

OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

asi@activeseniorsinc.org

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org[Like us on Facebook](#)

Monthly Newsletter - March 2023

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation

Ukulele Club, Noon-2 PM,** 1st and 3rd

Mondays beginners to brilliant, 2nd, 4th
(& 5th) jam sessions for everyone.

Mahjong 12:30 to 3:30 PM**

TUESDAY: Legal Services for Seniors, 9-11:30 AM

Call for required appointment

Line Dancing 10 to 11:30 AM**

Bridge# 12:00 noon to 3:30 PM**

Newcomers welcome

Beginning Ballroom Lesson 6-7 PM

Ballroom Dancing 7 to 9:00 PM

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

WEDNESDAY: Yoga/Balance 8:45 to 10:00AM*

Cribbage, 10:00 AM-12:00 noon*

Book Club 11:00 AM to 12:00 noon*

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

Line Dancing 6:30-8:30 PM** + \$1 for instructor

THURSDAY: Ping Pong, 3-4 PM*

Nar Anon family support group, 6:30-7:30 PM

Quilting, 1st & 3rd, 9:30-11:30 AM**

Knitting & Crocheting, 1st, 3rd, 4th, 1-3 PM.

Tech Assistance, 3rd, 1-3 PM**

Genealogy Workshop, 4th, 10 AM-Noon**

2nd THURSDAY: MEMBERSHIP LUNCHEONMar. 9, Noon, \$12. Program: John Farahmand of
Balance Physical Therapy**FRIDAY:** Yoga/Balance 8:45 to 10:00 AM*

Zumba 10:15-11:15 AM* + Instr. donation

Bridge# 12:00 noon to 3:30 PM **

Western Dance, 7-9:30 PM, 1st and 3rd Fri. \$8/\$10

SATURDAY-1st, 3rd: Bridge# 11:30 AM-3:30 PM**1st, 3rd, 4th, 5th; Zumba, 9-10 AM *Limit 40.***SATURDAY-2nd:** Yoga/balance/pilates, 8:45-10 AM
(mat, block required); *max 30 participants**Tai Chi, 11:30AM-1:00PM; *max 40 participants***

Ukulele, 1:15-3:15PM (Ukes avail. or bring own)**

Zumba, 10:15-11:15; *max 40 participants**

* \$1 Fee for members, \$2 for non-members

** \$2 for members, \$4 for non-members

Come in or call office, 831-424-5066, a week prior to reserve Bridge seat.

Office closed Saturday. Participants must bring exact change and arrive prior to start.

Valentine Card Project Hits Mark

By Suzanne du Verrier

Hear ye, hear ye! All Seniors living in licensed facilities in Monterey County received a Valentine card this year. Thanks to the volunteers who made and provided Valentine Cards, nearly 3,000 Seniors were remembered this special day for extending love to others. This community is full of love.

A few emails went out to various people and teachers, parents, other seniors and students rallied to the cause and made or purchased cards. An ASI newsletter article prompted a number of ASI Members to contribute.

This is the third year the Alliance on Aging has sponsored this event and once again it has been successful. In fact it seem pretty well established. Not only did we have card makers but also volunteers who delivered the cards to facilities in the county.

Active Seniors has been a valuable participant helping make this event successful. As a representative of AOA and an Ombudsman who visits the facilities, I offer a big thanks to all for putting smiles on our seniors who live in facilities in Monterey County.

COVID Emergency Restrictions Lifted

As expected, Gov. Newsome at end-February, officially cancelled the emergency orders he enacted at the very beginning of the COVID-19 pandemic. That means, among other things, a vaccination certificate is no longer required to enter the ASI facility.

ASI will continue to encourage and respect its at-risk Members (that's many of us due to our age) who practice good safety measures, such as masking. But no specific measures are required now. Thank you for your cooperation during these past three difficult years. *Ed. Note: Emergency measures remain in a few states, notably Texas, where the emergency edict was formulated for entirely different reasons than Gov. Newsome's was.*

Sassy Quilters Honor Child Cancer Patients

By Josie Matsumoto

I am leader of the Sassy Quilters class. Last November we had class members bring in quilts we have been making and collecting to donate to Jacob's Heart Children's Cancer Center in Watsonville. We collected 29 quilts and delivered them to the children on Nov. 17. Attached are pictures of the quilters who are part of this class who made and donated their quilts.

