

OFFICE HOURS

9:00 am to 4:00 pm

Monday through 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 - October 2022

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation

Ukulele Club, Noon –2 PM,** 1st and 3rd

Mondays beginners to brilliant, 2nd, 4th
(& 5th) jam sessions for everyone.

Mahjong 12:30 to 3 PM**

Readers Theater, 2:30-3:30*

TUESDAY: Legal Services for Seniors, 9-11:30 AM

Call for required appointment

Line Dancing 10 to 11:30 AM**

Bridge 12:00 noon to 3:30 PM**

Newcomers welcome

Beginning Ballroom Lesson 6-7 PM

Ballroom Dancing 7 to 9 PM

Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga/Balance 8:45 to 10:00AM*

Cribbage, 10AM-12 noon*

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 instructor

THURSDAY: Ping Pong, 3-4 PM*

Nar Anon family support group, 6:30-7:30 PM

Quilting, 1st & 3rd, 9:00-11:00 AM**

Knitting & Crocheting, 1st, 3rd, 4th, 1-3 PM.

Tech Assistance, 3rd, 1-3 PM**

Genealogy Workshop, 4th, 10 AM-Noon**

2nd THURSDAY: MEMBERSHIP LUNCHEON

Oct. 13, Noon, \$12. Sign up by Friday, Oct. 7.

Program: **Col. John Sherer**, ret., on Berlin Airlift

FRIDAY: Yoga/Balance 8:45 to 10:00 AM*

Zumba 10:15-11:15 AM* + Instr. donation

Bridge 12:00 noon to 3:30 PM **

Western Dance, 7-9:30 PM, 1st and 3rd Fri. \$8/10

SATURDAY-1st: Bridge, 11:30 AM-3:30 PM**

SATURDAY-2nd: Yoga, 8:45-10:00 AM (Mat, block
required); *max 30 participants**

Zumba, 10:15-11:15 AM; *max 40 participants**

Tai Chi, 11:30AM-1:00PM; *max 40 participants***

Ukulele, 1:15-3:15PM (Ukes avail. or bring own)**

Non-Members must bring VAX card. Office closed Saturday. Participants must bring exact change and arrive prior to start. Doors locked as activity begins. Come in or call office, 831-424-5066, a week prior to reserve Bridge seat.

* \$1 Fee for members, \$2 for non-members

** \$2 for members, \$4 for non-members

October--and November--Luncheons

The October 13 Luncheon is a little less than two weeks away. The menu is hamburgers, beans, coleslaw and ice cream bars for dessert—a baseball theme. Our speaker is **Col. John Sherer**, retired. His subject is the Berlin Airlift. It promises to be an interesting talk. Come in or mail your reservation so it is received by 4:00 pm Friday Oct. 7.

If you mail in your reservation, do so early to give the mail service time to reach us. It's advisable to email us at asi@activeseniorsinc.org to let us know you are mailing your check and when you mailed it. Hope to see at the luncheon.

Here's a heads up for the Nov. 10 luncheon. **Ann Mills Griffin** will be ASI's speaker. She has led the National League of POW/MIA Families since August 1978, first as Executive Dir. and, since August 2011, as Chmn. of the Board, with CEO responsibilities.

She will also be speaking at ASI from 6:00 PM to 7:30 or 8:00 PM on Friday, Nov. 11 (Veterans Day).

Her commitment results from her brother Lt. JG James B. Mills' disappearance on a night low-flying mission over North Vietnam on Sept. 21, 1966. On Aug. 20, 2018, Mills was accounted for by the Defense POW/MIA Accounting Agency. He was buried June 24, 2019, in Arlington National Cemetery.

This will be a popular program so be sure and reserve early. Sign-ups from Oct. 17 through 4:00 pm Nov. 4 (see above on reservations). The easy way is to stop by the ASI office. Hope to see you there.

New Member Orientation Oct. 27

By Loretta Salinas

On Thursday, October 27th, Active Seniors Inc. will be hosting a New Member Orientation from 1:00 pm to 2:30 pm. This event is not only open to new members, but also any member who would like to learn more about our organization. Refreshments will be provided. See you there.

ASI Open House Is Information Central

Plan to visit ASI on Oct. 28, 4:00 to 7:00 pm (>>>)—and invite your friends! ASI's public open house offers tours of ASI's incredibly functional facility along with lots of information about available services and opportunities for seniors from ASI's collaborating agencies. Plus you get refreshments and fun!

