

OFFICE HOURS

9:00 am to 4:00 PM

Monday—Friday

asi@activeseniorsinc.org

831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

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Monthly Newsletter - March 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

Legal Services for Seniors, 1:00-3:00,
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**

March 13, Noon, \$10 members, \$12 non-members. Program: 100+ Years of Monterey's Old Fisherman's Wharf

4th THURS.: March 26, 1-3 PM. Using Windows 10 Photo App (Free tech workshop)

FRIDAY: Yoga 8:45 to 9:45 AM*

Zumba 10:00-11:00 AM* + Instr. donation

Bridge 11:15 AM to 4:00 PM **

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

Your Vote Counts on March 3

ASI will be closed March 3 for regularly scheduled activities as that day it becomes a neighborhood polling site for Precinct no. 1007 voters. You will be casting your votes for presidential, state and local candidates and for the statewide school bond issue Proposition 13.

ASI has offered its facility for voting for many years. The event becomes a fundraiser for ASI because ASI Members staff the polls and graciously donate their checks for



the day to ASI. As you vote be sure to thank your fellow members for their service to our community. (And if you vote elsewhere, be sure and thank the poll workers wherever you are.)

By the time you receive this newsletter it will be too late to request a mail-in ballot. You may, however, cast your ballot at any polling site in Monterey County on March 3 from 7:00 AM-8:00 PM or at the Monterey County Elections Department, 1441 Schilling Place, North Building (there is also a 24-hour secure ballot return box there for mail-in ballots).

If you haven't registered and wish to vote, you may register on March 3 at any polling site in the county and cast a provisional ballot which will be counted once your registration is verified by the registrar of voters.

Please make every effort to cast your vote. We the people choose our government—we even control our government. *But only if we vote.* If we want a government that is honest, truthful, conscientious and responsive to the needs of the majority of the U.S. citizenry, we need to be the majority through our actions at the ballot box.

(continued on P. 2)

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Your California Primary is March 3 (continued)

Every vote counts, but only if it is cast. Please exercise your right and your responsibility to vote and encourage your friends and neighbors to do likewise. Our democracy depends on our involvement. It will not perpetuate itself without our votes.

During the Constitutional Convention Elizabeth Willing Powel (“a pivotal woman of the founding era”) asked Ben Franklin “What have you given us?” Franklin replied, “A republic, madam, if you can keep it.”

Consider Volunteering—Our Community Has Many Needs

Our own **Monterey County** has volunteer opportunities. The Parks Department offers live-on volunteer opportunities for individuals and couples who wish to donate their time and talents to the parks system.

Live-On Park Volunteers must donate 24 hours per week (30-40 hours per couple) of scheduled duties in exchange for a free campsite and utilities for a motor home or trailer.

- Duties may include general clean-up, entry station operation, campground host and a variety of other assignments.
- Applicants must commit to three-month period of time.
- Maximum stay is six months.

Volunteers must be prepared to work weekends and special events.

To apply please complete and submit application form to: Monterey County Parks Department, 168 W. Alisal St., 2nd Floor, Salinas, CA 93901. Call 831.755.4899 (Reservations); 831.755.4895 (Business); 888.588.2267 (Toll Free). Volunteers must provide a current DMV printout showing their driving record for the current year with their application.

Monterey County Free Libraries needs **Volunteer Tutors** for its Adult Literacy Program. Call 831 883-7597 or [Email](mailto:AndrewsCS@co.monterey.ca.us) our literacy program staff (AndrewsCS@co.monterey.ca.us) or download our [Tutor Interest Form](#) and return it to any [MCFL Branch](#) or mail it to: **Read with MCFL**, 188 Seaside Circle, Marina CA 93933.

For more information on volunteer opportunities, job duties and requirements, and how to apply, go to <https://www.co.monterey.ca.us/how-do-i/apply-for/volunteer-opportunities>.

The United Way Volunteer Center (<https://www.unitedwaymcca.org/volunteer>) lists any number of interesting opportunities, one of which is for the **Pebble Beach Concours d’Elegance**. **United Way Volunteers** help with distributing posters & programs, assist with guest credentials, and other duties as needed. The benefits are awesome!

Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Join a free **Alzheimer’s Association** workshop to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Friday, March 9, 10:30 - 12:00 pm

El Gabilan Library
1400 N. Main Street
Salinas, CA 93955
800-272-3900

Friday, March 20, 3:00 - 4:30 pm

Seaside Branch Library
550 Harcourt Ave.
Seaside, CA 93906
(831)-899-2055

Seven New Bridge Players “Graduate” From February Beginning Class

ASI’s Membership includes seven new bridge players thanks to Wayne McDaniels’ February class. If anyone else is interested in in another beginning class in the future, Wayne asks that you sign up in the ASI office. Whenever enough Members are interested he will schedule and conduct another class.

