

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
Like us on Facebook

Monthly Newsletter October 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*
 AOA Grief Support Group 10—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**
 2nd Thursday of each month
 Lunch served at 12:00 PM
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM**
 1st & 3rd Thursday
 Computer Class 1:00 to 3:00 PM**
 1st & 3rd Thursday
 Knitting, 1:00 to 3:00 PM**
 1st & 3rd Thursday
 AOA - Discussion Group 2:15-3:30
 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



On Saturday, October 8th, FLEET WEEK , we'll see the Blue Angels perform from the middle of San Francisco bay!

We have started a Memorial Fund here at Active Seniors. This is a wonderful way to support our organization and venerate a friend or loved one. We will send a card or letter acknowledging the donation in memory of your friend or family member. Remember, we are a 501 C 3 non-profit, so your donations are tax deductible. These funds will continue providing the best environment for ASI members.

Last year we hosted our first annual New Years Eve party and it was very successful. It was so much fun that we are going to do it again this year. So mark you calendar for the evening of December 31st and spend a fun evening enjoying great food, fun games, entertainment, and even better company. Feel free to bring your friends. More information to come next month.



Lunch this month, October 13, is Chicken Divan. Pat Hopper from the Castroville Artichoke Advisory Board will be speaking on the importance of artichokes to the agriculture of Monterey County.

Don't forget to come in, sign up and pay your \$7.00 for lunch by Friday, October 7, 2016. Remember that it is \$8 if you call in or email by Friday the 7th without making a payment ahead of time or \$9 if you make a reservation after 3:30 PM on Friday or pay at the door. Hope to see you there.

Karen



TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2016 & 2017 Tours

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.

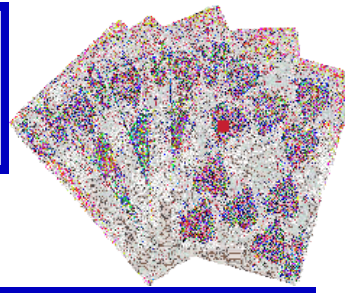
JANUARY 28, 2017, SATURDAY, KINKY BOOTS! One of the funniest musicals you will ever experience. Broadway Tony and Grammy winning BEST MUSICAL is the story of Charlie Price who inherits his father's shoe factory and turns to a fabulously fashionable new friend who saves the family business. Lunch at Harry's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

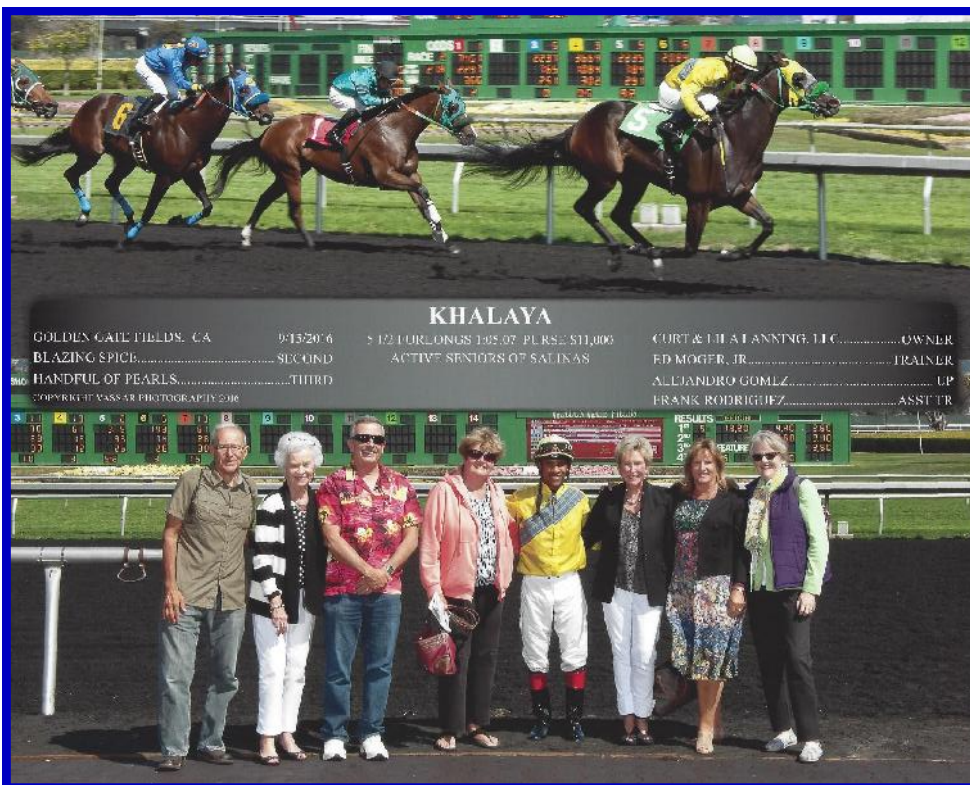
It's ironic that the colors red, white and blue stand for freedom, that is, until they're flashing behind you.



Interested in playing Pinochle? Contact the office and let us know you would like to play and we will find a day and time to host the game.

Alliance On Aging is starting a Grief Support Group. It will be hosted here at Active Seniors, Inc. on Wednesday mornings from 10:00—11:00 AM in the Board Room. This group will be facilitated by two experienced peer counselors who encourage connection, support, empathy and safety concerning any loss a group member might have. They allow and encourage the sharing of perceptions, feelings and personal experiences in a friendly manner. Group members are encouraged but not obligated to share.

For more information contact JoAnne at 831-261-7856.



Our members enjoying the horse races September 15, 2016 at Golden Gate Field.

Make your pictures look professional!

On Thursday, October 6, the Technology Training will be having a class on Photo Shop. You will need to bring your own computer with photo shop on it. Come and learn from the experts how to make your pictures look professional.





Thank you T & A

For mailing these!

Thank you Taylor Farms for the Salad Mix
for our September luncheon.



Come and join our Yoga class on Wednesday
and Friday mornings. Enjoy the exercise, fun
and fellowship that comes from working out
together. We laugh, sweat, then laugh and
sweat some more. Very healthy for us phys-
ically, mentally and socially.



Our leader Robert Pettit.

