

## OFFICE HOURS

9:00 am to 4:00 PM

Monday—Friday

[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)

831-424-5066



## ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

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

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# Monthly Newsletter - January 2020

## ASI is open for activities Monday through Friday,

9:00 AM to 4:00 PM

### DAILY ACTIVITIES

MONDAY: Zumba, 8:45-10 AM\* + Instr. Donation

Qigong, 10-11 AM\*

Mahjong 12:30 to 3 PM\*\*

Fabric Art 11 AM to 3 PM\*\*

TUESDAY: Line Dancing 10 to 11:30 AM\*\*

Bridge 12:00 noon to 3:30 PM\*\*

Experienced players of all levels welcome

Legal Services for Seniors, 1st Tues. only,

1:30-3:00, call for appointment

Beginning Ballroom Lesson 6-7 PM

Ballroom Dancing 7 to 9 PM

Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga 8:45 to 9:45 AM\*

Chess Club, 10 AM to noon\*\*

Light Exercise, 10:00-10:45 AM\*

Ukulele Club, 1st & 3rd, 10:00 AM-noon\*\*

Ukulele for Beginners, 2nd, 4th, 5th, 10-12\*\*

Book Club 12:00 PM to 1:30PM\*

Tai Chi 1:30 to 3:00 PM\*\*

Line Dancing 6:30-8:30PM\*\* + \$1 for instr.

THURSDAY: Quilting, 1st, 3rd, 9:30 AM-12:30 PM\*\*

Tech Assistance, 1st & 3rd, 1:00-3:00 PM\*\*

Knitting, 1st & 3rd, 1:00-3:00 PM\*\*

AOA Discussion Group 2:15-3:30 PM

Ping Pong, 3:00 to 4:00 PM\*

2nd THURSDAY: **MEMBERSHIP LUNCHEON**

Jan. 9, Noon, \$10 members, \$12 non-members. Program: Vince Sanchez, North Salinas Valley Mosquito Abatement Distr.

4th THURS.: Jan. 23. TBA

FRIDAY: Yoga 8:45 to 9:45 AM\*

Zumba 10:00-11:00 AM\* + Instr. donation

Bridge 11:15 AM to 4:00 PM \*\*

Western Dance, 2nd & 4th Friday,

7 to 10 PM, \$10

SATURDAY: Western Dancing. 7:00 to 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

## Welcoming the New Year

As our first order of business in 2020, ASI Board Members would like to express our appreciation to outgoing ASI Board President **Wayne McDaniel** (Prez Wayne as he referred to himself) for his service. It is a demanding job and Wayne has earned his retirement (although it seems most ASI volunteers continue to serve the organization in one capacity or another, for which we can all be grateful).

Non-profit organizations are governed by a Board which has oversight responsibilities. Most organizations also have paid staff for the "work," or day-to-day activities. But with a 100% volunteer operation like ASI's, most of the responsibility for running the organization falls to the Board President.

Wayne for the past two years has put heart and soul into making ASI an even more effective and responsive provider of services to seniors. He initiated the 4<sup>th</sup> Thursday free workshops. He saw that ASI was present with a booth at community events. He connected ASI actively with agencies serving seniors including Alliance on Aging, Aspire, ITN, MST, Chambers of Commerce and nursing homes, for example.

He made sure ASI's 60<sup>th</sup> Anniversary Celebration was a success. He worked seriously on each and every newsletter and kept the membership informed on other issues with email notices. He contributed a luncheon each month to a lucky raffle winner. He went out of his way at times to make sure every ASI volunteer got thanked.

With 60 years of successful service to the senior community, the ASI model is effective. Still the job of ASI President is a huge one. Thank you, Wayne. (ASI Members, please take a moment and personally thank Wayne when you have the opportunity.)

The Board's second task is to express its hopes for a Good Year for all and to devote its resources to making that happen here. We can do it, thanks to ASI's extensive, creative, committed and hard-working corps of volunteers.

## Medical Qigong Workout—by Chef Michael

On January 6, 2020, I will be starting a new class at ASI. I am teaching an ongoing Medical Qigong Class on Mondays from 10am to 11am. The class will teach you a daily Qigong system that will help promote good health, balance and a sense of wellbeing.

