

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 May 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 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*
Tai Chi 1:30 to 3:00 PM**
Line Dancing 6:30 PM–8:30 PM**
Plus \$1 donation for instructor
- THURSDAY:** **MEMBERSHIP LUNCHEON**
2nd Thursday of each month, \$7
\$8 after Friday before luncheon
Lunch served at 12:00 noon
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM**
1st & 3rd Thursday
Computer Class 1:00 to 3:00 PM**
1st & 3rd 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*
Zumba 10AM-11AM*
Donation for leader appreciated.
Bridge I - 11:15 AM to 3:30 PM **
Bridge for Beginners 11:15 to 3PM**
Western Dance, 2nd & 4th Friday,
7-10PM, \$10
- 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 Mother's Day

Many years ago people with a lot of foresight put the wheels into motion to build the Active Seniors facility. The Active Seniors organization was actually started in 1959 and occupied property at 140 Central Avenue. This property on the corner of Harvest and Pajaro was purchased in 1979 for \$110,000. George Kuska designed the building and Small's Construction built it for a cost of \$328,000. It was completed October 20, 1981 and was dedicated November 18, 1981.

How was all this possible? Some of the funds, \$165,000, came from the sale of the property on Central Ave. The remainder came from donations and bequests, one for \$50,000. The plaque by the parking lot doors shows all of the donors. Mel Dungen was president at the time and he, along with many other insightful people, made all of this happen. The property and building were completely paid off in three years!

Why do I tell you this? Just to remind you that this building and organization we all enjoy and get so much from, was paid for by people who preceded most of us, and is due to their generosity and ability to see the need for such a facility. Please consider making Active Seniors, Inc. a beneficiary when you draw up your will. The reason we are able to continue to keep individual expenses low is because of donations and bequests from others. Let's be sure we leave a legacy for the generation that follows us. *

Lunch for Thursday, May 11th is tostados in honor of Cinco de Mayo. Please be sure to come in and sign up by Friday, May 5th. Our speaker is Jonathan Pangburn from Cal Fire.

Karen

* History from previous newsletter
by Bob McGregor.



TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2017 Tours

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

MAY 13, SATURDAY—GIANTS GAME 9:30 AM at Kohl's parking lot in Salinas. Cincinnati Reds, 1st 20,000 fans receive a collectable tin. \$140 per person, Club Level section 230.

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



JUNE 24, SATURDAY-GIANTS GAME 12:45 PM at Kohl's parking lot in Salinas. New York Mets, 1st 30,000 fans receive a Giants Retro Bobblehead. \$170 per person, Club Level section 230.

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 sold out, but there is a waiting list. Cancellations do happen! From \$4,395.

OCTOBER 7, 2017 FLEET WEEK Join us on the San Francisco Belle triple decker paddle wheel boat as we feast on a lavish buffet with free-flowing sparkling wine, soda, orange juice. You will see the Blue Angels from the most unique position of the middle of the bay flying above, around, in front of you. Celebrate the Navy this day. \$138/person.

DECEMBER 3, 2017, BEACH BLANKET BABYLON with lunch at Original Joe's. The longest running review in the world is full of laughter and holiday spirit. Lunch will be served family style and then we walk a block to the theater. Reservations need to be in by early October please. \$137/person.

FEBRUARY 16-24, 2018. PANAMA Explore the diversity of Panama from Panama City's colonial architecture to the lush, tropical rainforest and the engineering marvel of the Panama Canal. Highlights are the UNESCO site of Casco Viejo and the experience of a whole day of going through the canal. \$3785 p/p if reserved by June 15.

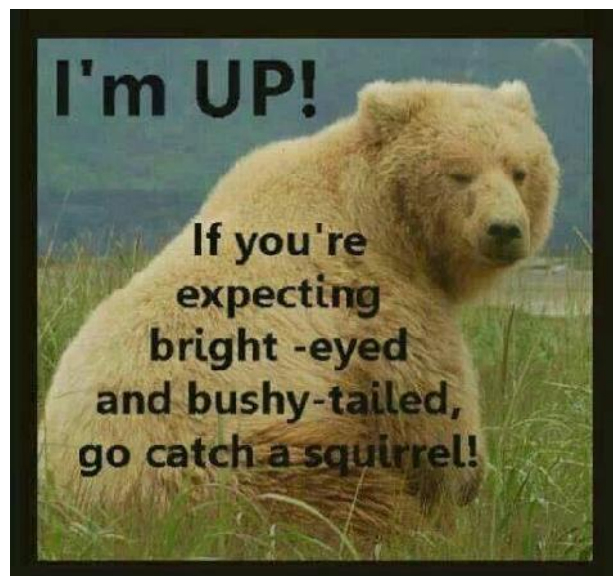
JULY 15-31, 2018 HAWAII CRUISE Round trip from San Francisco aboard the Crystal Symphony. See brochure for details.



While driving in Pennsylvania , a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign... "Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust."

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ACTIVE SENIORS, INC.
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100 Harvest St.
Salinas CA 93901



Thank you T & A

For mailing these!

Take the Stairs—Every Day

A study by University of Geneva researchers found that taking the stairs instead of the elevator reduced the risk of dying prematurely by 15%. What's more, a daily stair climb shaves six months off your "brain age", according to researchers at Concordia University who performed MRI scans on 331 people ages 19 to 79. Gray matter shrinks naturally with age, but less so when people stay active.

CELEBRATE YOUR VINTAGE VEHICLE

Proud of your vintage ride. Have it's portrait painted on the wall surrounding our parking lot. Our mural will consist of 25 –30 slots with vintage vehicles painted, one per parking space. The cost is \$150 per space for the vehicle, plus \$100 if you want your picture included with it. The "donation" is tax deductible. Contact us at (831) 424-5066 or activeseniorsinc@gmail.com. First come, first served. We will be featured in *Deadend Magazine*!

**Excerpts from the AARP Bulletin,
March 2017**

50 Great Ways to Live Longer

And Drive Less

In 2014, more than 5,700 older adults were killed and more than 236,000 were injured in motor vehicle crashes. Per mile traveled, fatal crashes increase noticeably starting at age 70 and are highest among drivers age 85 and older, a highway safety organization says. If you're feeling unsafe behind the wheel, it might be time to look for alternative transportation.

