgrounds at 8:45 am. Charter bus takes you to the beautiful Santa Ynez Valley and Chumash Casino, just east of Solvang, for a day of fun and profit (maybe). Must reserve by March 27, \$75 per person (but bus passengers get \$20 credit and first-time Chumash customers get \$25 credit).

**JUNE 20, 2020, SATURDAY, "COME FROM AWAY".** Presented by ASI and Silver Kings & Queens. Leave Valley Center parking lot at 11:00 AM, return approximately 6:00 PM. Join us as we venture to San Jose Performing Arts' production of "Come from Away"—a musical based on the book of the same title telling what happened in the small town of Gander, Newfoundland, on 9/11/2001. Airports were closed after the terrorist attacks and 38 airliners were diverted to this small town of 11,000. This will surprisingly be one of the most fun and uplifting shows you will see this year. Lunch at Mama Mia's in Gilroy. \$145 per person.

**OCTOBER 28-NOVEMBER 9, 2020, AUSTRALIA, TASMANIA, NEW ZEALAND CRUISE aboard Celebrity Solstice.** Includes non-stop air from SFO, all transfers, port taxes, classic beverage package, pre-paid gratuities, onboard credit, all meals in 12 nights onboard the Solstice. From \$4,750.

### **New Zealand Cruise—Feb. 13 Informational Meeting**

Interested in ASI's offering of a great value New Zealand Cruise (see above)? Want to find out much more about it? Can you shed your cares and shoes from Oct. 28-November 9, 2020?

Come and get all the information you need to get excited about this trip. Tour Director Lynette McGregor has scheduled an informational meeting just before the Feb. 13 luncheon, at 10:30 am in Room B at ASI.

## Chef Michael's Healthy Lifestyles Suggestions--Healthy Clam Chowder

This is a great tasting clam chowder that was served at the ASI lunch in January. It is gluten free, dairy free and almost fat free. Serves 6 people.

### Faux Cream Base

#### Ingredients:

- 1 3/8 - pounds Cauliflower (chopped)
- ½ cup - White Onion (chopped)
- 1- pound Zucchini (peeled & chopped)
- 2 - Garlic Cloves
- 2 - cups Clam Juice
- 2 - cups Water
- 1 - cup Hemp Milk
- ½ teaspoon - Garlic Powder
- ½ teaspoon - Onion Powder
- ¼ teaspoon - Black Pepper
- ¼ teaspoon - Salt



#### Method:

1. Place cauliflower in a pot. Add zucchini, onion, whole garlic cloves, clam juice & water.
2. Place lid on, bring to boil then adjust heat so it's simmering energetically.
3. Cook for 15 minutes or until cauliflower is soft.
4. Transfer entire mixture to a blender, add garlic powder, onion powder, pepper and hemp milk.
5. Place lid on, then whizz to puree, starting on low then getting faster (should be very smooth)
5. Return this pureed mixture to the pot you cooked it in

### To Finish the Chowder

#### Ingredients:

- 16 oz Cooked Canned or Frozen Clams
- ½ cup Leeks (diced)
- ½ cup Celery (diced)
- 1 cup Potato (diced)
- ½ cup Yellow Onion (diced)
- 3 tablespoons Fresh Parsley (fine chopped)
- ½ cup Red Bell Peppers (diced)
- 1 - tablespoon Better Than Broth Clam Base

#### Method:

Sauté veggies, potatoes for 5 minutes in a separate pan, then add to the cauliflower cream mixture and simmer for 15 minutes. Add clams and simmer 10 minutes. Adjust flavor with clam base, salt and add parsley.

Serve