

OFFICE HOURS

9:00 am to 4:00 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 November 2017

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

DAILY ACTIVITIES

- MONDAY:** **Zumba, 8:45AM—10 AM ***
 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**
GROOVE Dance 3-4PM* + donation
- 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
GROOVE Dance 3-4PM* + donation
- 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, 3:00 to 4:00 PM*
- FRIDAY:** Yoga 8:45 to 9:45 AM*
 Zumba 10AM-11AM* + donation
 Bridge - 11:15 AM to 4:00 PM **
 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 Thanksgiving

We will be closed November 23rd and 24th, Thursday and Friday, for the Thanksgiving holiday.

Are you over 65? The CDC recommends pneumococcal pneumonia vaccination. Please get your flu shot and the PCV13 or PPSV23 to keep you healthy during this flu season.

It's that time of year again. Time to renew your membership. Dues are \$30.00 per year and can be paid any time between now and January 1, 2017. After That they are past due.

Our luncheon this month is on Thursday the 9th of November. The menu is Turkey, Mashed potatoes and gravy, peas, carrots and pearl onions, pumpkin crumble cake and apple cake for dessert. Remember to get your reservation in early! The program will be about our wonderful Elkhorn Slough and the speaker is Dave Feliz, Reserve Manager, Senior Environmental Scientist Supervisor.

Karen



TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2017 Tours

SATURDAY November 18, 2017, BEAUTIFUL...AT SAN JOSE PERFORMING ARTS with lunch at Harry's Hofbrau. See the inspiring story of Carole King from being part of a song writing team to becoming one of the most successful solo acts in popular music. Winner of many awards including music album of the year. \$125/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. Wait List.

FRIDAY, MARCH 30, 2018, ROSIE THE RIVETER WW2 HOMEFRONT NATIONAL PARK. with lunch at Assemble restaurant. Come experience a piece of history when women stepped forward to help with the country's defense needs after Pearl Harbor. \$67 person.

JULY 15-31, 2018 HAWAII CRUISE. HAWAIIAN VOYAGE ON THE CRYSTAL SYMPHONY...Includes Oahu, Maui, Hawaii, Ensenada, with highlights of Keck observatory, stargazing parties with astronomers, all tips and drinks included. Come and go from San Francisco--no air involved. \$1,000/cabin reduction for those enrolled by June 30th. Aug. 3rd, 1:30PM tea at Lynette's for those interested--RSVP to Lynette, 422-3049.

SEPTEMBER 25-OCTOBER 3RD, 2018 FALL FOLIAGE with the GRAND HOTEL & MACKINAC ISLAND. A beautiful time of year to see part of the North East US. Mackinac Island is noted for no cars--horse and buggies here! \$3765/per person.



Hope to see you here.



Fun, Fun Fun!

We have had a wonderful time at our New Year's Eve parties. Please plan to join us again this year for New Year's Eve festivities.

We will start with dinner at 6:00 PM on Sunday, December 31st and go until the ball drops or until we drop!





**With Honor & Gratitude
We Remember**

Patriotic Show Honoring Our Veterans

Join us on Veterans Day
Saturday, November 11, 2017
7:00 PM

For a **free** program put on by
**Salinas Valley
Civic Ballet
Company**

**HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE**



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Thank you T & A
For mailing these!

*Happy
Thanksgiving*

