

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 - May 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**

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 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*

Beginning Bridge (special class in progress)

2nd THURSDAY: **MEMBERSHIP LUNCHEON**

May 9, Noon, \$8 members, \$10 non-members. Program: Joe Truskot, Monterey Bay Rose Society, on rose care.

3rd TH.: May 16, 1-3 Photo Collage Workshop (P. 2).

4th TH.: May 23, To be determined.

5th TH.: May 30, 9:30-3:30, Sew-In (P. 3).

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

Spring has Sprung

The April rain showers have brought out the wonderful abundance of wild flowers. The hills are alive with carpets of beautiful pastel colors. Each of us should take the time to reflect on the beauty we are blessed to experience each day here on the great Central Coast.

At your Active Seniors facility, each day brings renewed energy from physical exercise, mental stimulation and social interactions. This includes our monthly luncheon. We enjoyed Tiffany DiTullio's discussion on the "Blue Zones Project." Your ASI Board has committed to join the local effort to promote this wonderful program of healthy practices that lead to a full and long life.

Thank you, **Robert Pettit**, our program chairman, for bringing us interesting programs. We look forward to a presentation on rose care by Joe Truskot of the Monterey Bay Rose Society following our May luncheon (May 9) of great Mexican food from a great deli.

We should all be proud of our fellow ASI member, Honorable **Albert Maldonado**, selected as a Jefferson awardee for his work as a volunteer for Legal Services for Seniors, and for providing many Active Seniors with legal advice--another great benefit for our members.

We look forward to the wonderful benefits, activities, luncheons and adventure trips that we all participate in at Active Seniors. We are especially blessed given the fellowship, cooperation and socialization we enjoy with our friends and colleagues at Active Seniors. Prez Wayne



Spotlight on Volunteers

This month's featured "volunteer" is a dynamic duo—**Michael and Patricia Whitlock**. They have been ASI members for about two-and-a-half years now. Mike's brother **Bob Whitlock** had joined and had invited Mike and Patricia to an ASI luncheon. Patricia doesn't remember how it happened, exactly, but in the course of conversation she got asked to make the dessert for the next luncheon. And people liked it.

The following month dessert was bought, and it "went over like a lead balloon" Patricia says, so she started doing desserts the month after that and has been making them ever since. Actually, she and Mike work on it all together. Patricia likes baking, planning her part of the menu, and coming up with imaginative desserts.

Remember the draft? Under that threat, long ago, with a very low draft number (five) Mike enlisted in the Navy, becoming a submariner and a cook and baker, retiring after 21 years. Patricia began cooking and baking at around age 10, because her mother didn't, really. She worked in a bakery for a while, then joined the Navy also, becoming a baker and serving for 12 1/2 years.

At one point Patricia had a shipboard assignment on a sub tender. It so happened that, due to a shortage of dock space, Mike's boat was moored to Patricia's docked ship. The submarine's crew had to cross Patricia's ship to go ashore. A friend introduced them and here they are. After a few crazy years of Navy married life, with each receiving different assignments, they retired from the Navy and moved to Salinas, where Mike was from originally. They worked for Target, and the Army Air Force Exchange before retiring for good.

Now Patricia sells a variety of media and entertainment items and hand crafts on Amazon. Her other interests are hand sewing, cross stitch and reading. Mike rides his bike and takes care of the house and lawn. And, no surprise, Patricia says she doesn't seem to have as much free time now as when she was working.



Photo Collage Is Next Technology Workshop

Hello ASI Members. The next technology workshop, on May 16, 1:00-3:00 PM, will show you how to create your own custom **Photo Collage**. Now that you know how to get your photos off your cameras and phones, we are now going to show you how to create a Photo Collage. A demonstration and presentation will be given, and documentation will be provided.

Registration will be required and will be open on May 6, 2019, so look for a Registration Email.

Special Thanks: ASI would like to thank **Mr. Brian Kirkeland** for a donation of a Mac Computer. We would also like to thank **Karen Towle** for getting the word out that we needed one.

Your ASI Tech Team

Exploring Spirituality at End of Life

Presented by Hospice Giving Foundation, May 31, 8:30 AM-3:00 PM at the Embassy Suites by Hilton Monterey Bay, 1441 Canyon Del Rey Blvd., Seaside.

