

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 - August 2021

Updated Activity Schedule

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

DAILY ACTIVITIES

MONDAY: Zumba, 9:00-10 AM* + Instr. Donation
Que Sera Sera Fabric Art, 2nd & 4th Monday,
11:30 AM-1:30 PM**

Mahjong 12:30 to 3 PM**

Journaling Club, 1st & 3rd Monday, 1-3 PM,
July 19 through Aug. 25**

TUESDAY: Line Dancing 10 to 11:30 AM**
Bridge 12:15 to 3:30 PM**

Experienced players of all levels welcome

Beginning Ballroom Lesson 6-7 PM

Ballroom Dancing 7 to 9 PM

Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 9:45 AM*

Chess Club, 10 AM-12 Noon**

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, 1st & 3rd Thurs., 9-11 AM**

Tech Assistance, 3rd Thurs., 1-3 PM**

AOA Discussion Group 2:15-3:30 PM

Ping Pong, 3-4 PM*

Nar Anon family support group

"Sweet Serenity", 6:30-7:30 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON

Aug. 12, Noon, \$12. Program: Cathy Andrews,
Salinas Library, on Genealogy

FRIDAY: Yoga 8:45 to 9:45 AM*

Zumba 10-11 AM* + Instr. donation

Bridge 11:30 AM to 3:30 PM **

Western Dance, 1st, 2nd, 4th Fri. 7-10 PM, \$10

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

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

Legal Services
for Seniors,
Ukulele Club
begin soon.



Fleet Week and The Blue Angels

Join fellow ASI Members on October 9 when San Francisco will come alive celebrating all things Navy! There is no better vantage point to see the show than from the water aboard the beautiful San Francisco Belle during a San Francisco Bay cruise.

Upon boarding you'll dine on a delicious lunch buffet as you sip on free-flowing champagne and enjoy DJ entertainment.

Step on to the outer deck to relax in the sunshine and watch the amazing San Francisco Fleet Week Air Show! The Blue Angels will perform over, around, and in front of you.

On the return trip to the pier plan on showing off all your line dancing moves. It will be one fine day!! Stop by ASI soon to make your reservation. Tickets will go fast!

August Lunch Next Thursday (Aug. 12)

By Chef Michael

We are looking for volunteers to help with the August Hawaiian-themed lunch—waitstaff, clean-up help and food prep workers. Please contact me if you want to participate in this even--it is helpful to know if you will be joining us.

If you are interested in being on the regular Kitchen Team at ASI, let me know and I will put you on the list.

Please call me at 206-3309 or email me at starchef101@gmail.com.

ASI is a volunteer-based organization and it is the volunteers who make things happen. Be part of the team that makes ASI the amazing organization that it is.

*Ed. Note: Luncheon reservations are still available but **only through Friday, Aug. 6**. The program features Senior Librarian Cathy Andrews from the Salinas Public Libraries speaking on Genealogy.*

Another Fantastic Book Sale

Thanks to Thad Evans

Friends of the Salinas Public Library will hold a book sale at their warehouse, 7 Station Place (at the train station), on August 7 from 9 a.m. to 2 p.m. Books are priced from \$1 - \$3 or a bag of books for \$5. All proceeds benefit the Salinas Public Library.

Ed Note: At the last sale your editor donated several boxes of books so you will surely find some good stuff there. He also practiced restraint and brought only three new books home. In any case it's a great browse and the prices are right.

Salinas Library Genealogy Series Continues

Thanks to Jissella Duarte, Librarian, Salinas Public Library

Workshop: Genealogy Basics: Deciphering Old Writing

Date: Thursday, August 19, 2021. Time: 5:30-7:00 PM PDT

Website Link: <https://salinaspubliclibrary.org/GenealogyBasics/DecipheringOldWriting/August/2021>

Description: Original documents are important clues in researching family history. Since writing styles have changed over the last three centuries, older documents can be difficult to decipher. Understanding the basics of writing styles and writing tools can make your search more fruitful.

