

**OFFICE HOURS**

9:00 am to 4:00 PM

Monday—Friday

[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)

831-424-5066

**ACTIVE SENIORS INC.**

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# Monthly Newsletter - November 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  
 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  
 Beginning Ballroom Lesson 6-7 PM (free)  
 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\*\*  
 Chess Club, 10 AM to noon\*\*  
 Ukulele Club, 1st & 3rd, 10:00 AM-noon\*\*  
 Ukulele for Beginners, 2nd, 4th, 5th, 10-12\*\*  
 Book Club 11 AM to 12:30 PM\*  
 Tai Chi 1:30 to 3:00 PM\*\*  
 Line Dancing 6:30-8:30PM\*\* + \$1 for instr.

**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**  
 Nov. 14, Noon, \$8 members, \$10 non-members. Program: Bob Winn on  
 "What It Is Like to Go to War."

**4th THURS.:** Nov. 28, Thanksgiving (ASI closed  
 Thursday and Friday)

**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

**Thanksgiving To All**

Fall is a beautiful time of year. Mary Lea and I just returned from Door County, Wisconsin, where we took in all the breathtaking countryside. We are so blessed to live where we can enjoy our freedom with all the beauty our nation's myriad landscapes provide.



We cannot take freedom for granted, however, and we recognize Monday, Nov. 11, as Veterans Day and honor our veterans and those currently serving our country. We especially need to pay respect to those who have paid for our freedoms with their lives.

November is also the time we gather with our friends and family to give thanks for all the blessing of the year. We recall the memories of those who have enriched our lives. We appreciate our family, neighbors and friends who add so much to our lives now. We wish a brighter future for our children and grandchildren. Above all, we take time to enjoy our lives here and now.

Thanksgiving greetings take on a different meaning when we wish Thanksgiving **to** all. Let us not forget those in our community and our nation who are less fortunate than many of us.

As we give thanks let us make efforts through this holiday season to offer our time and our donations to those organizations and individuals who are working selflessly to help provide food and housing to those in need. Thank you for whatever you can do for them.

We at Active Seniors wish each of you a happy and blessed Thanksgiving.

Prez Wayne



## More Comments from the 60<sup>th</sup> Anniversary Celebration

The turnout of those who came was amazing! The short clips of real live demonstration (yoga, tai chi, ballroom dancing, ukulele, line dancing, Zumba) made for a great program. The Band Music was a great ending to the event!

**Evie Bolante**

I was extremely impressed. My first thought was that only the members of ASI would be attending and performing. So many folks came and enjoyed, ate well and participated. Fantastic!! **Curtis Montgomery**

It was amazing!!! The food and the display of it belonged in a 5-star hotel restaurant!! I liked the way the tables were set up for the different activities. It was a good idea to have demonstrations by the different groups. I belong to the mahjong group and quite a few sat down to see what it was about. All in all, it couldn't have been better!! **Barb Pybas**

Thank you ASI for a wonderful day filled with fun and activities, the best party ever. The event went so smooth and was well organized. And the food, so plentiful and delicious. I think everyone had a great time. **Tolan Ti Maust**

Thanks very much to all who worked for that special day. Nice to see the line dancing and quilting as I have not had a chance to personally participate. The food spread was especially fantastic. **Sandra Mercuri**

I had a wonderful and informative time as I cheered on participants demonstrating the activities offered at ASI, and stopped at each booth. Volunteers made it all seem like a seamless success. Chef Michael and crew outdid themselves with delicious treats beautifully presented. People were so friendly it felt like the neighborhoods of long ago. My personal thanks to everyone.

**June Radicchi**

All ASI volunteers who contributed to the preparations of the 60th anniversary party need to be commended for a monumental task well executed! It was a stellar event that included not just ASI members, but the community. Upon entering the double doors, the luscious myriad of delectable delights caught my eyes. I thought I was at the Pebble Beach Concours Welcome Party! The artistically displayed fruits, veggies, cheeses, crackers, meats, dips, cookies, and LOTS of shrimp captured my attention immediately. And then, there was the beverage table with choices of coffee, tea, and water...all amidst lovely fall decorations, colorful plates, and matching napkins.

The tables promoting the various activities of ASI were well done, and valuable community agencies such as Alliance on Aging, Legal Services for Seniors, and Blue Zone (just to name a few) were useful resources for attendees. I appreciated seeing them present at the festive event.

Of course, all the presentations from Zumba, yoga, line dancing, and Tai Chi were interesting, but for me, accolades go to the ukelele group. The leader, Susan Aremas, was exemplary in explaining the mixed class of beginners and the experienced players and how the audience could not see the difference. Her decades as a classroom teacher manifested in how she was able to encourage the audience to participate; we sang and clapped along. We even suggested lines for one of the songs.

