

**OFFICE HOURS**

9:00 am to 4:00 PM

Monday—Friday

[activeseniorsinc@gmail.com](mailto:activeseniorsinc@gmail.com)

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

[www.activeseniorsinc.org](http://www.activeseniorsinc.org)

# Monthly Newsletter—October 2018

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

### **DAILY ACTIVITIES**

- MONDAY:** Zumba, 8:45AM—10 AM \*  
 Quilting/knitting 9:30 AM to 3 PM\*\*  
 Light Exercise 10 AM to 11 AM\*  
 Mahjong 12:30 PM to 3 PM\*\*  
 Fabric Art 11 AM to 3 PM\*\*
- TUESDAY:** Line Dancing 10 AM-11:30 AM\*\*  
 Bridge 11:30 AM to 3:30 PM\*\*  
 Beginning Bridge 1:00-3:00 PM\*  
 Legal Services for Seniors, 1st and 3rd  
 Tue., Aug. 7, 21, 1:15-3 PM  
 Dance Lesson 6 to 7 PM, \$5.00  
 Ballroom Dancing 7 to 9 PM  
 Fee \$8.00 (\$9.00 non-members)
- WEDNESDAY:** Yoga 8:45 AM to 9:45 AM\*  
 Cribbage/Games 10 AM to 12 PM \*\*  
 Light Exercise from 10 to 11 AM\*  
 Book Club 11 AM to 12:30 PM\*  
 Tai Chi 1:30 to 3:00 PM\*\*  
 Line Dancing 6:30 PM—8:30 PM\*\*  
 Plus \$1 donation for instructor  
 Oct. 10, 10 AM-1 PM, William  
 Tienken, Healthcare Review (P. 2)
- THURSDAY: MEMBERSHIP LUNCHEON,**  
 Oct. 11, 2<sup>nd</sup> Thurs., 12 noon, \$8  
 Oct. 25, 1-3 PM: ASI's fourth  
 Thursday—VNA flu clinic
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM\*\*  
 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
 Tech Assistance, 1st & 3rd, 1-3 PM\*\*  
 Knitting, 1st & 3rd, 1:00 to 3:00 PM\*\*  
 AOA - Discussion Group 2:15-3:30  
 Ping Pong, 3:00 to 4:00 PM\*
- FRIDAY:** Yoga 8:45 to 9:45 AM\*  
 Zumba 10-11 AM\* + donation  
 Bridge 11:15 AM to 4:00 PM \*\*  
 Western Dance, 2<sup>nd</sup> & 4<sup>th</sup> Friday,  
 7-10 PM, \$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

## **Fall Is Upon Us**

Fall is a wonderful time of the year. The leaves are changing to beautiful colors and starting the annual fall foliage season. The pumpkins have appeared and the children are picking their costumes for the Halloween events.

Active Seniors, Inc. continues to provide programs, activities and events

for you. Many of you participate in one activity, such Yoga, bridge or an adventure trip. We would encourage you to consider adding an additional activity to your life, like

an exercise program, or joining the new book club. Of course, there is your monthly luncheon (Grilled Chicken Cobb Salad with three-seed whole wheat baguette and butter



plus Creepy Graveyard Cake this month) prepared by our master chef *Michael Gaines* and *Patricia Whitlock*, followed by interesting programs (this month Terry Espinoza presents "How I'm Spending My Children's Inheritance: Israel"—about his travels) selected by our program chair, *Robert Pettit*.

As we enter the last quarter of this year, we continue to attract new members who are excited about our Active Seniors, Inc. facility and all the offerings and benefits available to them. Please welcome them to our active senior family and join them as they get involved with the many, many, many, goings-on here at ASI.

Prez, Wayne

## Spotlight on Programs--Staying Active With Line Dancing

You may be asking yourself "Why should I learn to line dance?". Line dancing may surprise you with all it has to offer and how it can benefit you. It is good way to meet new people, make friends, socialize, and is great exercise. And, you don't need a partner.

Today there is a line dance for just about any song you can think of. We don't just dance to "country/western music". There are line dances to Latin, rock and roll, contemporary, and hip hop - just to name a few.