This is a simple Qigong workout I have been practicing for the past 13 years and it can be performed in a small space by anyone, even in a chair or through visualizations. Qigong is the practice of gentle movement, focused breathing and visualizations. Sort of like swimming in air. It is the Chinese version of national healthcare and you see people performing these moves in parks all over China.

The workout will consist of Grounding, Band Warming, Chi Scattering, Chi Gathering, Cleansing & Strengthening Internal Organs, Balancing and finishing with a guided meditation.

Let your chi flow by removing the blocks that can manifest into diseases. Start the New Year with some great self-care.

Note: I learned this system from local Matt Weston, who trained with Master Duan Zhi Liang in Beijing. Master Duan lived to be 107 years old. See this great video of him at <https://www.youtube.com/watch?v=ZVYUFpWAI2I> on YouTube.

I hope to see you there.



## Volunteer Opportunity—Service Corps of Retired Executives (SCORE)

SCORE Central Coast chapter volunteers provide free confidential mentoring to small businesses in Monterey and Santa Cruz Counties. We are looking for experienced business people with business skills who have the desire to pay it forward by helping local small businesses start, thrive, and grow. Our mentors are a mix of retired and currently working people who have relevant business experience and/or have owned their own business.

Here is some background on SCORE: Since 1964, SCORE “Mentors to America’s Small Business” has helped more than 10 million aspiring entrepreneurs and small business owners through mentoring and business workshops.

More than 10,000 volunteer business mentors in over 300 chapters serve their communities through entrepreneur education dedicated to the formation, growth and success of small businesses.

For more information about starting or operating a small business, visit SCORE at [www.score.org](http://www.score.org). SCORE is a nonprofit resource partner of the Small Business Association (SBA).

For information about our local SCORE office, call **831-621-3735** or visit **SCORE Central Coast Business Mentors** on the Web at [centralcoast.score.org](http://centralcoast.score.org).

## Luncheon Services Changes

Due to the cost of luncheon supplies, coffee, desserts and food we have increased what we will charge for luncheons going forward in 2020. A verified member will be charged \$10 and a Non-Member will be charged \$12.

Please note that in 2020 you will be able to pay for your luncheons for the entire year. **However, you will not get a credit or refund for missed luncheons.** You can also pay a pro-rated amount for your luncheons for the rest of the year. (Example: “I received my taxes in March and wish to pay for my luncheons the rest of the year.”)

You cannot make early payments for specific luncheons or for just part of the year due to the complexity of tracking who paid what when. (Example: Jan. \$30, April \$20, June \$20 etc.)

All members and Non-Members must register at the door during each luncheon.

Thank you ASI Members for your help with the new procedures and for understanding our pricing changes. Our thanks to Chef Michael, who makes sure the new luncheon prices remain a great value!

## Nominating Committee Recommends Three New Board Members

The Nominating Committee hereby nominates the following ASI Members to fill upcoming vacancies on the Board: **Jim Tripp**, for a two-year term; **Donna Elder-Holifield**, two-year term; and **Thad Evans**, one-year term (bios below). Those elected to two-year terms can run for a second two-year term before having to leave the Board. The person nominated to fill the second year of Wayne McDaniel's term can run for two further two-year terms.

The Nominating Committee also recommends the Membership elect the following ASI Board Members to second two-year terms: **Bob McGregor**; **Margaret Neal**; and **Sally Pettit**. Continuing their current two-year Board terms are **Dwight Freedman**, **George Niesen**, **Sharon Piazza**, **Sylvia Teixeira** and **Nanci Crompton**.

The Active Seniors Nominating Committee wishes to thank the ASI Board Members who have completed their terms of service and are going off the Board in January. President **Wayne McDaniel** and Board Members **Bob Whitlock** and **Renée Panfil** have all done a great deal for ASI and we will miss having them on the Board, although we expect they will continue to volunteer for ASI in some capacity. ASI operates on the strengths of many volunteers and we are grateful for their wonderful work.

The election of Board Members will be the primary business of the Annual General Membership Meeting, to be held at ASI on January 9, 2020, at noon, in conjunction with the January luncheon (please get your luncheon reservations in early). The floor will be open for additional nominations at that time. Once the Board election has been completed the new Board will hold its first (very brief) meeting to elect officers for 2020, announce the results immediately after, and introduce the new Board and Officers.