Upper photo, l. to r.: Mary Ann C., Susan H., Kathleen E., Virginia C., Gwen Z., Pat F., Angie S., Brenda O., Brenda C., Josie M.

Lower picture, l. to r., back: Virginia C., Pat F., Susan H., Angie S., Gwen Z., Mary Ann C., Brenda O., Brenda C.; front: Kathleen E., Josie M.

Ed. Note; As with the Valentines Project, this heartfelt and heartwarming gift of quilts and love to children with cancer is another example of how we active seniors work to make our community a better place. Please thank quilters as you see them and if you are not already involved in some "community service," please consider becoming involved with a worthy project. Thank you all. P.S. Sorry. Deadlines/miscommunications meant this article did not appear in the Dec. or Jan. Letter.



Lunches Ahead

We have a full complement of guests for the Mar. 9 luncheon--St Patty's Day pub style corned beef cooked in Guinness and honey with pickle spiced stir fry cabbage, boiled red potatoes, potato dill roll--OR Vegetarian Alternate. Dessert: Karen's Dessert. The speaker is John Farahmand, founder of Balance Physical Therapy. John is a good and interesting speaker. See you there.

Heads up! The April 13 lunch is Grilled Chicken Cobb Salad, Sweet French Bread/Butter and Bush Berry Parfait—OR Vegetarian Alt Cobb Salad. Reserve Mar. 9 through April 7.

For Those Who Like to Read

By Jim Tripp

You might check out this Website: <https://www.freebooksy.com>. Once you subscribe, they send an offering every day of about a half dozen FREE eBooks for you to choose from, as many as you like. When you subscribe, you choose the genre you are interested in reading. Ginny, your book club may be interested in this as well.

I have been subscribed for quite a while now and there doesn't seem to be any gimmick. The only possible gimmick I see is that many of the offerings are book #1 of a series, so maybe they are hoping that when you read that book you will want to buy more of that series--but there is no pressure to do so.

Because of this, I now have an extensive library of eBooks to read.

Zumba Zooms

The Zumba crews celebrated Instructor Loretta Salinas' Birthday last month. Hazel Shafer wrote this poem for the event.

Loretta a lady so sweet
Getting the girls on their feet
Dancing around the floor
The girls still want more
If that isn't enough
You show them more stuff
They enjoy themselves a lot
Now you are ready your plot
On the floor everyone
We are no way done
Moans and groans as they dance
And get out there and prance.
HAPPY BIRTHDAY TO YOU
LEADER OF YOUR ZUMBA CREW

Membership Dues Overdue

If you have not yet renewed your ASI Membership for 2023, your dues are now two months in arrears. If you wish to maintain your membership, please stop by the ASI office and renew it as soon as you reasonably can. We like to have you with us. Thank you.

From Your Salinas City Libraries

Healthy Living Series: Preventing Diabetes

It's estimated that up to 45% of adults in Monterey County are pre-diabetic or have diabetes, which can have serious consequences like blindness, heart disease, and kidney failure. We have power to make simple changes to diet and exercise for positive outcomes. Join us as experts from CHOMP share strategies and tips to help prevent diabetes.

In-Person; in English: Tues., Mar. 7, 3-4 PM @ John Steinbeck Library; In Spanish: Wed., Mar. 8, 11:45 AM-12:45 PM, @ Cesar Chavez Library. For more information, contact Kate, KathrynB@ci.salinas.ca.us

Genealogy Basics Series: Finding Female Ancestors

When: Wed., Mar. 8, 5:30-7 PM; **Where:** Online; **Cost:** Free; **Web Link:** <https://bit.ly/3Yza0mf>

Description: Through much of American history, women were not legally able to make contracts, own land, vote, or pursue other interests that left the kind of records we rely on when researching family history. Legally changing their last name when marrying also means that it can be very difficult to trace their early days. We'll take a look at the best strategies to increase your chance of finding useful records for the women you're researching, and identify some unexpected resources.

