

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 - April 2023

DAILY ACTIVITIES

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

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

Mondays beginners to brilliant.

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 10:30 AM to 11:30*

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**

2nd THURSDAY: MEMBERSHIP LUNCHEON

Apr. 13, Noon, \$12. Program: Struve & LaPorte.

FRIDAY: Yoga/Balance/Pilates 8:45-10:00 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***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.

New research suggests drinking coffee in the morning helps others to live longer.

It's YOUR Newsetter

We are considering potential reworkings of the ASI Newsletter with the aim of better serving the ASI Membership. We seem to be getting more material and requests from Members on a regular basis—more than we can now print. Yet we want to continue providing Members with as much useful and accurate information as possible.

We are considering several expansion options and we are requesting Membership feedback regarding the following:

1. Keep it to four pages a month.
2. Add extra pages monthly for email recipients only.
3. Publish two four-page letters a month.
4. Publish a six-page letter monthly.
5. Publish an eight-page letter monthly.

If you are a print Newsletter recipient, please call the ASI office or check in when you are at ASI and let staff know which of the options is your preference. [Email subscribers please click on this link to cast your vote.](#) Thank you.

Of course the more news we put out each month the more reporters we will need, so if you vote for expansion, please consider it your occasional responsibility to send us articles or suggest topics you think would be useful to ASI Members. We'll do our best to make whatever we put out interesting and informative.

Thanks Loaves Fishes and Computers

Dwight Freedman presents a Certificate of Appreciation to staff from Loaves Fishes and Computers (>>>) for their very valuable technical assistance services to Active Seniors for 2022. We thank you.



Tapping Workshop With Bari Roberts Begins April 5

EFT stands for Emotional Freedom Techniques, commonly referred to as “tapping” (>>>). Tapping is a safe, easy and effective stress management tool based on principles of modern psychology and acupressure.

During an EFT session a person taps with fingertips on acupressure points while bringing attention to a stressful part of their life and while using an affirmation to eliminate the stress. The blocked energy flows. The result: Calm and peace to the body and mind. Here is a link to an introductory EFT Tapping Video: <https://www.youtube.com/watch?v=XRfLTQjhp0>



Activities Spot--ASI Book Club

By Leslie Wolfson

One of the many fabulous ASI activities is Book Club. It meets every Wednesday from 10:30-11:30. The selected book is broken up into sections, and it usually takes about three to four weeks to finish reading and discussing a book. After the book is completed, members go out to lunch.

The book club was created by Ruth Andreson (now deceased). It began with only about five members, and now has 12-15. All members are currently women, but men are always welcome! The books are suggested by members, and then voted on. The type of book varies: literary fiction, historical fiction, memoirs, and the occasional non-fiction, or mystery. Discussions are always lively and mentally stimulating.

Says Kathy King, the leader and only original member left, “There are a diversity of people and opinions, but we are respectful of each other.” Several members pointed out that the group often read books they wouldn’t normally consider, which broadens their horizons.

If you love reading, or if you decide to make time for reading, Book Club welcomes you.

Ed. Note: We plan in time to put all ASI activities in the spotlight for your information. See what’s out there!

Hello ASI Members—It’s a Sock Hop

Are you ready to rock and roll? Then don't miss our ASI 50s and 60s Sock Hop (>>>), where you can dance to the tunes of Elvis, Chuck Berry, The Temptations and more! Whether you want to twist, jive, or do the mashed potato, we have the perfect playlist for you.

Enjoy a grilled hot dog, chips and a root beer float and don't forget to dress up in your best 50s and 60s outfits if you like. If you are brave enough we will also have karaoke.

When: Saturday April 29; **Time:** 5:30 to 8:00 pm; **Cost:** \$10 per person. Reservations required and must be paid by Friday April 21 at 4:00PM. *By the way, bring a pair of Socks to donate to the Victory Mission.* Don't Miss this One Time Event!

Attention New Members—Orientation April 27

New Member Orientation is scheduled for Thursday April 27 from 1:00-3:00 PM. Please contact the ASI office (424-5066) to register. The session is actually open to all Members, so if you would like to learn more about Active Seniors, its activities and its governing structure, you are most welcome to attend. You will also need to register. Thanks and we are looking forward to seeing all of you there.



