

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

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Monthly Newsletter March 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**
2nd Thursday of each month
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*
Bridge I - 11:15 AM to 3:30 PM **
Bridge for Beginners 11:15 to 3PM**
Zumba 10AM-11AM* donation for leader appreciated.
Western Dance, 1st & 3rd 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 Saint Patrick's Day*

The February Tea Dance was a big hit again thanks to Michael Gaines and his crew. The food was delicious, the dance lesson was fun and the music was fabulous. The Saint Patty's Day Tea Dance & brunch will be on Sunday, the 19th at 1:00 PM and is already sold out. If you want to attend the April Brunch & Tea Dance be sure to contact Michael soon.

Your board is hard at work keeping our facility up to date, safe and secure. We are in the process of installing security cameras around the building. If you see some flurry going on when you are here, that is Eric Quigley running wiring for the cameras. Thank you Eric!

Have you noticed the new addition to our yard on the Pajaro side? If you haven't, look for the picture on page 4.

Lunch for March 9th is corned beef, sautéed cabbage, mashed potatoes and ginger bread with lemon sauce. Our speaker is retired weather man, Norm Hoffman, who will tell us what we might expect of the weather to come.

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.



Meet board member George Niesen

Throughout his 28 year association with Alisal Center for the Fine Arts, George Niesen served in many capacities, primarily as Treasurer, Board Member and grant writer. He continues to serve his community in any way he can, mostly as a “free-lance” volunteer. He recently joined the Active Seniors, Inc. board.

George retired in 2007 as VP and Managing Editor for SNL/Kagan. SNL/Kagan was founded in 1969 as Paul Kagan Associates, Inc. to follow the nascent cable TV industry. SNL/Kagan continues to track all facets of the media industries. George joined the Kagan organization in 1990 after working as a freelance grant writer and in academia, most recently as a lecturer at UC Santa Cruz. He was at Hartnell College and College of the Redwoods before that.

George enrolled in College of the Pacific as a math major before switching to advertising, then graduated from San Francisco State with a BA in creative writing and an MA in English literature. He also studied Anglo-Saxon at the University of Oregon.

George and Mimi have been married 51 years and have 2 grown children. Michelle lives in Sacramento and has a successful day care there. Joseph works in the theatre and is a director and choreographer. They have 3 granddaughters and 1.95 great-grandsons.



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Salinas CA 93901



Thank you T & A

For mailing these!

According to our mayor, Joe Gunter, we are the best kept secret in Salinas. Here is part of what the board is doing to rectify that. We now have a sign that is 2 sided, has our logo, name and phone number on it. We hope that this will encourage people to stop in and check us out. It will be lit from both sides to be visible at night.

