

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

Monthly Newsletter—February 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*
 Fabric Arts 9:30 AM to 3 PM**
 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 - 9:30 AM to 12:30 PM**
 1st & 3rd Thursday
 Tech Assistance, 1st & 3rd, 1-3 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 (see p. 3)
- 2nd THURSDAY: MEMBERSHIP LUNCHEON**
 February 14, Noon, \$8 members, \$10 non-members. Program; Brotherly Love singing duo.
- 4th THURSDAY:** John Farahmand on balance, fall prevention, Feb. 28, 1:00-3:00. See p. 2
- FRIDAY:** Yoga 8:45 to 9:45 AM*
 Zumba 10-11 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

February Is Here

We have started the New Year with a bang! The January luncheon brought our souper volunteers. Thank you to **Lionel Gil, Karen Towle, Mary Lea McDaniel** and **Patricia Whitlock** for providing great soups. Most people went back for seconds (or thirds). The pineapple inside-outside cake was delicious.

Special thanks to Gail Delorey for her energetic and entertaining (taxes made fun if you can believe it!) sharing of the changes in the tax code that affect all of us.



Cathy Andrews and Sean Brisco from the Salinas Library briefly touched on the many benefits for our members (see p. 2). Mr. Brisco was here on our **Fourth Thursday, Jan. 24** to inform and explain all the new benefits and will return regularly during Third Thursday Tech Assistance sessions

We all need to give a big "THANK YOU" to our outgoing board members, **Jim Tripp** and **Michael Gaines**. Both will continue being very active in the operations of your Active Seniors. Please also welcome two new board members, Dwight Freeman and Nanci Crompton.

Overall, your Active Seniors, Inc is off to another great year, with lasagna, Caesar salad, and cherry cake on the menu and the always entertaining Brotherly Love duo as the program for the February 14 Valentine Day luncheon.

Be sure to get involved, stay involved and enjoy the many activities, benefits and trips available to you as we forge ahead through 2019.
 Prez Wayne

2019 Active Seniors Officers and Board Members

Your new Board Members were elected during ASI's Annual Membership Meeting at the January 10 luncheon. The new Board Officers were elected by the new Board at a special meeting called immediately following the Annual Membership Meeting. Your Board and Officers for 2019 are:

President, Wayne McDaniel	Treasurer, Sally Pettit	Sharon Piazza
First Vice President, George Niesen	Director of Finance, Bob McGregor	Renee Panfil
Second Vice President, Dwight Freedman	Margaret Neal	Nanci Crompton
Secretary, Sylvia Teixeira	Bob Whitlock	

The Board meets at ASI monthly at 1:30 on the Tuesday prior to the second-Thursday Luncheon. Thus the next Board meeting is Feb. 12. Meetings are open to the public and Members are encouraged to attend.

What's Up With the Salinas City Public Library?

A lot is up. On Thursday afternoon, Jan. 24, Librarian Sean Brisco showed some 50 ASI Members (what a great turnout) how much of the Library's resources they can access online and how they can register for access to it all. From audio books to e-books to scientific articles to movies to TV shows to the "card" catalog itself, it's all at your fingertips and on your desktop, your tablet or your phone.

This is all in addition to the Library's regular offerings, including books in all formats, movies, periodicals, technology assistance, reference sources, the literacy center, a digital arts lab, and a substantial local history collection, including genealogy. Plus the whole children's section for the young-at-heart.

If you missed this incredibly valuable information and training session, don't fret. Sean will be at ASI once a month (the third Thursday, during the Technology Assistance workshop) to bring members up to speed on how to really access the Library and all it contains or provides access to.

Senior's Utility User Tax Exemption

Salinas seniors are eligible for a tax break on some utility bills. A 5%-6% utility users tax (UUT) is levied on telecommunications, gas, water and some TV services. Any Salinas resident aged 65+ is exempt from it.

To apply for the exemption: Download the short application form, linked on the City of Salinas web page relating to the UUT exemption (<https://www.cityofsalinas.org/our-city-services/finance/seniors-utility-tax>); Fill in the form online (it's a fillable pdf file) and then print it; Mail or deliver the form and a copy of one recent utility bill to the City Finance Department (the contact info is on the form).

Links to the form on the above web page (English/Spanish versions): Senior Citizens Exemption From Utility Users Tax UUT (Eng) (PDF); Application For Senior Citizens Exemption From Utility Users Tax (Esp) (PDF).

If you don't work online, a hard-copy form can be picked up at City Hall and other City buildings, or requested by phone; (831) 758-7381. Or you can attend a Thursday Technology Assistance workshop. ASI volunteers will help you. Note: for privacy and security reasons the City recommends you not email this information.

Fourth Thursday Presentation, Feb 28, 1:00 to 3:00 PM

John Farahmand of Balance Physical Therapy will be offering tips, physical practices and mental practices for balance improvement and fall prevention. Attend—it's vital information many of us can use.

Events of Interest to Seniors

The **Marina Rotary Cars in the Park** show on March 23 is inviting ASI members with pre-1979 classics to enter their babies and/or to attend the event. Details at www.marinarotaryclub.org/cars-in-the-park-info.html. Plenty of awards, many raffle prizes. Proceeds benefit children in Marina.

Alliance on Aging is sponsoring the **South County Trashion Show and Luncheon**. Event is Thursday, Feb. 21, at 11:00 AM at the Salinas Valley Fairgrounds, Orradre Building. 625 Division St., King City. Tickets are \$65-\$75, call (831) 655-1334. Proceeds benefit **Seniors** throughout South Monterey County.

