

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 - June 2019

ASI is open for activities Monday through Friday,

9:00 AM to 4:00 PM

DAILY ACTIVITIES

MONDAY: Zumba, 8:45 to 10 AM* + Instr. donation

Light Exercise 10 to 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, 1st Tues. only,

1:30-3:00, call for appointment

Dance Lesson 6 to 7 PM, \$5.00

Ballroom Dancing 7 to 9 PM

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

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

Cribbage/Games 10 AM to noon**

Ukulele Club, 1st & 3rd, 10:00 AM-noon**

Book Club 11 AM to 12:30 PM*

Tai Chi 1:30 to 3:00 PM**

Line Dancing 6:30 to 8:30 PM**

Plus \$1 donation for instructor

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**

June 13, Noon, \$8 members, \$10 non-members. Program: Joseph Alliotti, Athena Medical Group, on Health Care, Balance and Fall prevention.

4th THURSDAY: June 27, 1:00 PM. CHP Age Well Drive Smart class

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

Passing the Torch

June is the month that we pass the torch. Our young people are graduating from high school and college. As we celebrated Memorial Day, we honored all who have made the ultimate sacrifice for our freedom.

As I watched the wonderful memorial program from Washington, D.C., I wondered how many of our young people

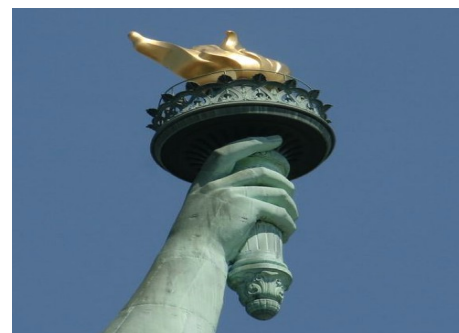
have a sense of June 6th (D day), World War II, the Korean conflict, Vietnam and our current conflicts around the world.

We are doomed to repeat history unless we learn from our history. It is up to each of us to teach our children and grandchildren the lessons of history. We need to pass on to the next generation our beliefs, values and traditions of our families, community and nation.

At your Active Seniors, Inc. we all share our personal history of family and community. One of our members, **Ruth Andresen** is a wealth of knowledge of our community and country. Recently she shared much of the history of our community at Founders Day. She, like others in our group, has had many personal experiences to share with us (see story/announcement p. 2).

As we become more involved with our many activities, luncheons and trips, we gain many insights from our members. We are going to celebrate ASI's 60th anniversary on Saturday, September 28th. Mark your calendar and we will all continue with our history.

Prez Wayne



June 4 Program with Ruth Andresen at Steinbeck Library

The Steinbeck Library is celebrating the 75th anniversary of D-Day with an upcoming program, "Sand and Tides: Planning D-Day from a Library" on June 4th, from 4pm-5pm.

ASI member **Ruth Andresen**, a Stanford geology graduate in 1942, was assigned, as a brand new geologist, to Washington, DC, in the early years of WW II. She was tasked with pre-invasion planning, gathering technical details about sites in all theaters of the war so the military could determine, for example, if invasion beaches would support heavy equipment, and when the tides would be highest and lowest over a series of dates.

The resources of the Library of Congress were crucial, as were everyday items like the Encyclopedia Britannica, National Geographic Society maps, and Michelin travel guides. Ruth will not only talk about her work but about everyday life during WW II.

Uke Club

Some wonderful soul dropped a note in the ASI suggestion box last year asking about a ukulele class. We listened but couldn't find an instructor—until now!

Stanley Sokolow, a long-time member of the Ukulele Club of Santa Cruz, has recently moved to Salinas and has graciously volunteered to conduct Salinas Ukulele Club activities (including teaching classes). Sessions start June 5 and will continue every 1st and 3rd Wednesday from 10 AM until noon. Sessions are open to anyone interested, regardless of age, experience or abilities.

So drag that old Arthur Godfrey plastic ukulele out of the closet, dust it off and come on down to ASI. If you don't have a uke, come anyway—you'll learn what to look for when you buy a uke. If you have more than one uke bring the extra so those without a uke can borrow one, try various ukes out and strum along.

If you have ever been to a monthly Santa Cruz uke club meeting at Bocci's Cellar, you know how much fun it is. Your editor, who does not play and probably won't ever get around to it (his wife plays) has been a few times because it is such a trip. The food is good, the beer better and the session is a hoot, with maybe 150 people reading song sheet handouts and playing along together. So come on down to ASI this Wednesday, find the joy of making music by yourself or in a group, and see what happens.

ASI Technology Assistance Available

Members, this is a reminder we have Technology Assistance available on the 1st and 3rd Thursday each month. Bring your laptops, tablets and phones with your questions or issues and we will be glad to assist you.

Also, Our ASI website now includes a Technology Tips page. We currently have articles on "Robo Call Relief is here"; "Windows 10 April 2019 Update"; and "Windows 7 End of Life".

Please click on the following link to read the tips. They may provide the relief and assistance you have been looking for. <https://www.activeseniorsinc.org/tech-tips>.

June 13 Luncheon and Program

The June lunch features a scrumptious Chicken Caesar Salad, Dutch Crust rolls and Mississippi Mud cake. The program is Joseph Aliotti, of the Athena Medical Group, on Health Care, Balance and Fall prevention.

Schedule Change

The Light Exercise class will now be offered only once a week, on Mondays from 10 AM-11:00 AM. It will no longer be offered on Wednesdays.

Madonna Gardens Grand Opening and Founders' Celebration

Madonna Gardens, an assisted living and memory care center, invites you to attend a grand opening on Thursday, June 6, from 4:30 to 7:00 PM. The facility is at 1355 Byron Dr. in south Salinas and the event features a delicious array of appetizers and refreshments while you experience what Madonna Gardens has to offer. Please RSVP by June 1 at 831-758-0931 or mbest@northstarsl.com.

