

OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

asi@activeseniorsinc.org

831-424-5066



ACTIVE SENIORS INC.

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Salinas CA 93901-3211

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Monthly Newsletter - November 2021

Updated Activity Schedule

DAILY ACTIVITIES

MONDAY: Zumba, 9:00-10 AM* + Instr. Donation
Ukulele Club, 10:30 AM-12:30** 1st. Mon. for
beginners (all welcome), 3rd for experienced.
Que Sera Sera Fabric Art, 11:30 AM-1:30 PM**
2nd & 4th
Mahjong 12:30 to 3 PM**

TUESDAY: Line Dancing 10 to 11:30 AM**
Bridge 12:00 noon to 3:30 PM**
Newcomers welcome, call office if interested
Legal Services for Srs., 1-3 PM, sign up required
Beginning Ballroom Lesson 6-7 PM
Ballroom Dancing 7 to 9 PM
Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 10:00AM*
Book Club 11:00 AM to 12:00 noon*
Tai Chi 1:30 to 3:00 PM**
Line Dancing 6:30-8:30 PM** + \$1 for instr.

THURSDAY: Quilting, 9-11 AM**, 1st & 3rd
Tech Assistance, 3rd Thurs., 1-3 PM**
Ping Pong, 3-4 PM*
Nar Anon family support group, 6:30-7:30 PM

3rd THURSDAY: MEMBERSHIP LUNCHEON
Nov. 18, Noon, \$12. Program: ASI Member and
Marine Veteran Carlos Mariscal

FRIDAY: Yoga 8:45 to 10:00 AM*
Zumba 10:15-11:15 AM* + Instr. donation
Bridge 12:00 noon to 3:30 PM **
Western Dance, 1st, 2nd, 4th Fri. 7-10 PM, \$10

* \$1 Fee for members, \$2 for non-members

** \$2 for members, \$4 for non-members

ASI Holiday Closures: Closed from noon Nov. 24,
reopening Nov. 29; Closed Dec. 24, will reopen Jan. 3.

New Sunshine and Health Director

Board Member **Donna Eder-Holifield** is ASI's new Sunshine and Health director. If you need or know of anyone who needs condolences, get well cards or other cheer during difficult times, please leave a message at ASI for Donna via phone or email. Thank you.

Current State of the Mask Mandate

By Dwight Freedman, ASI President

As all of you know the Monterey County Mask mandate took place Friday, November 5. This is because Monterey County has reached a "substantial" community transmission level of Covid-19 according to the CDC.

However there are some exceptions to the mask mandate. These exceptions include indoor dining; situations in which a mask would "impede a medical or cosmetic procedure;" or at meetings where all vaccinated people have shown proof of vaccination.

I am very pleased to announce that Active Seniors has been and will continue to be in compliance. We require all members who participate in any activity or event at ASI to be vaccinated.

The ASI Board of Directors and I continue to monitor the situation and will inform you of any changes to the Monterey County Ordinance. Please stay safe and healthy.

Ready, Set, Let's Go Traveling With ASI

By Sharon Piazza

We're "on the road again" with two successful trips behind us, including the recent one (>>>) to see "Hamilton" in



San Jose. We're trying to make it easier for everyone to stay up-to-date on our travel plans by using the ASI website.

Our webmaster, Jim Tripp, has brightened our "Tours" webpage with pictures and the convenience of viewing and printing the fliers.

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ASI Tours Back on Calendar! (continued from P. 1)

All current and future trips will be posted on our "Tours" webpage. Check it out! Here are our scheduled upcoming trips. See you on the bus.

December 8, 2021 (Wednesday). Union Square San Francisco. Shopping and sightseeing with lunch on your own.

November 28 - December 3, 2022. Branson, MO. Cost includes airfare, hotel, all transportation, some meals, shows, tour of the Titanic Museum and Precious Moments Chapel & Garden. \$2,855 per person.

Volunteers Needed to Staff Tuesday Dances

By Chef Michael

As you may know we have started back up the live ballroom dance at ASI on Tuesday nights. I am looking to build up teams who will check people in.