EFT Tapping Circles

Manage the Stress
Gain Calm and Clarity with
EFT

Join Bari Roberts, Clinical EFT Certified Practitioner, for one hour of self applied Tapping on ancient acupuncture points, and experience increased levels of physical well-being and emotional freedom.

At ASI Wednesdays 3pm-4pm
Begins 4/5/2023

Cost \$1 Members \$2 Non-Members
+ Donation

Website: bariroberts.com
Email: asi@activeseniorsinc.org
Phone Number: 831-424-5066

Back to the 50s
Sock Hop

Hot Dogs - Chips - Rootbeer Float
Saturday April 29th at 5:30 - 8:00 PM
Cost Only \$10 per person
Location :
100 Harvest St Salinas 93901
Reservation required
(831) 424-5066
BRING A PAIR OF SOCKS TO DONATE TO THE VICTORY MISSION
Join the fun

This is the most dangerous animal in the world. It is responsible for MILLIONS of deaths every year. By its side, a great white shark swims peacefully.

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What the End of COVID Emergencies Means for Older Adults

Adapted from *AARP Bulletin* by Thad Evans

1. Paying for COVID-19 vaccines. Medicare and Medicaid will fully cover COVID-19 vaccines for their beneficiaries, and the majority of people with private insurance will be covered. But people without health insurance will have to pay for their shots once the federal supply is depleted. Pfizer recently suggested that the price for its two-dose COVID vaccine could range from \$110 to \$130 per dose, while Moderna has said each of its two-dose shots could cost up to \$100 on the commercial market. How often adults will need the vaccine is still unknown.

2. Testing will cost consumers. People with original Medicare will most likely need to pay out of pocket for at-home testing, though tests ordered in a doctor's office will still be fully covered. People with Medicare Advantage plans or private insurance may also have to start paying for some or all of these over-the-counter tests. And for people with Medicaid, coverage for at-home tests will vary by state, though tests ordered by a doctor will continue to be covered. Currently Americans can still order four free at-home COVID tests per household from the federal government. Get some to keep on hand while you still can.

3. Treatments may come with costs, too. Oral antiviral treatments like Paxlovid and a similar drug called Lagevrio (molnupiravir) will still be covered for Medicare beneficiaries with a Part D prescription drug plan or Medicare Advantage plans that cover prescription drugs, at least until the federal supply is depleted. After that, cost sharing may kick in, depending on your plan. When it comes to Medicaid, once the coverage period mandated by the American Rescue Plan Act ends next year, treatments that have FDA approval will be covered, but cost sharing could kick in. And coverage will vary by state for treatments under emergency use authorization (EUA). Coverage for COVID treatments under private insurance will likely vary by plan. For people without insurance, treatments will no longer be free once the federal supply is tapped. A five-day course of Paxlovid currently costs the government about \$530.

4. A bigger change on the horizon has to do with Medicaid coverage. People who have been on Medicaid these last few years could soon be without it when the continuous enrollment provision ends on March 31. (This benefit, which barred states from removing people from Medicaid during the pandemic, was previously tied to the public health emergency but will end earlier.) Estimates are that between 5 million and 14 million people could lose their Medicaid insurance. The end of emergencies doesn't mean the end of COVID-19. Cases, deaths and hospitalizations have plummeted since the peak of the omicron surge last winter. Still, more than 3,700 Americans are dying each week from COVID-19, federal data shows. Stay up to date on your vaccines, watch out for symptoms, and test yourself if you're going to be around vulnerable people.

April Birthdays

Josie Avila	David Larison
Sue Brockett	Bonnie Low
Kathleen Callahan	Patty Marlow
Jayne Carolan	Diana Martella
Bernard Cleyet	Josie Matsumoto
Willam Clune	Margaret Neal
Veronica Cordoba	Carla Plymesser
Warren Denbow	Susan Riddoch
Jan Escobar	Michaele Serasio
Rory Gomez-Aarons	Sondra Singh
Linda Hall	Arline Soares
Corinne Hernandez	Jim Storm
Sera Hirasuna	Suzanne Stormon
Leah Hitchcock	Mary A. Surber
Lonnie Hoffington	Lila Vezzolo
Rosemarie King	Beverly Williams
Kim Kingswold	Leslie Wolfson
Pat Kinn	Noriko Yamaguchi