If you've never tried line dancing, here are a few tips:

1. Relax and have fun. Dancing is a hobby and should help to ease stress (not create it).
2. It doesn't matter if you have two left feet. We all had to start somewhere. Just ask any seasoned line dancer.
3. We all learn at different speeds. We can't be a Fred Astaire or a Ginger Rogers with only one lesson. Give it at least four to six weeks. Eventually, the "light bulb" will go on and you'll be proud of what you've accomplished!
4. The first dance is the hardest. Once you learn a basic move (i.e. vine, shuffle, rock/recover), you don't have to re-learn it. Almost all dances have these moves in them.
5. Learn in small doses. Don't try to learn the whole dance at first. If you remember only a part, practice that part. We'll go over the dances a lot in class.
6. Measure your progress against you own previous performance, not against the person dancing next to you. Remember that line dancing can help improve balance, help you hear the beat, improve confidence through accomplishments, and improve coordination.
7. Be patient with yourself. Mistakes happen and are O.K. Smile and go on!

Take advantage of the opportunities to learn to dance or improve your dance skills by joining the line dance lessons offered at Active Seniors, Inc. There are two classes: Sylvia Teixeira teaches on Tuesday mornings from 9:45 to 11 :30 AM. Sharon Piazza teaches on Wednesday evenings from 6:30 to 8:30 PM. ASI also has three evening dances each month to let you practice what you've learned in class: the first Saturday and the second and fourth Fridays. All monthly dances are from 7:00 to 10:00 PM. *See You On The Dance Floor!*

## MST TRIPs--Another Great Program For Our Members

The Monterey-Salinas Transit is starting a new program to help with your travel costs. Do you depend on your family or a neighbor for a ride to the doctor, store or any other destination? If you are a *Senior*, Veteran or Person With Disabilities, living in an area of Monterey County that is outside MST service (one mile from closest MST bus stop as the crow flies), MST will reimburse you 40 cents per mile up to 250 miles per month (\$100).

Applications are available in the office. If you need to have someone to drive you for appointments, shopping or family visits, please fill one out and return to the office along with a copy of your ID.

## Stay on Top of Your Health Care Planning and Coverage

The fall is the time for each of us to review our health care coverage and learn about new changes which may affect our coverage (and fall marks the open enrollment window for those who wish to change plans). Our own ASI member **William Tienken**, a health care advisor, will again be joining us to present the latest information on Medicare and secondary health coverage.

Plan on attending his workshop, with meetings for individual ASI members, on Wednesday, October 10, from 10:00 AM to 1:00 PM. You may call him at (831) 644-7407 for an appointment if you need answers to questions about your current health coverage. Drop in to the general meeting and learn the latest developments.

## New Lightweight Tables

Thanks to a proposal researched and written by Margaret Neal, a relatively new Member of ASI, our grants writer, and a volunteer extraordinaire (look for her spotlight in upcoming newsletter), ASI has six new lightweight tables—much easier for members to set up for classes and workshops. Margaret submitted the proposal to Lowe's and Manager Thomas Shaw very generously donated the tables to ASI. If you see "Tom" when you're shopping at Lowe's, give him another big "thanks" on behalf of ASI. And enjoy the easy-to-carry new tables.

## Revision of Bylaws—Notice to Members Regarding Vote

In accordance with ASI Bylaws we are required to notify the Membership at least 10 days in advance of a vote on any proposed changes to the Bylaws (in red, below). There will be a PowerPoint presentation during the luncheon concerning the changes and an opportunity for Members to get questions answered prior to the vote.

Following is a synopsis of the changes to the bylaws recommended by a committee consisting of Margaret Neal, Jim Tripp, George Niesen and Bob McGregor and approved by the ASI Board at its Sept. 10 meeting for submission to a vote of the full Membership at the general Membership luncheon meeting on Oct. 11. We propose:

1. The mission statement (Purposes of this corporation, paragraph A3) be modified and updated as follows:

~~The specific purpose for which this corporation is formed is to provide a secure social environment for elderly people; where they have a choice to participate in activities which are physically and mentally healthful according to their individual needs; to have a site of congregation for social communication with their peers, that they may enjoy a fruitful existence in their latter years and be given relief from an environment of the routine of mere existence. The corporation exists to serve the elderly in Monterey County, California.~~

Active Seniors, Inc. exists to provide a friendly and secure environment primarily for senior citizens giving them the opportunity to participate in a variety of activities which may be physically, mentally and socially healthful according to their individual needs. The Corporation exists to serve interested residents of Monterey County.