Register online at: <https://bit.ly/3dcNSsb>. Questions? Contact Cathy at CathleenA@ci.salinas.ca.us

Tech Assistance Available—and We Need Apple-Savvy Volunteers

By Jim Tripp and Dwight Freedman

ASI Members are here to help other ASI Members with technical challenges. If you have questions about smart phones, tablets, laptop computers, desktop computers, printers, you name it...dedicated volunteers are here to help in our TECHNOLOGY ASSISTANCE program every third Thursday from 1:00-3:00 pm. So bring your device and a list of questions and we will see what we can do to help you.

We do need extra help from Members who have experience with Apple phones, tablets and laptops—for which there's a big demand for assistance. Thank you.

Register to Attend Time to Talk Group

The Time to Talk group meeting on Thursdays at 2:00 pm is no longer available as a drop-in activity. Anyone is welcome but you must register in advance to attend. For information or to sign up please call Nanci at (831) 975-4257. Thank you.

Adaptive Equipment Available for Use

ASI maintains an inventory of some basic adaptive equipment, available for Members to check out. ASI welcomes donations of equipment. Please check with the office to donate or check out equipment.

Friends Of Salinas Public Library

Low Prices!
\$1. to \$3.
Bag o' Books:
\$5.
No coins please

BIG BOOK SALE
AT FOSPL WAREHOUSE

7 Station Place
Saturday, August 7
9 am to 2 pm

upcoming sales dates:
October 2, December 4, 2021
February 5, April 2, June 4, 2022,
all proceeds benefit salinas public library

create, history, are books, classic, and new, fiction, nonfiction, computer, children's books, old + fun, vintage books, and more!

August Birthdays

Michael Beck	Kathleen King
Jane Black	Janet Lewis
Mary Ann Cain	Sandra Lipe
Lois Crowell	Margo Lopez
Susanne Deetz	Tim Lopez
Jeanette Dranchak	Laura McCord
Marilyn Foos	Robert McGregor
Suzann Garavello	Lavon Tripp
Jackie Gash	Yolande Whitlock
Lavonne Ginn	Lita Williams
Jeanette Green	John Wong
Margaret Grove	Yoshie Wong
Gigi Kiama	Sachiko Yokota

A Bit of Advertising Jargon

Come on down anytime next week to Airies Tires and Tubes for unbeatable prices on our entire line—from scooter wheels to truck tires. You'll not only find what you need, you'll get it at *the best prices in years*. Ask anyone who has been here before—you can't beat the prices during our annual new tire *Blowout Sale*.

You'll have to feel it to believe it. We at Chimpion Paper have developed a new toilet tissue that is both *stronger* and *softer*. It's everything you would want in a toilet tissue. Available now at stores everywhere, you'll be glad you tried Chimpion's brand new *breakthrough* product.

Crafting Seitan Series—The Vegan In & Out Burger

By Chef Michael

I have been following this Vegan Chef (Gaz Oakley) from England and he has come up with what I call my go-to burger. It is meaty, juicy and pretty darn close to a fast-food burger.

INGREDIENTS

Burger Patties

1 tbs Olive Oil
1 Red Onion, chopped
2 Celery Sticks, chopped
1 & 1/2 cups Chopped Cremini Mushrooms
Pinch Sea Salt & Pepper

Wet ingredients

1 & 1/4 cups Vegetable Stock, hot
1/2 cup Black Beans, cooked
3 tbs Tomato Pureé
1 tbs Soy Sauce
1 tbs Balsamic Vinegar
1 tbs Miso Paste
1 tbs Marmite (optional, add additional Miso, if you don't have marmite)
1 tsp Smoked Paprika
1 tbs Dried Mixed Herbs
1 tbs Garlic Granules
1 tbs Dried Chilli Flakes
1 tbs Cracked Black Pepper
1 tbs Liquid Smoke (optional)