Questions? Contact Cathy: CathleenA@ci.salinas.ca.us

Title: Genealogy Work Group

When: Tues., Mar. 28, 6-7 PM; **Where:** Online; **Cost:** Free; **Website Link:** <https://salinaspubliclibrary.org/learn-explore/research-learning/events/virtualexploration-work-group-0>

Description: Knowing your ancestor's occupation can open doors to further research. We'll share resources and strategies to help you search. Researching family history can be exciting and challenging. Work groups are a chance to share ideas, resources, and support. We'll use Zoom to meet—all experience levels welcome. Questions? Contact Cathy: CathleenA@ci.salinas.ca.us. To get the Zoom link, please contact Cathy at cathleena@ci.salinas.ca.us

Independent Transportation Network Monterey County
Presents

Age Well Drive Smart

FREE CHP DRIVING WORKSHOP

Driving is Freedom
Join the CHP for the Keys to
Driving Safer and Driving Longer.

This is a **FREE** Workshop to help older drivers
continue to drive safely.

Completion of this workshop may result in savings
on your auto insurance.

Monthly Workshop Presented by CHP
Public Information Officer J. Madueno
at Active Seniors Inc.

Thursday March 23rd, 2023
1:00- 3:00 pm
100 Harvest St. Salinas CA 93901
RSVP Required- Call 831-233-3447

Attendees must provide proof of vaccination or wear a mask

ASI Active Seniors, Inc. ITN Monterey County Digitized transportation for seniors MST

March Birthdays

Vivian Aizawa	Terry Hoffington
Judi Akiyoshi	Jana Lamarque
Moises Alcala	Leroy Livingston
Mercedes Alcantara	Tim Lopez
Emmy Ames	Margaret Martinez
Connie Bafford	Steve McShane
Helen Baker	Nina Mendoza
Janet Barnes	Patricia Morgan
Anna Camel	Rene Myers
Joan Cerna	Joanne Nemeth
Candice Chin	John Newkirk
Leticia Crymes	Nancy Newkirk
Marion Deroza	Sally Pettit
Barbara Dormody	Theresa Riley
Joan Duafala	Anthony Ryan
Kathleen Erickson	David Salinas
John Falby	Susan Shaw
Haleema Farrar	Kathleen Slattery
Gaye Freedman	Cynthia Stanford
Pat Fritsche	Sara Jane Tanner
Leeanna Gattis	Barry Tomasini
Jan Gottschalk	Cynthia Tsukamoto
Donna Grossen	Robin Valentine
Roberta Hays	Marie Viarengo
Esperanza Hernandez	Asayo Westerly
Frances Hershberger	Kazuyoshi Yamaguchi
Cari Herthel	





ASI Activity Calendar

CHP Age Well, Drive Smart Class: ASI, Thur. Mar. 25, 1-3 PM.

De Young Museum: Thursday, April 20. Featuring "Ansel Adams in Our Time." Lunch on your own at Museum Cafe or any nearby restaurant. \$75/person.

Evening Sock Hop at ASI: Sat., Apr. 29 (see Apr. Newsletter).

"1776 - The Musical": Sun., May 21. British rule, John Adams, Continental Congress, American Independence! SJ Center for Performing Arts, lunch at Rosy's at the Beach. Cost TBD.

Golden Gate Fields: Saturday, June 10. Belmont Stakes. Horseracing, lunch and more as you like it. \$155/person.

Hearst Castle: Thursday, July 27. Tour with lunch at a local restaurant. Cost TBD.

Mystery Trip: Thurs., August 17. It's a surprise! Cost TBD.

"Tina Turner Musical": Sat., Sept. 2. A comeback story like no other! A celebration of resilience, an inspiration of triumph over adversity. SJ Center for Performing Arts, lunch at Old Spaghetti Factory. Cost TBD.

Fleet Week: Sun., Oct. 8. Celebrate all things Navy. See Blue Angels from San Francisco Belle, w/lunch. Cost TBD.

For tour information call Sharon at 831-261-8087 or visit ASI website, activeseniorsinc.org/tours.

Newsletter Help Wanted

We may expand our ASI Newsletter. If we do that I will need assistance in developing/writing articles and in production. Good language skills required, desktop publishing experience desired, but I can train. Contact George Niesen, gniesen@redshift.com or phone/text 831-595-3165. Thank you.

