

OFFICE HOURS

9:00 am to 4:00 PM

Monday—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 - October 2019

ASI is open for activities Monday through Friday, 9:00 AM to 4:00 PM

DAILY ACTIVITIES

MONDAY: Zumba, 8:45 to 10 AM* + Instr. donation
Mahjong 12:30 to 3 PM**
Fabric Art 11 AM to 3 PM**

TUESDAY: Line Dancing 10 to 11:30 AM**
Bridge 12:00 noon to 3:30 PM**
Experienced players of all levels welcome
Legal Services for Seniors, 1st Tues. only,
1:30-3:00, call for appointment
Beginning Ballroom Lesson 6-7 PM (free)
Ballroom Dancing 7 to 9 PM
Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 9:45 AM*
Cribbage/Games 10 AM to noon**
Chess Club, 10 AM to noon**
Ukulele Club, 1st & 3rd, 10:00 AM-noon**
Ukulele for Beginners, 2nd, 4th, 5th, 10-12**
Book Club 11 AM to 12:30 PM*
Tai Chi 1:30 to 3:00 PM**
Line Dancing 6:30-8:30PM** + \$1 for instr.

THURSDAY: Quilting, 1st, 3rd, 9:30 AM-12:30 PM**
Tech Assistance, 1st & 3rd, 1:00-3:00 PM**
Knitting, 1st & 3rd, 1:00-3:00 PM**
AOA Discussion Group 2:15-3:30 PM
Ping Pong, 3:00 to 4:00 PM*

2nd THURSDAY: **MEMBERSHIP LUNCHEON**

Oct. 10, Noon, \$8 members, \$10 non-members. Program: Thomas F. Lee on
"Climate Change: Should we Panic?"

4th THURS.: Oct. 24, VNA Flu shot clinic, CPR and
automatic defibrillator demonstration

5th THURS. Oct. 31, Sew-In, 9:30-3:30

FRIDAY: Yoga 8:45 to 9:45 AM*
Zumba 10:00-11:00 AM* + Instr. donation
Bridge 11:15 AM to 4:00 PM **
Western Dance, 2nd & 4th Friday,
7 to 10 PM, \$10

SATURDAY: Western Dancing. 7:00 to 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 Are Family

What a successful 60th Anniversary Celebration ASI had Sept. 28. Thanks to all who attended and to the more than 60 volunteers (>>>) who feel ownership of ASI and helped make the event a memorable one. And a big thanks to program chair **Dwight Freedman** (bottom photo, back).



Saturday's program of Zumba, Yoga, Line Dancing, Tai Chi, Ukulele Club, Ballroom



Dancing and the Moon Glow Band opened eyes. Many ASI members come for one activity on a particular day. Over and over people commented they were not aware of all the activities available throughout the week. In addition we continue to add new activities like chess and a light exercise class (see P. 3).

Mayor Joe Gunter and Councilmember Steve McShane recognized ASI with plaques (>>>). We may have been the best-kept secret in Salinas, but word is out. Saturday we signed ASI's 600th member plus a few more. Welcome new members to our ASI family, where Active Seniors are Happy Seniors.



Prez Wayne

Thanks to Donors to ASI 60th Anniversary Celebration

A special thank you to Harden Safeway Bakery Department for a generous donation that covered the cost of the cookies in the volunteer break room; to the Deli Service Staff at the Lucky's South Main Street location for timely help and suggestions with the sandwiches and veggie tray in the break room; to Star Market for distributing flyers about the event via grocery bags; and thanks to **Margaret Neal** for rounding up donations.

Comments and More Comments

"I want to thank all who volunteered their time in making our 60th celebration a total success! Many of you stayed the entire day as it was just so darn fun!" *Margaret Neal*

"Our 60th Anniversary Celebration turned out fantastically. Everything ran so smoothly. Entertainment, food, attendance, all beyond expectations. All because of outstanding efforts from all. We activity leaders received many accolades for our performances and much interest in attending our classes. The event was filled with conversations of awe and delight about our organization. What a wonderful organization to be a part of, along with the ASI 'family.'" *Sally Pettit*

Thanks for the great comments—too many to include now. Look for more in the next couple of issues.

"I just wanted to reach out and congratulate you all on a great turnout for your event. I was amazed at how Active your members are! The event motivated me to move more! Proved to me that age is just a number and we are capable of doing anything at any age! I loved it!! I truly did!" *Maribel Trejo, Senior Transportation Coordinator, Alliance on Aging*

"I thought the whole event was amazing. I had so much fun. You guys did a great job. All the people who volunteered their time and showed up to participate are a testament to the quality and dedication of the ASI leadership." *Gaye Freedman*

"What I heard a couple of times is....Let's do this again! I loved hearing how each activity offered at ASI (yoga, line dance, tai chi, Zumba, etc.) benefits health, mental abilities, physical up-keep, etc." *Lynette McGregor*

"Great activity showcased all that ASI is about--and the food was excellent. Pat Michael on the back." *Bob & Carolyn Meyer*



(Ed. note: Not only was the food excellent but Chef Michael's presentation was delicious, see above.)

"A fabulous celebration, very beautifully staged and elegantly presented. To all the HARD working members who planned and executed such a vast undertaking, WORDS are inadequate. THANK YOU!" *Renee Panfil*

Ruth Andresen Celebrates Salinas

Anonymous comment: "Of course, all the presentations from Zumba, yoga, line dancing, and Tai Chi were interesting, but for me, accolades go to the ukulele group. The leader, Susan Aremas, was exemplary in explaining the mixed class of beginners and the experienced players and how the audience could not see the difference. Her decades as a classroom teacher manifested in how she was able to encourage the audience to participate; we sang and clapped along. We even suggested lines for ['This Land Is Your Land']."