Rotating teams of two people each will staff the front desk from 6:30 to 8:00 PM and check participants in. I will watch the front desk until 6:55pm. I

have some people on the team already and I want to increase the number to make it easier for all of us.

This is a fun volunteering task which includes some snacks, great music and even some dancing. Please let me know if you are interested in joining the team—call me at 831 206-3309 or email me at starchef101@gmail.com. Thank you.

GetSetUp Virtual Classes for Seniors Via Salinas Public Libraries

Discover [GetSetUp](#), a program of free live virtual classes for older adults (50 years old and older) taught by peers. A variety of classes are available to promote physical and mental health, learn new skills, and to socialize with others. Classes are available in multiple languages, including Spanish.

Need help? [Follow this tutorial](#) to create your account and sign-up for classes or go to: <https://www.getsetup.io/partner/cslsalinas>

More From the Library

[Healthy Living Series: Coping with Grief During the Holidays](#)

Join us for a reflective, hopeful program to learn ways to manage grief during the holiday season, including how to honor loved ones with arts and crafts.

Virtual Bilingual Workshop Friday, Nov. 16, 2021 from 5-6:30 PM, [Register Online](#)

For additional information contact Jissella at Jissella@ci.salinas.ca.us

[Genealogy Basics: Reading Maps](#)

Add a fresh skill to your family history research by putting maps to work for you. Learn why different types of maps were made, what you can glean from each kind, where you can find historic maps, and how to use modern mapping tools to better understand your family's experiences.

Virtual Workshop Tuesday, Dec. 7, 2021 from 5:30-7 PM. [Register Online](#)

For additional information contact Cathy at Cathy@ci.salinas.ca.us

2022—and Dues Renewal—Nearly Here

ASI is now accepting payments for your 2022 dues. Still only \$30. Stop at the office next time you are by ASI.

Time for Year-End 2021 Donations

Tax time is also coming. You can make deductible donations—consider one to ASI. You mail checks to ASI but the office accepts payments via cash and credit card.



November Birthdays

Leslie Carter	Linell Mccray
Beulah Collins	Georgina Mendes
Deanna Crannell	Sheryl Peck
Suzanne Du Verrier	Sally & Robert Pettit
Richard Emery	Anthony Plymesser
Dwight Freedman	Mary Rothstein
Patricia Friedrich	Margie Sifuentes
Naomi Gonzales	Carol Storm
Barbara Guerrero	Janet Street
Evelyn Hibino	Debbie Tack
Susan Holtam	Trena Tannahill
Paula Lewycky	Virginia Valdez



ATTENTION VETS and ASI Members! Nov. 18 Luncheon and Program Set

Our November lunch will honor Veterans. In addition to the Salinas Elks Flag Honor Guard posting the colors, the program includes reservist Chaplain Andy Rauch giving the invocation, ASI Member and retired Marine Carlos Mariscal speaking on The Life of a Soldier, and a Senior Singers octet singing the Armed Forces Medley.

We would like all Veterans to come dressed in either their military uniforms or wearing their military hats. See you at our luncheon.

Luncheon reservations may be made at ASI through Friday, Nov. 12. The menu is classic Thanksgiving turkey and trimmings, with pumpkin pie for dessert.

About Program Speaker Carlos Mariscal

Carlos Mariscal was born in Mexico City in 1953. He came to the United States in 1964. He graduated from Salesian High School in San Pablo, CA, in 1972. He enlisted in the United States Marine Corps and became a Naturalized Citizen in 1973.

During his tenure in the Marine Corps he earned a Southwest Asia Service Medal, National Defense Service Medal, Marine Corps Expeditionary Service Medal, Navy/Marine Corps Commendation Medal, Navy/Marine Corps Achievement Medal, and a Unit Commendation Medal. He retired from the U. S. Marine Corps with 21 years of service (1972-1993).