Many thanks to the ASI staff of volunteers who created a memorable and heartwarming experience for those who attended. I can only imagine all the hours behind the scene this one Saturday must have taken. **Anonymous Member**





## Sassy Quilters Help Infants

On October 18, the Sassy Quilters delivered 72 baby quilts to the Neonatal Care Unit at Natividad Medical Center (>>>). Kim Leavitt of the NICU explained that a few quilts would be selected to be used within the unit. Nurses place quilts over the isolettes to shield the infants from harsh overhead lights.

The remaining quilts will be gifts for the newborns' families. The Sassy Quilters can be very proud of their contributions to this heartwarming project.



## Dance Your...Everything Off

Your ASI newsletter has spotlighted ASI dance programs from time to time—see the June 2019 newsletter for Ballroom Dance and the Oct. 2018 issue on Line Dancing. There's also the dance/exercise Zumba class.

Here's a note from the Oct. 2019 *AARP Bulletin* in an article about "Building a Consensus on Brain Health" (p. 42). After noting the five pillars of brain health—move (exercise), relax (sleep, avoid stress), nourish (eat well), discover (think) and connect (socialize), the article concludes with this comment.

"What works best? 'If there is only one thing you choose to do, dance.... It's fun, it involves other people, it's exercise, it challenges you to learn patterns and movements. Go out and dance.'"

At ASI we have ample opportunities to do just that.

## Monthly Luncheon and Program Is Nov. 14

Chef Michael's Menu for November is Roast Turkey with gravy, mashed potatoes, peas and carrots, with pumpkin pie and whipped cream for dessert.

Program speaker is Bob Winn (>>>) on "What it is Like to Go to War." Bob's father was a career Marine Infantry Officer. On graduation from the U. of Idaho and its NROTC Program in 1967, Bob was commissioned a 2nd Lt. in the Marine Corps. He arrived in Vietnam Jan. 4, 1968, and served as a Platoon and Company Commander with the 2nd battalion, 26th regiment during the siege at Khe Sahn and in the northern "I Corps" area on the DMZ. He received the Presidential Unit Citation for actions at Khe Sahn, the Vietnam Cross of Gallantry, and a Purple Heart. He left the service in 1970 and began a 40+ year career in property/casualty insurance, retiring in 2010 as COO of Capital Insurance Group. Bob and Sue have been married for 50 years and have two married daughters and five grandchildren.



## Independent Transportation Network (ITN) Fall Social

ITN invites ASI members (and others) to a Fall Office Social on November 14, from 4:30 to 6:00 pm. ITN offices are at 951-D Blanco Circle in Salinas (see invitation >>>).

The invitation states, "Sip and socialize with our Board of Directors, volunteers, and staff. We are excited to share our recent accomplishments and our plans for 2020!" ITN offers "dignified transportation for seniors."



## Amazon Smile Provides Funds to Non-Profits (Including ASI)

You can contribute financially to Active Seniors and it won't cost you a penny. When you shop at Amazon, go to [www.smile.amazon.com](http://www.smile.amazon.com), select Active Seniors Inc. as your chosen charity, and Amazon donates a small percentage to ASI. All the "small percentages" can add up from ASI's 600-plus members.

## Correction Regarding a Younger Ruth Andresen

Your editor apologizes for adding years to Ruth Andresen's life. For the record she is only 98, not the 100 reported in the last newsletter. She will turn 99 this December.

## Fourth Thursday Activity is Thanksgiving—ASI is Closed Nov. 28-29



Thank you T & A

For mailing these!



## **ACTIVE SENIORS 2019 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR**

**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. The trip has sold out but we are maintaining a wait list. \$151 per person.

**OCTOBER 28-NOVEMBER 9, 2020, AUSTRALIA, TASMANIA, NEW ZEALAND CRUISE aboard Celebrity Solstice.** Includes non-stop air from SFO, all transfers, port taxes, classic beverage package, pre-paid gratuities, onboard credit, all meals in 12 nights onboard the Solstice. \$4750.

## **Thank the ASI Volunteers Who Staff the Office—And Become One Yourself**

Behind the Scene are ASI office volunteers led by Susan Riddoch. Susan orients new office volunteers and ensures we have coverage each day, week and month.

Office volunteers work either a morning shift (9:00 – 12:30) or an afternoon shift (12:30 – 4:00) two or more days per month. These dedicated volunteers are greatly appreciated: Nanci Crompton, Carolyn Humphreys, Helen Jewell, Shirley Jones, Margaret Martinez, Chrys Miller, Bob McGregor, George Mills, Joan Nelson, Renée Panfil, Sharon Piazza, Robert Pettit, Sylvia Teixeira, Dan Towle, Karen Towle, Mary Ann Traylor, and Helma Zeuge.

Be sure to thank the volunteers when you are at Active Seniors. Your organization has no paid staff, so we all need to jump in and do our part. Consider becoming a volunteer to do everything from answering the phones to keeping the cookie box full. This is a great way to learn about your fellow ASI members.