2. Under the calling of special meetings (Art. I, Sec. V, Paragraph B), email be added as an accepted method of notification.

Notice of Special Meetings, with agenda, shall be mailed, **emailed** or delivered in person to all Regular Members at least ten (10) days prior to such a meeting.

3. Under Officers (Art. II, Sec. II) the word “Corporation” be added to “Board” to be consistent with the previous section.

The new officers of the Board/**Corporation** shall be elected by the Board of Directors....

4. The following be added to the Section under Board of Directors (Art III, Sec. I):

**In the case of an officer of the Corporation that is serving the first term of the office but is in the last year of eligibility as Board Member, and that person desires to serve a second year as an officer and is nominated by the board to do so, that person may serve one and only one extra year on the Board.**

*Note: Twice in the past five years the Board has voted to make an exception to the rules to allow a person to serve an additional term as an officer. In both cases the person was in the second year of the second term on the board. Rather than continue to make exceptions—not really a good idea—it seemed logical to amend the bylaws to allow an additional year on the board so an officer could serve a second term if so desired and nominated.*

5. Under Director of Finance (Art. III, Sec. III, paragraph F1) the change below be made merely to reflect the mode of doing business today.

Counts the money received from activities, deposits the money in the bank, keeps record of all financial transactions, and makes out checks or **initiates bank transactions online** to pay the bills of the Corporation.

6. The item below be moved from another section of the Bylaws (Art. V) so applicability is where it belongs (Art. III, Sec. IV, paragraph A).

Special meetings may be called by the President at any time and must be called by the Secretary when requested in writing or electronically by six (6) members of the Board. **Meetings shall be conducted according to Robert’s Rules of Order.**

7. Under Amendments and Rules (Art. V) the change below once again be made to give the option on method of notification.

Except as mentioned above, these Bylaws may be amended by a majority vote of a quorum of Regular Members present and voting, provided that notice of the proposed amendment has been given in writing **or email** to the Members ten (10) days prior to the Regular or Special Meeting of the Regular Membership.

## Monterey County Stand Down for Homeless Veterans

Many thanks to the many ASI Members and friends who so generously donated clothing and volunteer hours to the Veterans Stand Down.

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



Thank you T & A

For mailing these!



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## **ACTIVE SENIORS 2018 Adventure Tours: *TOUR DIRECTOR: LYNETTE McGREGOR***

**NOVEMBER 26 - DECEMBER 1, 2018, CHRISTMAS IN BRANSON.** Sleigh bells ring, reindeer fly, and wide-eyed young and "seasoned" await the expectation of Christmas. A Branson Christmas brings joyful sounds of singing, merriment, and warmth, plus the show SAMSON. Join Active Seniors on their popular Christmas in Branson tour. Includes roundtrip air, airport transfers, baggage handling (1 bag per person), accommodations, meals (breakfast daily, 2 lunches, 5 dinners), taxes, and escorted shows. Cost per person double occupancy is \$2995. See full itinerary in the rack at Active Seniors.

**FEBRUARY 23, 2019, CATS, THE MUSICAL BY ANDREW LLOYD WEBER** at San Jose Performing Arts. Winner of seven Tony awards including Best Musical! Hear "Memory"—one of his very best haunting tunes! Lunch at Harry's Hofbrau. \$124/person.

**AUGUST 11-23, 2019, CASTLES OF THE BRITISH ISLES.** Fabulous cruise/trip on Cunard's Queen Victoria starting from London and going around the UK. See Newcastle-upon-Tyne, Inverness, Scotland, Glasgow, Scotland, Belfast, N. Ireland, Liverpool, England, St. Peter Port-Guernsey, Southampton, and back to London. If deposited by July 31st, receive \$150 on a Balcony Stateroom. From \$4,335.

## **Upcoming Free Thursday Seminar—Fascinating and Informative**

At the Monterey Fair, I was introduced to Philip Geiger, Director of Education and Communications for the HG Foundation who wanted to speak to our members regarding the medicinal uses of Cannabis. He has offered to bring with him a nurse and a doctor advocate. And so I have scheduled him for one of our free Thursday seminars. This one will be January 24, 2019.

I'm giving you his contact information to connect with him as time gets closer: Philip Geiger, [pgeiger@hospicegiving.org](mailto:pgeiger@hospicegiving.org), 831.333.9023 or 831.238.2491.

Robert Petit