

**OFFICE HOURS**

9:00 am to 4:00 PM

Monday—Friday

[activeseniorsinc@gmail.com](mailto:activeseniorsinc@gmail.com)

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

[www.activeseniorsinc.org](http://www.activeseniorsinc.org)

# Monthly Newsletter—July 2018

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

### **DAILY ACTIVITIES**

- MONDAY:** Zumba, 8:45AM—10 AM \*  
 Quilting/knitting 9:30 AM to 3 PM\*\*  
 Light Exercise 10 AM to 11 AM\*  
 Mahjong 12:30 PM to 3 PM\*\*  
 Fabric Art 11 AM to 3 PM\*\*
- TUESDAY:** Line Dancing 10 AM-11:30 AM\*\*  
 Bridge 11:30 AM to 3:30 PM\*\*  
 Beginning Bridge 1:00-3:00 PM\*  
 Legal Services for Seniors, 1st and 3rd  
 Tue., July 3 & 17, 1:15-3 PM  
 July 17, 1-3 PM, Health Care Seminar  
 Dance Lesson 6 to 7 PM, \$5.00  
 Ballroom Dancing 7 to 9 PM  
 Fee \$8.00 (\$9.00 non-members)
- WEDNESDAY:** Yoga 8:45 AM to 9:45 AM\*  
 Cribbage/Games 10 AM to 12 PM \*\*  
 Light Exercise from 10 to 11 AM\*  
 Book Club 11 AM to 12:30 PM\*  
 Tai Chi 1:30 to 3:00 PM\*\*  
 Line Dancing 6:30 PM—8:30 PM\*\*  
 Plus \$1 donation for instructor
- THURSDAY: MEMBERSHIP LUNCHEON,**  
 July 12, 2<sup>nd</sup> Thurs., 12 noon, \$8  
 July 26, 12:30-3 PM—Event at Star  
 Pharmacy—see p. 4 for details.
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM\*\*  
 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
 Tech Assistance, 1st & 3rd, 1-3 PM\*\*  
 Knitting, 1st & 3rd, 1:00 to 3:00 PM\*\*  
 AOA - Discussion Group 2:15-3:30  
 Ping Pong, 3:00 to 4:00 PM\*
- FRIDAY:** Yoga 8:45 to 9:45 AM\*  
 Zumba 10-11 AM\* + donation  
 Bridge 11:15 AM to 4:00 PM \*\*  
 Western Dance, **2nd & 4th** Friday,  
 7-10 PM, \$10
- SATURDAY:** Western Dancing. 7:00—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

## **Happy July**

Our Independence Day is a good time to reflect on its meaning. Our forefathers established our great nation on many wonderful principles, one of which was free-  
 dom. Free-  
 dom to as-  
 semble,  
 freedom of  
 speech,  
 freedom of  
 religion, and  
 the list goes on. We are so blessed to be able to enjoy all these freedoms and we salute our veterans who have defended our great nation.



Also we thank our active duty military men and women who continue to defend our rights and freedoms. Next time you meet a veteran or active duty service member, be sure to “thank them” for their service. We all need to remember that freedom isn’t free. Many have paid the ultimate price so we can have our freedoms. That is what the 4th of July is all about.

The 4th of July is the time for enjoying the company of your Active Seniors, Inc. friends (but please note ASI will be closed that day). Most any other time come take advantage of the benefits, luncheons, our adventure trips and all the activities our organization offers.

Lunch for Thursday, July 12, will be a super-hot dog bar with all the fixings. Our desert will be a wonderful ice cream bar with all the topping you can imagine. Our program, featuring the Scotty Wright Quartet (see p. 2), will thoroughly entertain you. Look forward to seeing you all there!

Prez Wayne

## Center Versus Facility

Some of our members have asked me, what is the difference between our organization and the Salinas Senior Center organization? Other members have asked me not to refer to our Active Seniors, Inc. as a center because it creates confusion between the two organizations.

So, are we a center or a facility? Perhaps a comparison of the goals and purposes of the two organizations can help clarify. To begin, I want to make sure everyone understands it is not my intent to suggest one organization is better than the other. My intent is to provide information about the two organizations.

### **The Salinas Senior Center Philosophy**

“Older adults, like all people, are individuals with ambitions, capabilities and creative capacities. They are capable OF CONTINUED GROWTH AND DEVELOPMENT. They have basic needs, including the need for opportunities for relationships and for experiencing a sense of achievement. They need access to sources of information and help for personal and family problems and the opportunities to learn from individuals coping with similar experiences. They have a right to involvement and representation in a senior center’s decision-making process.”