Salinas Uke Club at ASI Teaches Beginners

By Stanley Sokolow

Would you like to play the ukulele? Our uke club offers a 2-hour lesson for beginners on Saturday Oct. 8 from 1:15pm to 3:15pm and another on Monday Oct. 31 from noon to 2:00 pm. The cost per session is \$2 for ASI members or \$4 for non-members. All ages welcome.

We will have ukuleles to lend or—better yet—bring your own. Prior music knowledge is not required. Proof of COVID vaccination is required. After this class and some practice at home, you'll be able to play and sing with us on two Mondays and the second Saturday each month. To register, send an email to the club leader: stanleysokolow@gmail.com.

From the Salinas Public Library

Author Talk: Dr. Aziz Gazipura, "Not Nice." ([Make sure to mark your calendar for upcoming speakers.](#))

Virtual Program: [Register Online](#). Thursday, October 13, 2022, from 1 PM - 2 PM.

We have an exciting trio of talks next month including a spell-binding memoir by CNN anchor Zain E. Asher and an unforgettable World War spy novel based on a true story.

Kicking off October is world-renowned confidence expert, [Dr. Gazipura](#), who will talk about how to say "no" when you want and need to, confidently ask for what you want, and eliminate feelings of guilt, anxiety, and worry about what others might think. For more information contact Jissella at JissellaD@ci.salinas.ca.us.

[Writers Workshop](#)

Authors need many specialists to turn a great manuscript into a great book, from editors to cover art designers and more. Learn about finding, and working effectively with these specialists so they can help you make your book the best it can be.

Virtual Program: [Register Online](#). Tuesday, October 18, 2022, from 5:30 PM - 6:30 PM.

For more information contact Don at Donga@ci.salinas.ca.us

Attention, Floristas

By Mimi Niesen

With multiple festive occasions during the fall, I've planned a demonstration on how to make a super quick vase and flower arrangement in 10-15 minutes.

For this project you'll need: Jars or cans (any size); Fall-themed fabric strips; Ribbons; Flowers, artificial or fresh, if available; Glue stick; Scissors. I'll have most of these items on hand if you don't have them.

Come play and create from 2:30-4:00 pm on Monday, Oct. 17. Questions??? Contact Mimi (text/phone) at 831-595-7334.



Active Seniors, Inc.

Where Active Seniors are Happy Seniors!

Public Open House

We invite you to help ^{*}us celebrate our relationship with our community partners. Come and get information they offer to our seniors in our organization. **There is no cost for this event.**

Date: Friday October 28

Time: 4:00 pm to 7:00 pm

Location: 100 Harvest St. (Corner of Harvest & Pajaro) Salinas, 93901

Phone: (831) 424-5066 (9AM to 4PM)

Refreshments: Water, Coffee, Tea, Wrapped Cookies and Snacks

All visitors must show proof of Covid Vaccinations or wear a mask if not vaccinated.

Health Tip #20: Melatonin for the Aged Heart

By Stanley M. Sokolow, DDS, Retired (stanleysokolow@gmail.com)

You probably have heard of the dietary supplement called melatonin, which some people use as a sleep aid or to recover from jet lag. What I didn't know until recently is that melatonin has other benefits which may be even more important. Although further studies in humans are needed, melatonin appears to be a key molecule in protecting the heart against damage during aging.

Melatonin has an apparent antioxidant function, slows down aging, and expands life expectancy, helping to delay or avoid different age-related diseases. Oxidation has been associated with damaged and aged heart muscle, playing an important role in cardiac pathophysiology, as in the case of atrial fibrillation (AF), the most commonly diagnosed cardiac arrhythmia with particularly high prevalence in the elderly.

Melatonin is produced at night by the pineal gland in the brain, triggered by darkness, and declines in the morning and during daytime. One function of melatonin is to assist the brain to sleep at night, but it has other functions. The action of this molecule in cardiac tissue makes melatonin a potential agent in preventive treatments, particularly in relation to cardiac arrhythmias (irregular heartbeats and fibrillation).

In particular, life-threatening cardiac arrhythmias (ventricular tachycardia, ventricular fibrillation, and sudden cardiac death) are more likely to occur in the morning after waking up, when melatonin levels are lower or even undetectable.