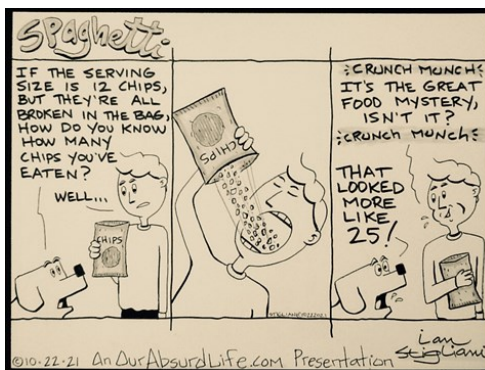
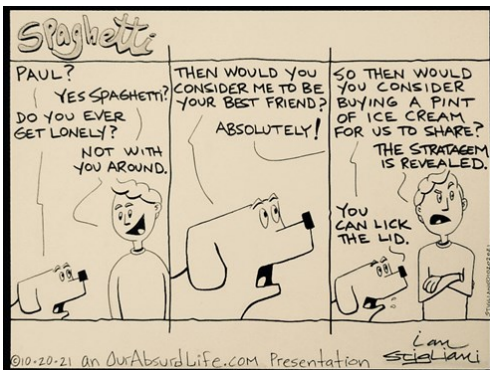
He is married with 3 step-daughters. He and his wife Elisa have 6 grandchildren and 7 great-grandchildren. He is also a retired teacher with 20 years of service (1996-2016). He was a teacher and a school vice principal.

He's a Life member of the Vietnam Veterans of America, the Veterans of Foreign Wars, the Disabled American Veterans, the Marine Corps League, and Chaplain of the 1st Marine Division Assn. He is also a Life Member and President of the California Teachers Association/National Education Association Retired Central Coast.

He is currently the Vice President of the Alisal Education Foundation, and the Chairman of the Board of Directors of the First Mayor's House of Salinas Foundation. He is a substitute teacher for various school districts in Monterey County, and a Teacher Candidate Coach for California State University Monterey Bay.

He has a Bachelor's Degree in Liberal Studies from CSU San Marcos (1995), and a Master of Arts Degree in Educational Leadership from San Jose State University (2006). He holds a Bilingual Multiple Subjects Teaching credential, a Special Education Credential, and an Administrative Service Credential. He is also a member of the Salinas Elks Lodge Flag Honor Guard.

Ed. Note: Carlos is a long-time ASI Member and a dedicated Election Worker for the polling place at ASI, as he likes to see democracy in action. He taught citizenship classes at the Adult School for some time, including history, citizenship, ESL, and how to take the naturalization test, partly in appreciation for his own opportunity to become a citizen, as well as to encourage others to follow that path. Carlos and his wife participate in the Tuesday night dances at ASI and, of course, the lunches. For a time he was a bone marrow donor, and courier. Thank you, Carlos, for your service then and now.





Thank you T & A
For mailing these!



Jumbo Shrimp Louie with Little Gems

By Chef Michael

Last month at the ASI Luncheon, we featured a nice shrimp salad and received lots of requests for the recipe, so here it is. Note: You can grill or sauté the shrimp, but I prefer to cook it crab boil style, till it is just done. I find it to be plump and juicy that way and it lends itself well for this salad. Little Gems are a small sweet romaine shaped lettuce head. I believe you can get them at Star Market; however, I get mine from Blue Heron Farms at the Del Monte Farmers Market on Fridays. Serves 4 People

Ingredients For The Dressing:

1 cup mayonnaise
1/4 cup ketchup
1 Tablespoon fresh lemon juice
1/4 cup green onions minced
1 teaspoon Worcestershire sauce
1 teaspoon prepared horseradish
1/2 teaspoon Old Bay Seasoning
OR 1/4 teaspoon cayenne optional
salt and pepper to taste

Ingredients For The Salad:

4 heads little gems lettuce cut in half
1 pint cherry tomatoes sliced
2 Persian cucumbers sliced
4 hard boiled eggs shells removed
1 lb medium sized shrimp cooked, chilled
(Season shrimp water with Crab Boil or pickling spice, salt, quartered lemons)



Method:

For the dressing: Combine all the ingredients in a small bowl and whisk to combine.

For the salad: Divide the lettuce evenly among 4 medium sized salad plates. Divide the tomatoes, cucumbers, eggs, and shrimp evenly between the plates. Season with salt and pepper or Old Bay seasoning.

Top with 1/4 cup of the dressing or pass the dressing separately