Ruth Andresen, a very Active Senior at age 100, penned some additional lyrics (see sidebar) to Woody Guthrie's well-known song "This Land Is Your Land." Her words celebrate our wonderful community of Salinas. She also played with the ASI Ukulele Club during Saturday's Celebration presentation.

This town is your town, this town is my town,
Blue skies above us, green fields around us,
From soccer fields to baseball diamonds,
This town was made for you and me.

We love rodéo, and ocean breezes,
Our flowers bloom, it seldom freezes,
The winter rain makes our river run,
It dries again, in the summer sun.

I love Salinas, it's my home town,
No more I'll roam, my roots are down,
This town is your town, this town is my town,
This town was made for everyone.
This town was made for everyone.

Fourth Thursday Activity Is Flu Clinic with VNA

The Visiting Nurse Association (VNA) will be offering flu shots at ASI on Oct 24 from 1-3 PM.

Here are some Flu Facts from VNA Community Services: 565 deaths attributed to influenza in California since Sept. 2018; The predominant circulating flu strain was H3N2, followed closely by H1N1.

Your local, non-profit VNA has got you covered with: Quadrivalent flu shots for ages 2 and older; FluMist nasal spray for ages 2 - 49; Preservative-free flu shots for pregnant women; High Dose flu shots for ages 65 and older; Pneumonia vaccines for ages 65 and older.

All ASI members on Medicare, MediCal or Aspire will receive flu shots at no charge. VNA's experienced and professional registered nurses are well-equipped to provide flu immunizations and information to ASI members.

The session will also include CPR and Automatic Defibrillator demonstrations.

Sassy Quilters Serve Community

On the first and third Thursdays of every month, Sassy Quilters, a group of more than 60 quilters, meets at Active Seniors, Inc. Sassy Quilters was founded in 1980 at the Salinas Adult School and moved to ASI in 2010.

Since 2010, individual members have demonstrated patterns and techniques at each meeting. They have challenged the quilters with mystery quilts, jelly roll races, samplers, personalized gifts, and more. Twice a year they celebrate with potlucks, games, and gift exchanges.

Every other year, the Sassy Quilters stitch 42"x48" baby quilts for the NICU (neonatal intensive care unit) at one of the local hospitals. This month the NICU at Natividad Medical Center will receive about five dozen soft and colorful quilts. Nurses in the NICU drape quilts over the isolettes to shield the babies from overhead lights. When the baby goes home, the family gets the quilt.

All are welcome to join Sassy Quilters starting at 9:30 on the first and third Thursdays. Join ASI for \$30 per year.

Each Thursday quilting session is \$2 for ASI members and \$4 for non-members. While structured quilting classes are not offered, members of the group generously share ideas and experience with new quilters. Not a quilter? Join Sassy Quilters just to see Show and Tell, have a coffee or tea, and enjoy the conversation.



New—Chess Club, Chess Instruction at ASI; Light Exercise Will Return!

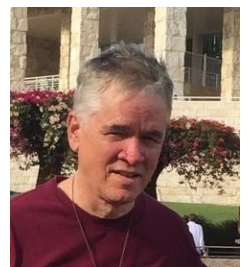
WOW, ASI has a new activity. **Gary Jones** has volunteered to teach beginning chess. Also members who already enjoy chess can join in the fun. In the beginning you do not need a chess set, but bring a set if you have one. Reminder, the new ASI Chess Club will be gathering on **Wednesdays from 10-12.**

If you are interested in exercising at a low or moderate level, the new light exercise class is for you. The class will begin on **Wednesday, October 9, at 10:00 to 10:45 am**, following Yoga. It will be led by ASI member **Elizabeth Birkeland**, who has been active for many years in the art of body movement and interested in health and body sustainability. If you and/or a friend are interested in improving your health through exercise, please call the ASI office at 424-5066 to register.

October 10 Luncheon and Program

Join the ASI luncheon on Oct 10 and enjoy Beef Barbacoa Taco Bowl, Pepper Cheese Roll and butter, and Chocolate Mousse Pie. As for the program, come to hear Thomas F. Lee (right) speak on "Climate Change: Should we Panic?"

Lee is a retired meteorologist. Most recently he spent twenty-six years with the Naval Research Laboratory in Monterey as a research meteorologist working with satellite data. He holds a masters degree from California State University Northridge and has published extensively in the journals of the American Meteorological Society. In this talk he will shed some light on the controversies surrounding climate change.



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Thank you T & A

For mailing these!

ACTIVE SENIORS 2019 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR

OCTOBER 12, SATURDAY, FLEET WEEK. San Francisco comes alive celebrating all things Navy! Join us on the San Francisco Belle for a fabulous buffet, flowing mimosas or champagne, as we watch the Blue Angels over, around, in front of us from the middle of the bay. \$145/person.

OCTOBER 18, FRIDAY, PACIFIC INTERNATIONAL QUILT FESTIVAL. Join us to view the largest quilt show on the west coast. See the 2018 winners of the (1) Quilt competition, (2) Modern Quilt competition, and (3) Wearable Art competition. At the Santa Clara Convention Center. Plan on being dropped off and picked up at the front door—no parking hassles! Bring a lunch or plan on buying there. Price \$49 per person includes bus and entry ticket.

DECEMBER 8, SUNDAY, BEACH BLANKET BABYLON. Your last chance—this longest running review in San Francisco and the world closes once and for all on New Year's Eve. The show that has entertained generations is known for its outrageous hats and even more outrageous topical and political humor. Lunch at Original Joe's then walk to the theater. Reservations required by Nov. 1. The trip has sold out but we are maintaining a wait list. \$151 per person.