**Thad Evans** is a retired Army officer and a subsequent retiree from the Monterey County Office of Education and three school districts (Chualar, Alisal and St. Helena Unified) where he served in Business Manager positions. Lately he has served on the Salinas Library Commission and Measure V Committee and has volunteered with a number of organizations including Friends of the Salinas Public Library and Alliance on Aging, where he helps clients with tax preparation.

**Donna Elder-Holifield** retired after 43 years as a French teacher at Mott College in Michigan and at Salinas High. She was one of 12 northern California women selected for leadership training by the Coro Foundation and subsequently served as President of the League of Women Voters, President of United Way of the Salinas Valley and first Chair of the Monterey County Commission on the Status of Women, where she and staff wrote a grant to provide job training for some 150 divorced or widowed women. She is a Deacon at St. Paul's/San Pablo Episcopal Church and a past community chaplain at CHOMP.

**Jim Tripp** is a former ASI Board Member who is again eligible (and willing) to serve on the ASI Board. Jim is a retired electrical engineer, having spent 30 years in the semiconductor industry in Silicon Valley, and he is active in many technology areas. Jim is originally from Michigan but has lived in California since 1966. In addition to collecting antique radios (over 800 in his collection) he is also an Amateur (ham) radio operator involved in providing communication in times of emergencies. Jim does a fantastic job of building and maintaining the ASI website.

Please welcome your new Board Members and thank them for their service.

## Membership Renewals

Yes, it's that time again. Your annual ASI membership is expiring and you need to (and should) renew it, still for the low, low, low fee of \$30. Don't forget! Set a good example! Show your support of ASI! Beat the rush!

You can continue to enjoy, and take advantage of, all the programs and activities ASI has to offer.

Keep Yourself Healthy—with ASI fitness, exercise and dance classes. Keep Your Mind Sharp—with arts, chess club, book club and tech classes. Keep Your Life Full—with ukulele club, ballroom dance, the monthly luncheon, and volunteering.

## Chess Club Welcomes New Members

The ASI Chess Club is up and running (Wednesdays 10 AM -noon) and welcomes anyone either wanting to play or wanting to learn. Check it out and keep your mind sharp.

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



Thank you T & A

For mailing these!



## **ACTIVE SENIORS 2019 Adventure Tours: TOUR DIRECTOR: LYNETTE MCGREGOR**

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**APRIL 27, 2020, MONDAY, CHUMASH CASINO.** Presented by ASI and Silver Kings & Queens. Leave Park Row at 7:45 AM, King City Fairgrounds at 8:45 am. Charter bus takes you to the beautiful Santa Ynez Valley and Chumash Casino, just east of Solvang, for a day of fun and profit (maybe). Must reserve by March 27, \$75 per person (but bus passengers get \$20 credit and first-time Chumash customers get \$25 credit).

**OCTOBER 28-NOVEMBER 9, 2020, AUSTRALIA, TASMANIA, NEW ZEALAND CRUISE aboard Celebrity Solstice.** Includes non-stop air from SFO, all transfers, port taxes, classic beverage package, pre-paid gratuities, onboard credit, all meals in 12 nights onboard the Solstice. From \$4,750.

### **January Luncheon Is a Great One**

ASI's January luncheon has become an annual soup-and-bread affair and a favorite. This year's soup offerings are: Healthy Clam Chowder; Potato Leek Soup; Slow Cooker Lasagna Soup; Chicken Enchilada Soup; Bean Soup; and Minestrone. They are all great and you can fill up on one or try small tastes of every soup. Enjoy.

Dessert is Blueberry Peanut Butter Chocolate Graham Parfait. Whew. There's a fresh fruit offering as well, which you can request as desserts are served to your table.

The luncheon program is about how big the mosquito population is in our area, mosquito abatement, and the abatement methods used here. Should be interesting and informative. The program presenter is Vince Sanchez of the North Salinas Valley Mosquito Abatement District.

### **Please Consider Receiving the ASI Newsletter Via Email**

Please contact the ASI office (424-5066) to change from USPS delivery to email newsletters. Thank you.