March Lunch and Program

Please get your reservations in for our March luncheon. The March menu is the usual St. Paddy's Day fare—and as usual also, it will be great. Pub Style Corned Beef, Pickle Spiced Stir Fry Cabbage, Boiled New Red Potatoes, Potato Dill Roll and Butter, Irish Apple Cake or Minted Fruit Compote.

The program's great too. Mary Alice Cerrito Fettis, of the Monterey Fisherman's Wharf Association, will be reviewing 100+ years of Monterey's Old Fisherman's Wharf.

After earning her BA and MA at Santa Clara University and working as an international charter flight attendant and in the family restaurant business, Mary Alice Cerrito Fettis served as the President of the Monterey Hotel & Restaurant Association (precursor to the Monterey County Hospitality Association). She was a Pink Lady at CHOMP and co-founder of Women on Wine, an organization to assist in the education of women in oenology.

She became a member of the Monterey Peninsula Chamber of Commerce serving on the Small Business Committee and participated in the first Small Business Excellence Awards Dinner. She served as President of the Board of Directors of the North Fremont Business District and continues on the Board today, working on the Streetscape and Specific Plans for the district.

For several years she was President of Monterey Fisherman's Wharf Association, continues to serve on the Board of Directors, and has helped to bring more world recognition to the Wharf. In her capacity, she works with the City of Monterey, State of California, Harbormaster, Monterey Bay National Marine Sanctuary, and 36 Wharf merchants. She has overseen several important annual wharf events, including reinstating the annual world-class "Whalefest Monterey," which empowers and inspires the public to preserve our oceans.

At Pan American Real Estate, she sold commercial and residential real estate for over 25 years. Currently she is a real estate property manager representing family interests and remains involved in many civic organizations.



Membership Renewals—250 Members Have Not Yet Renewed

If you haven't renewed, your annual ASI membership is expired and you need to renew, still for the low, low fee of \$30. Of 700 members now, about 450 have renewed. That means about 250 of you have not yet renewed.

Please remember to renew. 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 yoga, Tai Chi, Qigong, 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.

Dessert Treats on the Way

Recently Bob McGregor, Margaret, Shirley, Michael and Dwight met with Community Relations Director Laura Ruggieri from Madonna Gardens. Laura has been coming to the last few Luncheons and volunteering. She also provided ice cream for one our luncheons last summer.

Laura proposed that her staff can make desserts for our luncheons at their facility as they have a Pastry Chef on staff. ASI offered to pay for all materials expenses. Michael has provided luncheon menus for the rest of the year and Laura's pastry chef will complement the meals.

Please thank Laura next time you see her!

Speaking of which, see Chef Michael's healthy dessert recipe on P. 5 of the email newsletter.

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Thank you T & A

For mailing these!



ACTIVE SENIORS 2020 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR

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 for 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 Ma-ma 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. A \$200 shipboard credit for anyone booking the cruise by Feb. 28 (that's tonight!).

4th Thursday Free Tech Workshop

March 26, 1-3 PM, is the date for a requested workshop—***Using the Windows 10 Photo App***. Learn to take advantage of one of the most useful features of your new operating system. The session will be taught by ASI tech guru Jim Tripp.

Chef Michael's Healthy Lifestyles--*Blueberry Peanut Butter Chocolate Graham Parfait*

This is a healthy easy sweet ending that was served at the ASI lunch in January. It is very low fat and low sugar. Serves 2 people.

Yogurt Cream Base Ingredients:

- 1 ½ Cup Nonfat Greek Yogurt
- 2 Tablespoons Bell Planation PB2 Powdered Peanut Butter w/ Premium Chocolate*
- ½ teaspoon Sweet Leaf Stevia or to taste (be careful, it is much stronger than sugar)

Method:

1. Mix all ingredients in a bowl and set aside

To Build the Parfait--Ingredients:

- 2 each Honey Maid Chocolate Graham Cracker (broken into pieces)
- 1 cup frozen or fresh blueberries
- 2 Tablespoons Lite Whip Cream Topping
- ½ teaspoon Cocoa Powder

Method:

1. In a parfait glass or glass bowl, build parfait by layering:
 - a. Cream Base
 - b. Blueberries
 - c. Cream Base
 - d. Chocolate Graham
 - e. Lite Whipped Topping
 - f. Sprinkle Cocoa Powder as a garnish



Serve

* Bell Planation Peanut Butter Powder is a great product. Basically most of the fat has been taken out of it. It is available with chocolate and without. The peanut butter version is great to make Thai Peanut Sauce. I buy mine at "Thrive Market" online, but I think it is available at Whole Foods as well.