Spotlight on Volunteers—and Programs ... by Prez Wayne

As I mentioned in our January newsletter, we have over 50 volunteers involved in various activities at Active Seniors, Inc. This month I would like to highlight our activity volunteers.

Lotetta Salinas leads the high intensity **Zumba** class. This is really a great exercise program enjoyed by many of our members. Your Prez gets tired just watching everyone dancing to great music.

Shirley Daugherty heads up the **Quilting and Knitting** group. Many wonderful quilts have been made and sold here at Active Seniors by these dedicated people. We also have **Harriett Whiteaker** leading the **Knitting** group. They also have made wonderful items and have donated to the infant care center at our local hospitals.

For those of us who want to start a **Beginning Exercise** program or do not want a high intensity exercise program, Light Exercise led by **Jean Long** is for you. I recommend this activity for all of you who made a new Year's resolution to start exercising. We have mentioned the need to keep your mind engaged as well as your body. **Mary Marvel** leads **Mahjong**. This wonderful old game originated in China during the Qing dynasty.

Fabric Art is an activity that engages artistic talents as you create many interesting fabric art designs. Join **Sussan Riddoch** as she interacts with various members creating and presenting beautiful artifacts.

You have two opportunities to enjoy **Line Dancing**. On Tuesday (10 AM – 11:30 AM), **Sylvia Teixeira** leads an invigorating Line Dancing class enjoyed by all. On Wednesday evenings (6:30 PM – 8:30 PM), **Sharon Piazza** conducts a group that all can join as well. Come and try out line dancing.

We have two **Bridge** groups. On Tuesdays, **Lorraine Mirandette** leads a group that is always accepting knowledgeable bridge players. On Fridays, we have an advanced bridge group led by **Martha Rau** that is well established and looking for players to be on a substitute list. And see below for a new **Beginning Bridge** class.

Do you have any legal issues? Retired judge **Albert Maldonado** provides **Legal Services for Seniors** at ASI.

Want to learn Swing and other dances? Come Tuesday evenings and get **Dance Lessons** from Don Freitas and Nora McKenna. Then join **Michael Gaines** and his Moon Glow Jazz Band, for an evening of **Dancing**.

Fifteen 1, fifteen 2, run of three? Another great way to keep your mind active is learning and playing **Cribbage**. Come join the fun with **Dan Towle** and learn a new card game.

Want to tone your core muscles and balance? **Robert Pettit** leads **Yoga** with a loyal following. Members are invited to join this great exercise program, with routines tailored to an individual's needs and abilities.

One of our new programs is the **Book Club** led by **Rosalie Gray**. Members have joined this program and meet weekly to share their views on the book they are currently reading. A great way to exercise with emphasis on balance, breathing and relaxation is **Tai Chi**. We are fortunate to have **Franciso Samaniego** leading Tai Chi.

Need assistance with your various technology tools (and issues)? **Jim Tripp** and **Dwight Freeman** along with other technology gurus help all of us with **Technology Assistance** for using our lap tops, tablets, mobile devices and other confusing equipment. They are a real blessing.

Another benefit provided by Alliance on Aging is our **Discussion Group** led by **Nanci Crompton**. It's a great opportunity to express issues affecting your life within a caring and supportive group and environment.

Kick up your heels at our Friday night **Western Dances** led by Pam McCrumb and Saturday Western Dances led by **Sharon Piazza**. This is another great opportunity to socialize with many of our members.

All of these wonderful activities, programs and events are there for you as a member of Active Seniors, Inc. And for a price—say \$2 vs. \$1—they are open to non-members as well. Check your newsletter or contact the office to get dates, days and times and any further information.

Beginning Bridge Class—Want to learn to play Bridge?

We are adding a 10 session class on Beginning Bridge. Each session will build on the previous session. Participant will be expected to make a commitment to attend all sessions to learn this wonderful card game.

Instructors: Julie Garvin, TAP Certified Instructor; Fran Cava, Master Bridge player. The instructors will teach Standard Contract Bridge. Instruction will be given by lecture/practice so instructors can mentor play until class members are comfortable. If you are interested, please call or sign up in the office.

Dates: The class will be on the first, third and fourth Thursday of the month, February 7, 21, 28; March 7, 21, 28; April 4, 18, 25; May 2. Time: 10 AM –noon. Cost: \$2.00 –Members; \$4.00 –Non members.

ACTIVE SENIORS, INC.
VOLUME 23 ISSUE 2
100 Harvest St.
Salinas CA 93901



Thank you T & A

For mailing these!



ACTIVE SENIORS 2019 Adventure Tours: *TOUR DIRECTOR: LYNETTE McGREGOR*

FEBRUARY 23, 2019, SATURDAY, CATS, THE MUSICAL BY ANDREW LLOYD WEBER at San Jose Performing Arts. Winner of seven Tony awards including Best Musical! Hear "Memory"—one of his very best haunting tunes! Lunch at Home Town Buffet. \$124/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.

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.

For information on ASI trips and tours please contact Lynette McGregor at 422-3049. You'll be glad you did!

Volunteer Opportunities

The Friday morning breakfast crew at Dorothy's Place is looking for volunteers. They are trying to recruit enough volunteers so that a volunteer may have to work only every other Friday morning—or even just once a month if enough people are engaged. For more information please contact ASI member Mimi Niesen at 831-595-7334. Your time is a wonderful gift to the community.