

OFFICE HOURS

9:30 am to 3:30 PM

Monday—Friday

831-424-5066

Active Seniors Newsletter

January 2016

ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.com

Like us on Facebook

Happy New Year and Blessings to all of you in 2016 from all of the volunteers and staff here at ASI!

DAILY ACTIVITIES

- MONDAY:** Yoga 8:45 to 9:45 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 – 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
Ping Pong, 3:00 to 4:30 PM*
1st & 3rd Thursday
 AOA - Discussion Group 2:00-3:00
- FRIDAY:** Yoga 8:45 to 9:45 AM*
 Exercise 10 to 11 AM*
 Bridge I - 11:15 AM to 3:30 PM **
 Bridge II - 11:30 AM to 3:30 PM**

- * Fee \$1.00 (\$2.00 for non-members)
 ** Fee \$2.00 (\$4.00 for non-members)

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

Notice the new Ping Pong activity on the schedule.



I would like to take this opportunity to thank all of the volunteers who keep our facility running. First of all I would like to thank all of the board members who devote so much of their time, energy and resources to making ASI the wonderful place it is. They have been a fabulous support to me and are the hands and feet that keep us going: Robert Pettit, 1st Vice President; Wayne McDaniel, 2nd Vice President; Bob McGregor, Treasurer; Debbie Panelli, Secretary, members at large: Jim Tripp, Mary Marvel, Margaret McKey, Alice Clatterbuck, Bob Whitlock; Shirley Jones; our facility manager, Dan Towle; finance director, Ines Revels; and tour director, Lynette McGregor.

Our office volunteers are: Dan Towle, Linda Bass, Alice Clatterbuck, Virgileen Day, Howard Jones, Wayne McDaniel, George Mills, Nancy Patterson, Robert Pettit, Sharon Piazza, Nancy Powell, Barbara Pybas, Wendy Reyes, Amy Ramirez, Susan Riddoch, Beth Stevens, Sylvia Teixeira, Karen Towle, Harriet Whiteaker, Bob McGregor, and Mary Marvel.

Our activity leaders are: Virgileen Day, Mary Marvel, Susan Riddoch, Jean Long, Sylvia Teixeira, Ginny Phalan, Karen Towle, Francis Pastor, Beth Stevens, Linda Hayes, Ginger Cosnowski, Sharon Piazza, Wendy Reyes, Robert Pettit, Nooria Noor, Lillian King, Shirley Jones, Lorraine Mirandette, Cleo Mangiopane, Wayne McDaniel, and Linda Bass.

These people truly are the heart of this organization. They keep the facility working and running smoothly, they keep the activities going and available for all to participate, and they take care of all the business necessary to keep Active Seniors, Inc. going for future generations! The next time you see one of these people, be sure to thank them for their hard work and dedication to Active Seniors. Thank you to all who participate in our activities, help set up and clean up, and generally help out around here.

Our speaker this month will be meteorologist Norm Hoffman who will speak on the causes of our unusual weather patterns. Lunch will be delicious home made soups and, of course, a fabulous dessert.

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.

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 - ABLBUQUERQUE 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.

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 THALLER, 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 INCOURAGED!



2015 in Review

Decorating for Christmas.



Christmas lunch and program with Salinas Fire Chief, Ed Rodriguez and Salinas Mayor Joe Gunter, and Melissa Kendrick, Monterey County Food Bank.



Tulip Mania, Pier 39, San Francisco.



Alaska Cruise Pop Choir



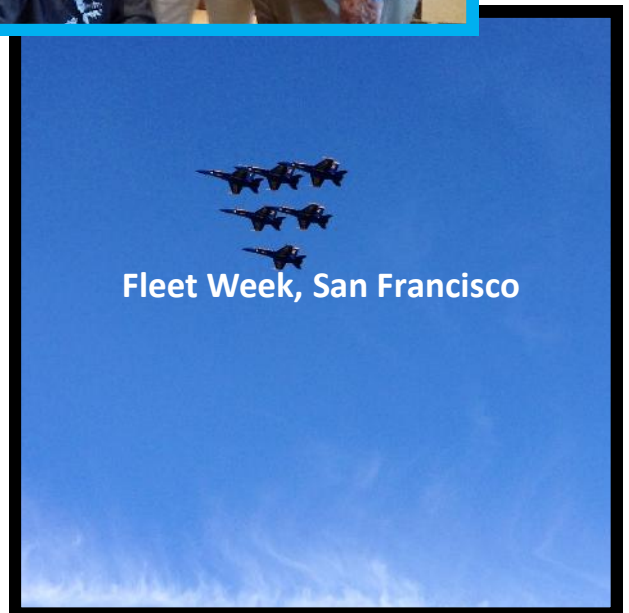
Alaska Cruise



Guide Dogs for the Blind graduation.



Fleet Week, San Francisco





Thank you T & A
For mailing these!

A huge thank you to **Barbara Pybas** and **Shirley Jones** for all their work decorating our facility!

We had a marvelous New Year's Eve Party. Join us next year for terrific games, music, food, fellowship and revelry!



Aggravation and Reminiscing are only two of the many games we played.

Yes, we had bubbly to drink....



Some people will dance anywhere if there is music!