

**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  
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# Monthly Newsletter September 2016

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

**DAILY ACTIVITIES**

- MONDAY:** Yoga: 8:45 AM 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\*\*  
Plus \$1 donation for instructor
- 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\*\*  
1st & 3rd Thursday  
AOA - Discussion Group 2:30-3:30  
Ping Pong, 2:00 to 3:30 PM\*  
1st, 3rd & 4th 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:** 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



We will be closed Monday September 5, 2016 for the Labor Day Holiday.

**The Monterey County Fair will be free to seniors 62 and older on Thursday, September 1, 2016 from 11:00 AM to 3:00 PM. Don't miss the fun! There will be no computer class this Thursday.**

Monterey Peninsula College is having a course on Modern Retirement Planning for adults ages 50—70 plus. The course will be offered at two campus locations:

Monterey Campus, 980 Fremont Street, Monterey,  
Thursdays: September 15 and 22, 2016  
from 6:30 PM to 9:30 PM.

Or

Marina Campus, 289 12th Street, Marina  
Saturdays: September 17 and 24, 2016  
From 9:30 AM to 12:30 PM

The course includes: how to maximize your Social Security benefits, understand the fundamentals of Medicare, evaluate long-term care alternatives, minimize your tax burden, reduce risk in your retirement portfolio, establish living directives and financial security through estate planning, align your retirement strategy with lifestyle goals, and determine if Roth IRA conversion is beneficial. Their goal is to empower you to make effective retirement decisions and to prepare you to confidently take control of your retirement planning process.

The cost is \$79.00. To register, visit their website at [www.modernretirementplanning.com/TK1](http://www.modernretirementplanning.com/TK1) or call 1-888-218-1188, or come by ASI and pick up a registration form to mail in with your personal check.

Our lunch this month is Thursday the 8th and will be Tri Tip, beans, salad, bread and ice cream sundaes. Due to the difficulties of food shortages we've had in the past we've made the following changes to the reservation process: a lunch reservation made and paid by Friday, September 2nd is \$7.00. A lunch reservation made but not paid by 3:30 PM Friday, September 2nd is \$8.00. Any reservation made after 3:30 Friday, September 2nd is \$9.00. The speaker will be Lourdes Escolta from Salinas Valley Memorial Hospital. She will be speaking on the importance of Advance Directives and End of Life Decisions.



*Karen*

**TOUR DIRECTOR: LYNETTE McGREGOR**

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

**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.

**JANUARY 28, 2017, SATURDAY, KINKY BOOTS!** One of the funniest musicals you will ever experience. Broadway Tony and Grammy winning BEST MUSICAL is the story of Charlie Price who inherits his father's shoe factory and turns to a fabulously fashionable new friend who saves the family business. Lunch at Harry's Hofbrau. \$138/person.

**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 laymens 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.



Members having fun on the August Big Sur trip and the lunch cruise on Morro Bay.



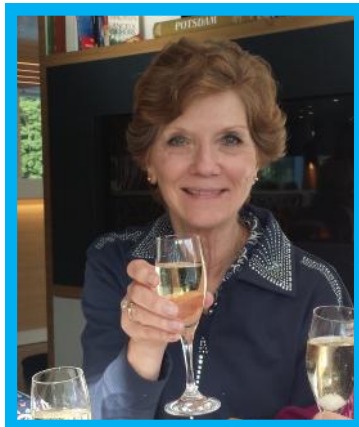


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Thank you T & A

For mailing these!



## *Meet your president, Karen Towle*

Karen was born in Evansville, Indiana the middle child of three girls. She spent her younger years running through the fields chasing fire flies and June bugs, and playing outside until dusk with cousins and neighbors during the warm, humid summer nights. Winters were spent riding our sleds down the hill to our back yard, building snowmen and having snowball fights.

The family moved to San Diego, California in 1952 where they stayed for eight years, then moved to Beloit, Wisconsin. Her junior year in high school was spent in Beloit, then they moved back to California, this time to Orange where

she went to Tustin High School her senior year. She then attended Cal State Fullerton where she met her husband, Dan.

Karen was a stay at home mom for eleven years with their three daughters. She went back to work for Wells Fargo when the twins started school. Six years later she was recruited to teach for Mission Trails ROP and spent 20 years on campus at Salinas High School teaching Banking & Financial Careers. She also taught Office Co-op at Salinas High, North High and Alisal High. During her teaching career she was the advisor for the Ski Club at Salinas High School and an advisor for Skills USA. She accompanied many students to competitions in various parts of California and ultimately to Skills USA Nationals in Kansas City, Missouri. She was Teacher of the Year at Salinas High School in 2006 and received the Harden Teaching Excellence Award in 2008.

Dan and Karen have nine grandchildren and like to spend as much time with them as possible. They both love traveling and volunteering at ASI. They particularly love all the activities available here.