As we age, our pineal gland's ability to produce melatonin declines. Loss of melatonin during aging could contribute to a gradually increased predisposition to hypertension and arrhythmias. In addition to protecting cells against oxidation damage, melatonin helps regulate the movement of ions that are involved in the process of heart muscle contraction. It has been used to help protect the heart during recovery from heart surgery such as coronary artery bypass.

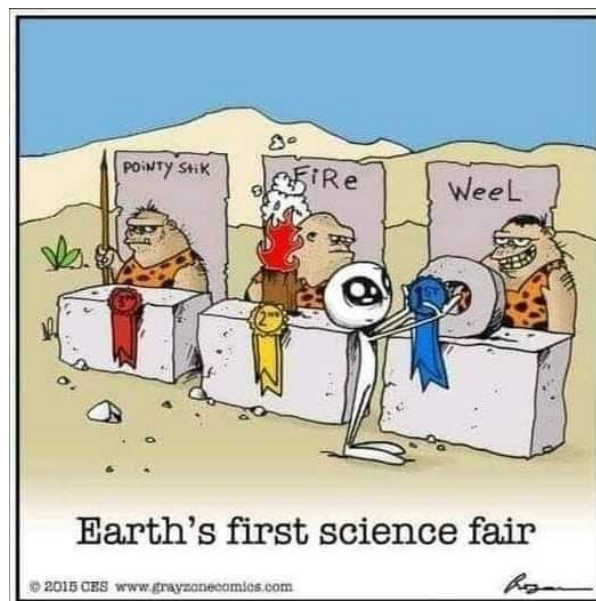
Melatonin concentration and its associated effects can vary highly from one individual to another as well as in relation to age or chronic diseases, so it's not clear what daily dose of a melatonin supplement would be ideal for any one person.

Melatonin is sold in the vitamin section of drug or grocery stores in various forms and strengths, ranging from 1 mg fast-dissolving tablets to 10 mg time-release tablets that dissolve slowly during the night. There are a few isolated case reports of individuals who had irregular heartbeats that went away when they stopped taking even the 1 mg daily tablets, so it's best to start with a low dose and see how your body reacts before raising the daily intake.

For more information, read the highly technical report on which this article is based: [Melatonin to Rescue the Aged Heart: Anti-arrhythmic and Antioxidant Benefits](#), published online in March, 2021. As with any of my health tips, always consult your own doctor before starting or changing any medication or supplements.

October Birthdays

Leslee Bell	Carlos Mariscal
David Bielsker	Harold Mccarthy
Gloria Black	Margaret Mccarthy
Frankie Chaney	Carolyn Meyer
Brenda Chargin	Claudia Palassou
Cynthia Duvall	Alma Jo Parker
Jaime Eltit	Anne Pauly
Shahram Farahmand	Jennifer Sabado-Rios
Craig Farmer	Eva Santos
Teresa Farrar	Terri Schreihart
Philayna Favero	John Silva
Linda Fonville	Cristy Shauck
Alan French	Harry Singh
Prudencia Garnica	Colene Smoot
Joseph Haro	Julie Spitz
Jeanette Hildebrandt	Janet Street
Carol Jackson	Marty Warner
Susan Jimenez	Ted Wilder
Don King	Pat Winfrey
Anjalie Kulkarni	Chieko Yamaguchi



"Old people shouldn't eat health foods. They need all the preservatives they can get." – Robert Orben



Really Active Seniors

By Mary Linzer

I was at the yoga/balance/core class on Friday and two members of the class were so bright and cheerful that I had to take a photo (>>>) of them. Josie (left) and Janet are both well into their 80s and going strong.

Janet (an ASI Board Member—see her profile in the [August 2022](#) issue of the Newsletter—does the Zumba class after the yoga class on Friday and then goes to play bridge! Anyway, they are treasured members of ASI.

Yoga Mat Pickup (and Lost and Found)

By Karen Towle

If anyone has left a yoga mat at ASI and is no longer coming to yoga, please come and pick it up. We will be disposing of them on Oct. 12.

ASI also has a Lost and Found. Lost items include a nice black sweater and a number of pieces of jewelry, mostly single earrings (>>>). See if anything is yours at the office.

"I was thinking about how people seem to read the Bible a lot more as they get older, and then it dawned on me — they're cramming for their final exam."- George Carlin