Dry Ingredients

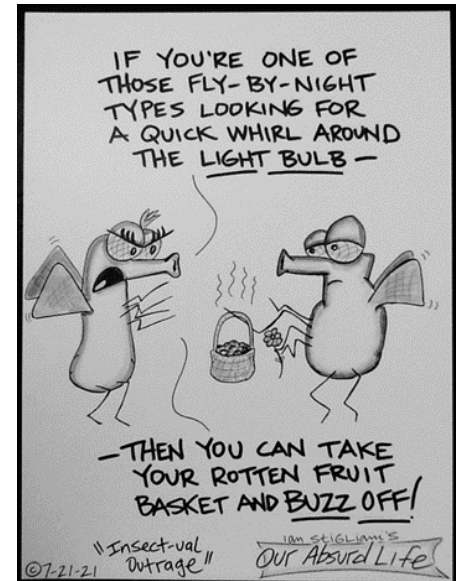
2 & 1/4 cups Vital Wheat Gluten

Burger Sauce

1 cup Vegan Mayo
3 tbs Ketchup
1 tbs English Mustard
2 tbs Gherkins, chopped really fine
Half an Onion, chopped fine
1 Clove Garlic, minced
2 tsp Tabasco

Burger Garnishes

Buns, toasted
Lettuce
Caramelized Onions
Ketchup
Tomato, sliced
Vegan Cheese, sliced



Me: (sobbing my heart out, eyes swollen, nose red)...I can't see you anymore...I am not going to let you hurt me like this again!

Trainer: It was a sit up. You did one sit up.

Pre heat a nonstick frying pan and add the olive oil. When the pan is hot, add the onions, celery & mushrooms plus a little seasoning. Turn the heat low and allow them to soften & lightly caramelize for around 3-4 minutes, stirring often. Remove the pan from the heat and add the mix to a blender cup/food processor with the remaining wet ingredients. Blitz the mixture until it's super smooth.

In a large mixing bowl or stand mixer (bread mixer) add the vital wheat gluten. Pour the wet mixture in the bowl with wheat gluten and stir with a spatula until it's well combined into a dough. Knead the dough by hand for 10-12 minutes, as firm as you can. The harder you knead the dough, the meatier the burgers are when cooked.

Alternatively use an electric stand mixer with the dough hook attached, knead the dough on low speed for 10 minutes. If I see the machine struggling, I turn the dough out and continue kneading by hand. The tougher you are when kneading, the more of a bite/meat-like texture your burgers will have when cooked. So be firm!

Once kneaded it's time to form the dough into patties. The easiest way of doing this is to roll the dough out using a rolling pin to approximately 1/2 " thick. Once your dough is rolled out, using a 4" ring cutter cut your dough into burger shapes. You can re-roll & cut any trimmings you may have into extra burgers.

To cook the burgers steam them for 70 minutes. I use an old-fashioned bamboo steamer placed over a wok filled with water – however any steamer will do. Once steamed the burgers should feel tender & much firmer.

At this point you can either wait for the burgers to cool then refrigerate or freeze. Or you can cook them straight away. Fry or grill them over a high heat. The burgers are actually best grilled/fried the day after cooking, as they firm up more.

To make the burger sauce simply mix all the ingredients together in a small mixing bowl. Serve the burgers in a bun, with caramelized onion, vegan cheese, tomatoes, lettuce, burger sauce, and ketchup.



Thank you T & A

For mailing these!



CHP Age Well Drive Smart Workshop Well Received

By Wayne McDaniel

The CHP workshop presented by CHP Public Officer Jessica Madueno was well done and very useful. More than 50 people attended, "one of my biggest classes" said Madueno. As senior drivers, we learned much needed information to remain safe drivers. Attendees learned surprising factors causing accidents, with suggestions on how to avoid them. At the completion of the program we each got a certificate of participation.

I took my certificate to my local insurance agent. After entering the information into the computer, he said, "Congratulations, you just saved \$250 on your insurance policy."

Thank you Robert Pettit, program chair, for setting up the program.



RYHMES WITH ORANGE By Hilary Price