Source: National Institute of Senior Centers.

The Salinas Senior Center Vision is a Salinas that supports its seniors with a safe place to gather and with convenient access to services and activities to enhance their independence, health and well-being.

The Center states in its March newsletter, “Our vision is modeled after the National Council on Aging’s definition which is: A comprehensive community strategy to meet the needs of older adults where a senior center offers services and activities within the senior center, as well as outside the center, and links participants with resources offered by other agencies.”

Currently the Salinas Senior Center does not have a center in Monterey County. The goal is to develop a physical center for seniors in Salinas.

The major activities are dinners and a yearly BBQ. They also have a yearly Seniors’ Prom as their fundraiser. The cost to be a member varies from Charter Silver member (\$25.00/year) to Charter Angel member (\$100.00/ year). [The Salinas Senior Center networks with various organizations that support senior citizen needs.](#)

### **Active Seniors, Inc. Philosophy**

The specific purpose for which this corporation is formed is to provide a secure social environment for seniors; where they have a choice to participate in activities which are physically and mentally healthful according to their individual needs; to have a site of congregation for social communication with their peers, that they may enjoy a fruitful existence in their latter years and be given relief from an environment of the routine of mere existence. The corporation exists to serve the senior citizens in Monterey County, CA.

Active Seniors Inc. has a facility located on the corner of Harvest and Pajaro (100 Harvest St.). We have activities, programs and events Monday through Friday providing physical, mental and social interaction for seniors. We offer lunch and a program the second Thursday of each month. We provide adventure trips near and wide. We network with various organizations that support senior citizen needs. The cost to join ASI is \$30/year, prorated depending when a person chooses to join. People of all ages can join.

So, the question is, do we have a center or a facility? I’ll let you decide.

Prez Wayne

## About the Scotty Wright Quartet

At lunch July 12, the Scotty Wright Quartet offers a fabulous performance. Scotty is a world-class vocalist who toured much of Asia the past decade. We are lucky he has returned to settle in Salinas. He performs at many great festivals, including the Monterey Jazz Festival and the Monterey Blues Festival. Local legend Ben Herod on Sax/Flute/Clarinet, Jim Vanderzwaan on Drums and our own Chef Michael on upright Bass, join Scotty.



## Papa Hat Day

"Thank you" to all our members who brought in hats and participated in giving out hats on Father’s Day. The Alliance on Aging appreciated our participation and was impressed with our outpouring of support.

## Spotlight on Programs—Que Sera Sera

We at Que Sera Sera are active in the community, active with all sorts of arts and crafts, and active at Active Seniors, Inc. on Mondays from 11 AM to 3 PM. We are artists and creative individuals who love textiles and who participate weekly in a broad range of art-focused activities, such as dyeing, printing, hand embroidery, sewing, and other mostly fabric and paper-oriented projects. Some members take turns doing demos, while others happily work on their own personal projects. There are weekly reminders to inform our members what supplies to bring for the following week, should they choose to participate in a given project.

Our name, Que Sera Sera, sums up our philosophy that our meetings are meant to be fun and creative and that we do not take ourselves too seriously. We enjoy the free-flowing nature of this way of working, as well as one another's company, and feel fortunate to be ASI members who have access to this beautiful facility! If you would like to explore your creative impulses, please join us on Mondays at ASI—and bring your lunch.

## Calendar of Upcoming Special Events

ASI schedules many one-time events, in addition to regularly scheduled weekly workshops. Here are some.

**July 4** Wednesday: ASI closed.

**July 17** (1-3 PM) Tuesday: At ASI. Health Care Seminar with William Tienken of Aspire Medicare Advantage plan.

**July 26** (1-3 PM): Fourth Thursday of the Month FREE event at Star Pharmacy (see p. 4).

**August 4** (9 AM- 4 PM) Saturday: Post-Wide Yard Sale (at the former Ft. Ord, 4242 Gigling Rd.). ASI will have a booth to raise funds. **We are accepting donations for the sale.** Donation receipts available if members want one. Note: 9-10 AM is early-bird shopping for a fee (\$5-\$10). Admission is free after 10 AM.

**August 10-13:** ASI closed for parking lot re-sealing and striping. Welcome back Tuesday, Aug. 14.

**September 6** Thursday, (1-3 PM): At ASI. Technology Assistance put on by California Telephone Access Program, discussing basic iPhone use. \$2 per member. Limited to first 15 ASI members who sign up in the office.

