

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 February 2016

Center is open for activities Monday through Friday, 9:30 AM to 3:30 PM.

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

A short history of Active Seniors, Inc.

Active Seniors, Inc., was formed in 1959 as a 501(c)(3), non-profit, privately funded corporation, with the following statement as its purpose:

The specific purpose for which this corporation is formed is to provide a secure social environment for seniors; 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 senior citizens of Monterey County, California.

Originally Active Seniors occupied a building on Central Avenue. Subsequently property was purchased on the corner of Pajaro and Harvest Streets, this building was designed, built and was free of encumbrance three years after it was occupied in 1981. Community leaders worked together to raise the funds for the property and building. The building at 100 Harvest Street is where all the activities are hosted on a daily basis. We are an organization of 400 members that is run strictly by volunteers. We have no paid employees.

This month's luncheon will be pasta with meaty red sauce, cheesy bread slices, salad, and red velvet cupcakes. The beautiful harmonies of "Brotherly Love" will be our entertainment. Please remember to come in, call in, or email us your reservations by Monday, February 8th.

Karen
Happy Valentine's Day



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 - 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.

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!



We are in need of an Automated External Defibrillator, AED, for this facility. An AED is a device that will start your heart if it stops, or return it to a normal rhythm if you have an erratic beat. Look for our poster to see where we are in our campaign, “*Start A Heart*”, to raise the funds for this device.

Once we have the AED, all of our volunteers will receive CPR training and training on the AED. And remember, “*The life we save may be yours*”.



It has been suggested that we start a “Recommended” list. This would be gardeners, landscapers, tree trimmers, house cleaners, electricians, plumbers, carpenters, heating and sheet metal workers, handy men, care givers, pet sitters, house sitters, contractors, tile setters, party planners, caterers, and/or any other worker that you can think of that one might need at some time.

Give it some thought and if you have had a good experience with any one you would hire to do work around your home or for your family, please give us their name and phone number and/or email address.



We have several people who are interested in starting a chess group, and several interested in Dominoes or Mexican Train. If you are interested in either of these, please call the office and let us know so that we can find a day and time that will work.



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



Thank you T & A
For mailing these!



Active Seniors, Inc. Board Members

President: Karen Towle

1st Vice-president: Robert Pettit

2nd Vice-president: Wayne McDaniel

Treasurer: Bob McGregor

Secretary: Debbie Panelli

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Shirley Jones

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Bob Whitlock