Shall We Dance? Spotlight on Programs

Have you ever dreamed of gliding gracefully across a hardwood dance floor or maybe ballroom dancing just might be on your bucket list? Well here is your chance!

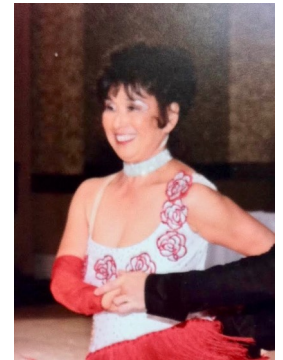
Most people who come to the ASI seem to be looking for some form of fulfillment whether it is physical, mental or emotional. It might be a bridge game to challenge the mind, toning the body with Robert's yoga class, keeping those hands moving by sewing a quilt. Others might attend social events, like the ASI monthly luncheon to connect with people or that group trip to Hawaii. ASI has so much to offer with a plethora of activities to engage in and enhance one's quality of life.



The Tuesday Night Ballroom Dance is a great activity offered at ASI and is designed to fill many of these needs. Check out this link to "Use It or Lose It: Dancing Makes You Smarter, Longer," written by Stanford professor Richard Powers on recent research on the contribution of social dance to mental cognition. <https://socialdance.stanford.edu/syllabi/smarter.htm>

The Dance has been in existence since the beginning of ASI and might just be the longest running dance in Monterey County. It has just become more accessible for beginners and starting next month on June 18th we will be offering beginners ballroom dance lessons with Sera Hirasuna. Lessons will cover many of the traditional ballroom dance steps, like the Fox Trot, East Coast Swing, Waltz, Rumba, Cha-Cha, Tango and more.

Sera Hirasuna (right) started dancing hula at age 4, which led to a lifetime journey of competing and teaching the art of dance. Sera is an amazing dancer/instructor and her specialty is working with beginners. She has taught dance at Chautauqua Hall Dance Club for several years and at Gavilan College Community Education. Sera & her husband Richard are recent ASI members and like many other members, Sera is interested in giving back to our community by sharing her knowledge of dance.



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No experience is required and you can join in with or without a dance partner. The lessons are no cost through December, will run from 6pm to 7pm and are followed by a ballroom dance from 7pm to 9pm with the live sounds of the Moon Glow Jazz Band (left), co-led by **Bari Roberts & Chef Michael**.



From 8pm to 8:20pm there is a refreshment break with some really wonderful sweet & savory snacks and at times some very substantial culinary offerings prepared by Chef **Michael**. Once each month we also celebrate birthdays with cake and ice cream, plus special parties on holidays.



The cost of the dance is \$9 for ASI Members & \$10 for Non-Members. Don't Dance? That's okay. Non-dancers are welcome. If you **are** looking for a great night out, there will be tables set up for folks who would like to listen to some great music, watch dancers and partake in tasty culinary treats.

For more information please contact Chef Michael (Dance Manager): email starchef101@gmail.com or call 831-206-3309.



Age Well Drive Smart Class June 27

The Independent Transportation Network Monterey County is sponsoring the CHP Age Well Drive Smart class for the June, free, fourth Thursday Workshop at ASI. The class helps older drivers continue to drive safely and may result in an insurance premium reduction. Join us for an extremely useful session.

Save the Date—and Plan to Attend and Make the Anniversary a Success

ASI will celebrate its 60th year on Saturday, September 28, 2019, with an Open House.

ACTIVE SENIORS, INC.
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100 Harvest St.
Salinas CA 93901



Thank you T & A

For mailing these!



ACTIVE SENIORS 2019 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR

JUNE 23, 2019, SUNDAY, WILL ROGERS FOLLIES. Catch the humor and smarts of Will Rogers as we see the life story of Will Rogers, comedian and headliner at the Ziegfeld Follies. Presented by the West Valley Light Opera at Saratoga Civic Center. Enjoy a no-host lunch at Phil's Fish Market. \$69/person.

AUGUST 9-23, 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. Dates are now August 9-23. We are leaving earlier to make sure we have plenty of time so we don't miss the boat in Southampton. On the way, we plan to take a tour through Windsor, site of Megan and Harry's wedding! Same pricing! From \$4,735.

SEPTEMBER 13, FRIDAY, SANTA CRUZ FOLLIES. Join us for their annual show. This year's theme is "Fascinating Rhythms" from Broadway to Hollywood! You'll want to join these folks who are all over 55 as they have as much fun as we who watch! On the way, we stop at Phil's Fish Market for a no-host lunch. \$55/person.

OCTOBER 12, SATURDAY, FLEET WEEK. San Francisco comes alive celebrating all things Navy! Join us on the San Francisco Belle for a fabulous buffet, flowing mimosas or champagne, as we watch the Blue Angels over, around, in front of us from the middle of the bay. \$145/person.

OCTOBER 18, FRIDAY, PACIFIC INTERNATIONAL QUILT FESTIVAL. Join us to view the largest quilt show on the west coast. See the 2018 winners of the (1) Quilt competition, (2) Modern Quilt competition, and (3) Wearable Art competition. At the Santa Clara Convention Center. Plan on being dropped off and picked up at the front door—no parking hassles! Bring a lunch or plan on buying there. Price \$49 per person includes bus and entry ticket.

DECEMBER 8, SUNDAY, BEACH BLANKET BABYLON. Your last chance—this longest running review in San Francisco and the world closes once and for all on New Year's Eve. The show that has entertained generations is known for its outrageous hats and even more outrageous topical and political humor. Lunch at Original Joe's then walk to the theater. Reservations required by Nov. 1. Seats will go very quickly so sign up early. \$151 per person.