**September 27** (1-3 PM): ASI's fourth Thursday FREE event will be California Telephone Access Program discussing Android Phone use. LIMITED to the first 6 signups. Signup sheet not available yet.

**October 25** (1-3 PM): ASI's fourth Thursday FREE event will be the VNA flu clinic where you may also be able to get other shots you may need, such as pneumonia and shingles.

## Resources for Preventing Falls

Judy Baker is a librarian at Senior Caregiver Alliance who has focused on fall prevention since her dad fell. An extensive learning curve as she made changes for him resulted in this *Fall Prevention Toolkit*, which she shares. [The Complete Guide to Home Modifications to Prevent Falls](#); [Selling a Home with Modifications for Older Adults](#); [Fall Prevention](#); [Fall Prevention & Mobility: Practical Safety and Organization Strategies for Seniors](#); [How to Talk about End of Life Planning with Your Family](#); [Helping a Senior Regain Confidence After a Fall](#); [Senior Fall Prevention: A Roadmap for Navigating Resources and Benefits](#).

*Ed. Note: If your newsletter is electronic you can double click on a title above to reach the website. Members receiving printed newsletters will have to type a title into your computer's search engine.*

## Book Club Announces Upcoming Selections.

Beginning Wed., Aug. 8, the book for reading and discussion is *Thunder Dog*, by Michael Hingson. The next book (not yet scheduled) will be *Cutting for Stone* by Abraham Verghese. The group hopes to see you there!

## Senior Day Aug. 30 at Monterey County Fair (Free Admission for Seniors)

ASI will have a booth at the Fair, along with other non-profits providing information and services for seniors. If you'd like to promote ASI, we could use volunteers. Contact Wayne McDaniel at (831) 320-0913. Thanks.

## Veterans Transition Center Stand Down Seeks Clothing

Please begin saving all-ages clothing for homeless veterans and families to be distributed at the VTC Stand Down Sept. 28-30, where the VTC expects 500+ families. More details in the August newsletter.

ACTIVE SENIORS, INC.  
VOLUME 22 ISSUE 2  
100 Harvest St.  
Salinas CA 93901



Thank you T & A

For mailing these!



---

## **ACTIVE SENIORS 2018 Adventure Tours: TOUR DIRECTOR: LYNETTE McGREGOR**

**SEPTEMBER 14, 2018, SANTA CRUZ FOLLIES:** See the Follies where all the performers—who have as much fun as the audience—must be at least 55 years old. Early no-host lunch at Phil's Fish Market in Moss Landing plus tour of Gizdich Farms. \$57 per person. With Silver Kings & Queens. *Please contact Lynette, 422-3049.*

**SEPTEMBER 25-OCTOBER 3, 2018 FALL FOLIAGE with the GRAND HOTEL & MACKINAC ISLAND.** A beautiful time of year to see part of the North East US. Mackinac Island is noted for no cars—horse and buggies here! \$3765/per person. *Please get reservations in. Still room.*

**NOVEMBER 26 - DECEMBER 1, 2018, CHRISTMAS IN BRANSON.** Sleigh bells ring, reindeer fly, and wide-eyed young and "seasoned" await the expectation of Christmas. A Branson Christmas brings joyful sounds of singing, merriment, and warmth, plus the show SAMSON. Join Active Seniors on their popular Christmas in Branson tour. Includes roundtrip air, airport transfers, baggage handling (1 bag per person), accommodations, meals (breakfast daily, 2 lunches, 5 dinners), taxes, and escorted shows. Cost per person double occupancy is \$2995. See full itinerary in the rack at Active Seniors.

**August 11-23, 2019, CASTLES OF THE BRITISH ISLES.** Fabulous cruise/trip on Cunard's Queen Victoria starting from London and going around the UK. See Newcastle-upon-Tyne, Inverness, Scotland, Glasgow, Scotland, Belfast, N. Ireland, Liverpool, England, St. Peter Port-Guernsey, Southampton, and back to London. If deposited by July 31st, receive \$150 on a Balcony Stateroom. From \$4,335.

## **Special Event July 26, 12:30-3:00 PM at Star Pharmacy**

Following a free light lunch for attendees, Pharmacist Russ Osterello will address medical issues for seniors. He and his staff will then provide information about other changes seniors may need to face, including fall prevention (see tool kit of resources on P. 3), physical adaptability aids and devices, and other medical aids. Although not at ASI, this workshop at Star Pharmacy is a great addition to ASI's 4th Thursday series and will be highly informative for many ASI members. See you there.