At the conclusion of this symposium participants will be able to: Understand spirituality in the context of relationship-centered patient care; Define the role of chaplains on palliative care teams; Describe end-of-life care options, advance care planning, and how to have "the conversation"; Understand care giving during a crisis using silence, listening, and appropriate responses; Describe helping clients enhance spiritual coping with end-of life including spiritual practices, rituals and beliefs.

For more information go to <https://hospicegiving.org/event/as2019/>.

Thanks to Lowes for Donation

Once again a big thank you to Lowes Home Center here in Salinas for donating six additional lightweight tables--much easier for members to set up for classes and workshops. ASI encourages you to take advantage of Lowes' courteous, welcoming and knowledgeable staff as you shop for your household needs.

Volunteers Needed to Deliver Flowers

The Alliance on Aging, a local nonprofit that provides services and programs for seniors throughout Monterey County, is seeking volunteers to deliver beautiful flowers to elderly women living in senior care facilities on Mother's Day Weekend, May 11-12. Interested? Call (831) 655-7564. Thank you.



Fifth Thursday Sewing Session--Give Your Fabric Projects and Community a Boost

The Active Seniors' Sassy Quilters group will hold a day-long sew-in on Thursday, May 30, from 9:30 to 3:30. Bring your sewing machine and brown bag lunch. We'll provide extension cords, power strips, irons, ironing boards, and all of the cutting tools, as well as any expert assistance you need with your special project.

If you want to cut out pieces or pin a quilt, we'll elevate the tables. Hand work, of course, is always fair game. This is your day, quilters, fabric artists and needle workers. Join us!

For this session members anticipate making quilts to donate to a community organization. You can help out with the quilt making and lend a helping hand to our community.

Choral Concert

The Senior Singers (many of whom are ASI members) offer a free Choral Concert at 3:00 PM Sunday, May 26, at Northminster Presbyterian Church, 315 Alvin Drive, in Salinas. Enjoy beautiful sacred, patriotic and uplifting music by a 40-member choir. Refreshments will be served afterward and donations are gratefully accepted.

Fifth Annual Founders Day Is May 18

Enjoy Founders Day with your fellow Salinas citizens. There's a full day of entertainment, 9:00 AM to 3:00 PM, with the grand opening ceremonies from 11:00-12:00, all at the Salinas Police Activities League (SPAL) main stage (formerly the Salinas Armory). There's a full day of historic video showing at the SPAL Theater. There's also entertainment on the City Hall Steps Stage.

And there's a full day of Environmental Talks in the City Hall Rotunda (put together by ASI member **Ruth Andresen**), including Meteorology, with Jim Vanderzwaan; It's Your Fault (earthquakes), with Bob Barminski; Oceanography of Monterey Bay, with Dr. Tom Connolly; Elkhorn Slough, with Mark Silberstein; Risks and Options for the Monterey Bay Coastline from Projected Efforts of Sea Level Rise and Climate Change, with Ross Clark.

For more information, visit <http://salinasfoundersday.org/>.

Art Exhibit

Members of the Salinas Valley Art Association share their artwork in an all members show at the Avery Gallery in the Seaside City Hall (440 Harcourt Ave.) Meet the artists at a Reception on Friday, May 10, 7:00 PM to 8:30 PM. The show is up for viewing April 28-June 27, Monday through Friday, 8 AM to 5 PM.

May Is Older American's Month

Everybody is aging... right here, right now! Join us at a celebration of the 54th Anniversary of the Older Americans Act on Tuesday, May 7, 2019, 10:30 am at the Board of Supervisors Chamber, 168 West Alisal, Salinas. Join other seniors from throughout Monterey County in attending the local Board of Supervisors meeting where a resolution honoring Older Americans will be presented. [Everybody's doing it...Aging!](#)

Adaptive Devices Available for Active Seniors

ASI has a range of adaptive devices available to lend out to seniors needing such devices, including wheel chairs, walkers, canes, shower chairs, toilet chairs, toilet risers and assist bars. Please see an office staffer to access and sign out equipment. ASI also encourages members no longer needing equipment to consider donating it to Active Seniors.

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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

MAY 10, 2019, FRIDAY, A FUN DAY AT THE RACES. Join us as we venture to the Golden Gate Fields for their fabulous buffet and horse races. Enjoy a lunch, play a hunch, and hopefully win a bunch! \$95/person.

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.

Save the Date: ASI will celebrate its 60th year on Saturday, Sept. 28, 2019, with an Open House.

We hope many members will help to make the event a real community-wide success.