From Your Salinas Public Library

Virtual Writer's Workshop: The Author's Guide to Marketing

When: Wed., April 19, 6-7 pm; **Where:** Online Virtual; **Register:** <https://bit.ly/40cDnLR>; **Cost:** Free; **Website Link:** [Virtual | Writers Workshop: The Author's Guide to Marketing | Salinas Public Library](#)

Description: Authors have audiences they're writing for. To get your book in their hands, you need to know the basics of marketing, and the rules of the road for convincing libraries, bookstores, and online retailers to take a chance on you and your creation. And no matter whether you're at the "idea" stage or have the finished product ready to go, there are decisions you can make at each stage to help the marketing and sales pipelines work best for you. For more information, please contact Cathy at CathleenA@ci.salinas.ca.us





ASI Activity Calendar

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.

“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.

Lunch Signup By Noon April 7

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 (by noon when ASI closes for Good Friday). The program should be interesting, presented by Struve and LaPorte on subjects we all should probably know more about.

A Very Successful Age Well Drive Smart Workshop

By Dwight Freedman

We would like to thank Jessica McKillip from ITN for setting up the Age Well Drive Smart Workshop at ASI and CHP Officer Jessica Madueno for her outstanding presentation March 24. Over 75 participants received certificates. I also want to thank Ginny Yeater for signing all the names on the certificates.

Health Tip #23: Pickleball -- A Healthy and Fun Sport for Seniors

By Stanley M. Sokolow, DDS, Retired (stanleysokolow@gmail.com)

A sport with the funny name "pickleball" is the fastest growing sport in the world. It was invented 55 years ago by some parents in Washington state who improvised a game to keep their kids occupied at their vacation home. They scrounged up some ping-pong paddles, a Whiffle ball, a badminton net mounted low like a tennis net, created some rules, and the kids no longer were bored.

The family dog named "Pickles" would carry away the balls, hence the name pickleball. Soon the adults fell in love with the game. A boxed set with better equipment was made to be sold in sporting goods stores.

Today pickleball is taught in schools, including Monterey Peninsula College, and played recreationally and even professionally in highly competitive tournaments for prize money. Someday it will be an Olympic sport, no doubt. Commercial pickleball centers are sprouting up. Resorts and hotels are adding courts to attract the many pickleball players. Parks are adding pickleball court lines to their tennis courts or building dedicated pickleball courts. If you like to travel, chances are good you'll find a pickleball court there.

Pickleball is popular because the court is much smaller than a tennis court and the rules were designed to make it easier than tennis. It is especially liked by senior groups such as the age 55+ communities in Florida ("[The Villages](#)") and in the southwest USA. Click and watch:

- [Find Out Why Pickleball is The Best Sport for Seniors](#)
- [CBS Sunday Morning: The rise of pickleball](#)
- [90-year-old plays pickleball for more than just fun](#)

Around here, pickleball is played in Carmel, Seaside, Monterey, other cities, and at some private tennis clubs such as [Chamisa](#) in Corral De Tierra. I played the game when I lived in Santa Cruz, where they have several public parks with pickleball courts and an enthusiastic pickleball club. Recently Salinas repainted tennis courts at Claremont Manor Park in south Salinas to add two pickleball courts open to the public without a fee.

Pickleball is played and taught at Salinas's Sherwood Tennis Center. The group lessons by a professional coach cost only \$12 for one hour on Saturday mornings. Coach Mike will lend you a paddle for the lesson if you don't have your own. Two pickleball courts have been taped onto one of the outdoor tennis courts and they're available to the public for \$5 per session. There are books and YouTube videos teaching the sport.

Pickleball can also be [played indoors](#), making it possible to play on rainy days. I'm hoping that someday the City will add pickleball court lines to an indoor basketball court, but they have no plans to do so now.

Pickleball on public courts is not an expensive sport. You need your own pickleball paddle, which costs roughly \$40 to \$200. You also need "court shoes", not running shoes or street shoes, because court shoes have better traction and strong sidewalls. Avoid black soles because they can leave marks on the court. I bought court shoes at Big 5 Sporting Goods. You can also find them in shoe stores, most likely at a higher price.

Pickleballs cost about \$3 each and they last a long time. Some courts charge a modest fee per hour or session. I'll keep you posted if you want to get involved locally. Just send me an email (address above) with your first and last names. And check out the links in this article.

