

**OFFICE HOURS**

9:30 am to 3:30 PM

Monday—Friday

activeseniorsinc@gmail.com

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

Like us on Facebook

# Monthly Newsletter February 2017

## ASI is open for activities Monday through Friday, 9:30 AM to 3:30 PM.

### DAILY ACTIVITIES

- MONDAY:** 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**  
2<sup>nd</sup> Thursday of each month  
Lunch served at 12:00 noon
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM\*\*  
1<sup>st</sup> & 3<sup>rd</sup> Thursday  
Computer Class 1:00 to 3:00 PM\*\*  
1<sup>st</sup> & 3<sup>rd</sup> 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 - 11:15 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

We will be closed Monday, February 20, for  
President's Day.



February 14<sup>th</sup> is Valentine's day. ASI is also celebrating by adding a special dinner to our Tuesday Ballroom Dancing. Come and enjoy the beautiful melodies of the *Moon Glow Band* and the fun of dancing the night away! There will be a *dinner before the dance* for those who want a more elegant evening. See article on page 2 for more information.

We still have a few people who haven't renewed their membership. We don't want anyone to miss out on the newsletter or any of the fun. Please remember to come in and *pay your dues. The cost is \$30 for 2017.*

We are having a *Super Bowl party* on Sunday, February 5, 2017 at 3:00 PM. See article on page 2 for more information.

Our entertainment for this month's luncheon is "Brotherly Love". If you haven't heard Ray Paul and Lee Durlly, you have to come hear them. They sing all the beautiful old Love songs with the wonderful harmonies that we all grew up with.

Lunch for February 9<sup>th</sup> is carved roast beef, smashed potatoes and a broccoli medley with carrots and bell peppers. Dessert is a delicious Red Velvet cake!

Karen

**TOUR DIRECTOR: LYNETTE McGREGOR**

## **ACTIVE SENIORS 2016 & 2017 Tours**

**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.

**MARCH 17, 2017 - ACADEMY OF SCIENCES GOLDEN GATE PARK**. If you haven't been to the Academy for a while, be prepared to be fascinated. The living roof weighs 2.6 million pounds. It's the largest plot of California native plants in San Francisco. It is designed to "rock" in an earthquake. The spiraling ramps in the rain forest exhibit were designed by a roller coaster company. The 212,000 gallon coral reef tank is the deepest indoor exhibit of living corals in the world. Cost is \$87 per person. Brochure available at Active Seniors.

**APRIL 22—MAY 1, 2017—HERITAGE OF AMERICA**. New York City, Philadelphia, Amish Country, Gettysburg, Shenandoah Valley, Monticello, Colonial Williamsburg, Mount Vernon, Washington D.C., Smithsonian Institution. From \$3,299 per person double occupancy until October 21, 2016. Brochure available at Active Seniors

**THURSDAY JUNE 15, 2017. HORSE RACES**, Golden Gate Fields. Incredible buffet—ENJOY A LUNCH, PLAY A HUNCH, WIN A BUNCH! \$92/ person.



**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 \$4,395.

**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.

### **SUPER BOWL 51      SUNDAY, FEBRUARY 5, 2017**

**Come join the fun and fellowship of friends for a memorable Super Bowl Sunday.**



**3:00 PM** until the last points are scored.

**\$7 PER PERSON INCLUDES PIZZA, SALAD, SODAS,** water, coffee & tea.

Please bring an hors d'oeuvres to share.

Please sign up in the ASI office by Friday Feb. 3rd.

**PAGE 2**

### **VALENTINE'S DINNER & DANCE**

**Tuesday, February 14, 2017**

Dinner is at 6:00 PM \$12.00 members, \$13 non-members. Dinner includes:

Lasagna, Salad, Garlic Bread, Dessert, Sparkling Cider, Coffee & Tea, Dance at 7:00 PM

**Dance only, \$8.00 members, \$9.00 non-members**



# 2017 Board of Directors



Karen Towle  
President



Robert Pettit  
1st Vice-president  
Program/Entertainment



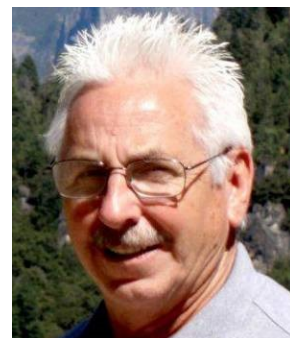
Shirley Jones  
2nd Vice-president



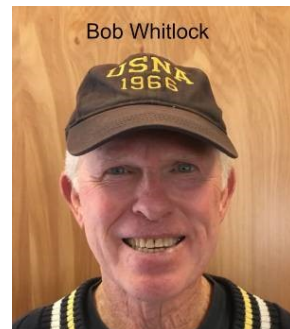
Wayne McDaniel  
Treasurer  
Membership Development



Sylvia Teixeira  
Secretary



Jim Tripp  
Member at Large  
Technology Committee Chair



Bob Whitlock  
Member at Large  
Facilities Maintenance Assistant



Michael Gaines  
Member at Large  
Food & Fun



Sharon Piazza  
Member at Large



George Niesen  
Member at Large



Thank you T & A

For mailing these!

---

**Ode to Scam-free Seniors, Monterey Herald**  
**From Scam of the Month by Peter Hoss**

*Scammers hope for a better year. Do you seniors have anything to fear? Yes, if your heart rules your head. No, if you use common sense instead.*

*When you answer a call from a stranger, there is always potential danger. The safest way to avoid a scam is to just tell the*

*caller to scam.*

*Ask a caller who he is and for a business address too. A faceless voice and a P.O. Box won't do.*

*An IRS call is always phony. Hang up and spare yourself the baloney.*

*If a grandson in distress calls and asks for cash,*

*check to see if he is home, don't be rash.*

*A deal too good to be true is often a deal one will rue. If a sucker born every minute is true, there is no good reason it has to be you.*

*New Year's wishes to intended victims, a safe journey and good cheer*

*To the scam artist, a common thief, A year of rejection and grief.*

*And to all a happy and prosperous New Year.*