

OFFICE HOURS

9:30 am to 3:30 PM
Monday—Friday
831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street
Salinas CA 93901-3211
www.activeseniorsinc.com
Like us on Facebook

Monthly Newsletter March 2016

Center 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 – 2nd & 3rd Monday**
11 AM to 3 PM
- TUESDAY:** Line Dancing 10 AM-11:30AM**
Bridge 11:45 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 **
Exercise from 10 to 11 AM*
Tai Chi 1:30 to 3:00 PM**
Line Dancing 6:30 PM–8:30 PM
- THURSDAY: MEMBERSHIP LUNCHEON**
2nd Thursday of each month
Lunch served at 12:00 PM
- 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 2:00-3:00
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 - 11:00 AM to 3:30 PM **

* Fee \$1.00 (\$2.00 for non-members)

** Fee \$2.00 (\$4.00 for non-members)

There is a donation of \$1.00 to the Wednesday line dance instructor



The “Sassy Quilters” will be hosting a demonstration by Debby Norman of both a shopping bag and a baby quilt on Thursday, March 3rd. Debby is a well known South County quilter.

Be sure to check out all of the trips that are available, they are listed on the second page. We have day trips, cruises and trips with our partners, the Silver Kings & Queens, in King City. Don't let the fun pass you by.

Please don't wait until the last minute to sign up for trips. Prices on the one day trips require a minimum number just to pay for the bus other wise the trip will be cancelled if we don't achieve that number. It looks like the next 2 trips, horse races in March and Bouquets to Art in April, will be cancelled if we don't get enough people signed up soon enough. So if you would like to go on either of these trips, please be sure to sign up ASAP.

Our luncheon this month is on Thursday, March 10th at 12:00 noon. Be sure to come early to visit with your friends. The menu is corned beef, sautéed cabbage, mashed potatoes, dessert and drinks. Wild life biologist Mike Stake will be speaking about the condor project in the Ventana Wilderness. Please sign up by Monday, March 7, 2016 at the latest. Cost is \$7.00. See you there.

Karen



TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2016 & 2017 Tours

MARCH 31, 2016 SPRING HORSE RACES Join us for a day at Golden Gate Field. Reservations in no later than March 17, 2016. Leave Park Row at 10:00 AM, return approximately 6:00 PM. Enjoy lunch, play a hunch, win a bunch! Incredible buffet lunch from prime rib or herb-crusted top sirloin, fried chicken, turkey and gravy, glazed ribs to yummy desserts. Cost is \$79.00.

APRIL 7, 2016 THURSDAY DE YOUNG MUSEUM Bouquets to Art plus a retrospective of Oscar de la Renta. This most visited art museum west of the Mississippi has their Bouquets to Art once a year for only 5 days. Many of the master paintings of floral pieces are imitated by floral artists with live flowers that interprets the painting. This is the most popular exhibit of the year for De Young. \$59.00 per person, lunch will be on our own.

MAY 13, 2016 FRIDAY - ROSIE THE RIVETER WW2 NATIONAL PARK plus lunch at Assemble Restaurant. One of our newest national parks, developed in honor of the women who stepped up in an effort as our men went to war after Pearl Harbor. Located in Richmond the area was developed as a shipyard in 1941 when the town was populated by 23,000 people, then grew to 100,000 by the end of the war. \$65 per person.

JUNE 22 - 29, 2016 - THE BEST OF EASTERN CANADA Highlights include Montreal, Quebec City, Ottawa, 1000 Islands, Toronto and Niagara Falls. Save \$100 if reserved before December 22, 2015. \$2,859 per person Double occupancy.

JUNE 26, 2016 SUNDAY - MOTOWN THE MUSICAL It began as one man's story that became everyone's music! The story of Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and more! Hear favorites such as *My Girl* and *Ain't No Mountain High Enough* and more. \$133 per person, lunch at Harry's Hofbrau.

JULY 15-25, 2016, ELBE RIVER CRUISE Discover the dramatic landscape through the Czech Republic to the former East Germany on a 9 day riverboat cruise aboard the MS Elbe Princess. Cruise includes 2 nights each in Prague and Berlin. Walk in the footsteps of Martin Luther in historic Wittenberg. Marvel at the baroque splendor of Dresden. Tour opulent palaces of Saxon monarchs and stroll through beautiful gardens; sail between the dramatic sandstone cliffs of Germany's "Saxon Switzerland" before arriving in Berlin. Pick up brochure at Active Seniors.

AUGUST 25, 2016, THURSDAY - TOUR OF THE BIG SUR COAST We have one of the most beautiful drives in the world on our own Big Sur Coast! Hear the history of the settling of the coast, building of the highway, and stories of many of the people that made this beautiful area their home. Go out on the paddle wheeler Chablis, at Morro Bay for a 2 - hour ride, having lunch and hearing about the history of the bay. \$83 per person.

OCTOBER 7 - 12, 2016 - ALBUQUERQUE BALLOON FESTIVAL Highlights include the Balloon Fiesta, Old Town Albuquerque, National Museum of Nuclear Science and National Museum of History, Indian Pueblo Cultural Center, Turquoise Trail, Santa Fe and Santa Fe School of Cooking. From \$2,359 per person.

OCTOBER 8, 2016, SATURDAY, FLEET WEEK IN SAN FRANCISCO This fun day includes: 2 hour yacht cruise, lavish lunch buffet, free flowing sparkling wine- orange juice- soda- coffee- tea, DJ entertainment, complimentary keepsake boarding photo. \$130/person.

NOVEMBER 26–DECEMBER 9, 2016 PASSAGE TO POLYNESIA Fall in love with the rhythm of the sea and the beauty of the South Pacific with its white sand beaches, cool palm breezes and crystal clear turquoise waters. Walk in the footsteps of legends: Herman Melville, Paul Gauguin and Captain Cook. Bali Hai is calling. Relax on board the Six-star elegance of Crystal Symphony as you cruise from San Diego to Papeete. Early booking gets the best deal.

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; in fact it is already one-half sold! From \$3,395. ALL DRINKS, EXCURSIONS ARE INCLUDED. WE WILL HAVE A HISTORIAN ON BOARD TELLING US OF WHAT WE ARE SEEING—THIS INCLUDES A LOT OF WHAT LEWIS AND CLARK JOURNALED—AND ALSO MICHELL THALER, ASTRONOMER. YOU CAN SEE HER ON THE SCIENCE CHANNEL ON THEIR PROGRAM 'UNIVERSE'—SHE WILL EXPLAIN MUCH OF THE UNIVERSE IN PREPARING US FOR THE SOLAR ECLIPSE. THIS TRIP IS 70% SOLD OUT AS OF THIS WRITING SO EARLY RESERVATIONS ARE ENCOURAGED!

A huge thank you to all of you who have donated to our “Start a Heart” fund. We have had a generous donor who wrote a check for the whole amount of the AED! We will use the remaining funds that were raised to provide CPR and AED training for our volunteers. Also, thank you Dr. and Mrs. Leon Cooper for their donation of another AED which can be taken on the bus for our day trips. We are ever so grateful for the generosity of our members. “You never cease to amaze me.”



Ballroom Dancing

Come enjoy the ballroom dancing on Tuesday evenings from 7 to 9:15 PM. Our live band provides great music, we have warm and friendly comradery, and we even have dancers who are willing to teach the rest of us how to dance. Don't miss out on the fun!



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



Thank you T & A
For mailing these!



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