

**OFFICE HOURS**

9:30 am to 3:30 PM  
Monday—Friday

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street  
Salinas CA 93901-3211  
www.activeseniorsinc.com  
Like us on Facebook

# Monthly Newsletter November 2016

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

### DAILY ACTIVITIES

- MONDAY:** Yoga: 8:45 AM By appointment\*  
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 PM
- 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 - 11:00 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



*Happy Thanksgiving*

*Do I have a deal for you!*

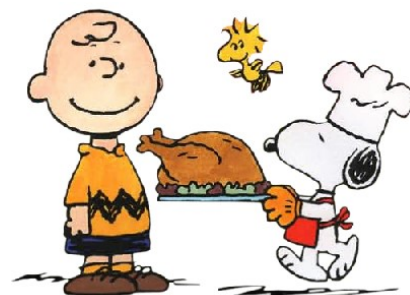
*It's that time of year again to pay your membership dues for next year. \$30.00 may be*

*paid any time from 9:30 AM to 3:30 PM, Monday through Friday at the office. This will secure your membership through December of 2017.*

*Last year's New Years Eve party was so much fun that we are going to do it again this year. So mark your calendar for the evening of December 31st and spend a fun evening enjoying great food, fun games, entertainment, and even better company. Feel free to bring your friends. Sign ups will start December 1st.*

*Lunch this month, Thursday, November 13, is Turkey, cranberry sauce, mashed potatoes, green bean casserole and pumpkin pie. Inez don Carlos from the California Welcome Center will be speaking on all the attractions in Monterey County. Please be sure to sign up for lunch before 3:30 PM, Friday, November 4, 2016.*

*Karen*



**TOUR DIRECTOR: LYNETTE McGREGOR**

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

**NOVEMBER 26–DECEMBER 9, 2016 PASSAGE TO POLYNESIA** Fall in love with the rhythm of the sea and the beauty of the South Pacific with its white sand beaches, cool palm breezes and crystal clear turquoise waters. Walk in the footsteps of legends: Herman Melville, Paul Gauguin and Captain Cook. Bali Hai is calling. Relax on board the Six-star elegance of Crystal Symphony as you cruise from San Diego to Papeete. Early booking gets the best deal.

**JANUARY 28, 2017, SATURDAY, KINKY BOOTS!** One of the funniest musicals you will ever experience. Broadway Tony and Grammy winning BEST MUSICAL is the story of Charlie Price who inherits his father's shoe factory and turns to a fabulously fashionable new friend who saves the family business. Lunch at Harry's Hofbrau. \$138/person.

**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.

**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

**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 layman'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 \$3,395.

**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.



# Ballroom Dance

## Come Dance With Us on Tuesday Evenings in Salinas

The dance starts at 7 PM and ends at 9 PM.

Dance the Fox Trot, Cha Cha, Tango, Rumba, Waltz and  
Swing.

Glide along a beautiful hardwood floor to the live music  
of the Moon Glow Band.

Enjoy tasty treats during intermission.

Socialize with wonderful, friendly people, the Active Seniors, Inc.

Located slightly south of Old Town at 100 Harvest

On the corner of Harvest and Pajaro.

Come single or with a partner,

Dress is smart casual

Plenty of well lit parking

\$8 for members—\$9 for non-members

Call 831-206-3309 for more information

ACTIVE SENIORS, INC.  
VOLUME 20 ISSUE 11  
100 Harvest St.  
Salinas CA 93901



Thank you T & A

For mailing these!



Fleet Week in San Francisco  
Dancing, food, Champaign  
and the Blue Angels!

