

OFFICE HOURS

9:00 am to 4:00 PM

Monday—Friday

activeseniorsinc@gmail.com

831-424-5066

**ACTIVE SENIORS INC.**

100 Harvest Street

Salinas CA 93901-3211

www.activeseniorsinc.org

Monthly Newsletter—March 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 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 11 AM to 3 PM**
- TUESDAY:** Line Dancing 10 AM-11:30AM**
 Bridge 11:30 AM to 3:30 PM**
 Legal Services for Seniors 1:15-3:00
 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 10:00 AM to 12 PM **
 Light Exercise from 10 to 11 AM*
 Tai Chi 1:30 to 3:00 PM**
 Line Dancing 6:30 PM–8:30 PM**
 Plus \$1 donation for instructor
- THURSDAY:** **MEMBERSHIP LUNCHEON**
 2nd Thursday of each month, \$7
\$8 after Friday before luncheon
 Lunch served at 12:00 noon
 March 22 1:00-3:00 Tech Security
- 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 2:15-3:30
 Ping Pong, 3:00 to 4:00 PM*
- FRIDAY:** Yoga 8:45 to 9:45 AM*
 Zumba 10AM-11AM* + donation
 Bridge - 11:15 AM to 4:00 PM **
 Western Dance, **2nd & 4th** Friday,
 7-10PM, \$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

PAGE 1

Saint Patrick's Day

May the luck of the Irish be with you.

Looking for your pot of gold? Look no further than Active Seniors, Inc. Your Active Seniors dance card continues to be filled with activities, events, adventure, travels and many exciting benefits for members.

One of the benefits for you are unique workshops offered on the fourth Thursday each month. In February, we held a workshop on how to use Shutterfly to create picture albums of your life experiences. This month we will have ASI member Dwight Freedman (see p. 2) focus on specialized technology for whatever device you use. Dwight will provide a clearer understanding of the basic technology for your home or business.

Our organization has no paid staff, so we all need to “jump in” and volunteer a small part of our time. Consider volunteering to be part of the office staff to help answer phones and greet people. This is a great way to learn about your fellow ASI members.

Lunch for March 8th is corned beef, sautéed cabbage, mashed potatoes and double chocolate cake with mint frosting. Our speaker will be our own Ruth Andresen, along with Councilman Steve McShane, updating us about the upcoming Salinas City 150th Birthday Celebration. Ruth recommends reading *East of Eden* to gain a historical perspective of old town Salinas.

As we look at possibilities for grants funding we realize we need a plan and specific projects appropriate for grant proposals. So we really need help from all of you regarding what you want ASI to become—this year, next year, five years from now or ten. Look for our drop box near the front door and please offer your suggestions to improve ASI facilities and programs as well as your ideas for long-term developments. We really want ASI to realize its full potential. Thank you.

Remember to wear a green garment so you do not get a “pinch” from Prez Wayne.

Prez Wayne



Fourth (4th) Thursday Workshops

1:00 – 3:00PM

Here at Active Seniors, we are scheduling a variety of workshops or activities for the **fourth** Thursday of each month from 1:00- 3:00PM. These workshops are open to all of our members and are **FREE!**

In January, we had a workshop on scams presented by the Legal Services for Seniors. In February, *Jim Tripp*, one of our members, offered a workshop on how to save and make picture albums using Shutterfly. Both of these workshops were very informative.

A March 22 workshop on Device and Data Security will be presented by ASI member *Dwight Freedman*.

ASI Technology Workshop for March 22, 2018

Agenda

Discussion with Q & A

- PC & Internet Security
- Passwords
- 2 Step Security Verification
- Software Protection Security
- Email Security
- Smartphone Security
- PC Maintenance
- PC Backups

BIO

Dwight Freedman Sr.

- Over 45 years' experience in Information Technology
- Worked in Pharmaceutical, Oil, Entertainment, Software, Banking, Technology and Non-Profit industries
- Owned my own company for 6 years offering technology products and services to businesses and government organizations
- Recent new member and volunteer at ASI

Consider Active Seniors in your Estate Planning

Active Seniors Inc. is a 501(c)3 non-profit organization. There are many ways to support such an organization, including volunteering your time for office duty or various events and programs; spreading the word in the community about ASI programs and services; donations of cash, goods or services; and providing funds to support ASI through estate planning.

If you are able to provide some kind of a bequest to ASI and you would like information on how to go about it, we invite you to take advantage of free legal services provided by Legal Services for Seniors. Retired Judge Albert Maldonado is available every Tuesday from 1:15- 3:00. There is a sign-up sheet at the ASI office window to make an appointment.

2018 Dates For Sunday Brunch & Tea Dance

Event	Date	Food Theme	Dance Lesson
St Patty's Brunch & Tea Dance	March 18 th	Corn Beef en Croute	The Fox Trot
Spring Brunch & Tea Dance	April 15 th	Shredded Beef Tostada	The Cha Cha
Summer Brunch & Tea Dance	July 15 th	Pizza Top & Rock Salad	West Coast Swing
Early Fall Brunch & Tea Dance	Sept 16 th	BBQ Tri-Tip Sandwich	The Waltz
Oktoberfest Brunch & Tea Dance	October 21 st	German Cuisine	The Balboa

Schedule: Dance lesson 12:30-1:30pm; Brunch Served 1:30-2:30pm; Ballroom Dancing; 2:45-4:15pm

Spotlight on Volunteers

Active Seniors Inc. is a non-profit organization with no paid staffing. Thus we rely on an extensive cadre of competent, dedicated and caring volunteers.

From the Board to office staffers to activity program leaders to directors of ongoing projects and events (facilities, tours, food and entertainment, finances, programs, publicity, grants/planning—see below for concrete examples), Active Seniors IS its membership. It is active because its members are active, and without them its programs would be expensive or non-existent.



So please step up and help out at ASI in whatever area your skills and talents direct you to. To ask questions and to help out, please contact volunteer extraordinaire and office volunteer director Susan Riddoch at srboke@sbcglobal.net or 831.905.6416.

Featured Volunteer—Lynette McGregor, Tour Director

My interest in tours is probably a natural due to my interest in history, fun, travel, and meeting folks! I had done tours for Friendship Club at First Presbyterian Church for 14 years and at that time, had so much fun, I actually took a course on being a tour guide and also did that for a few years. A medical situation interfered so I took a few years off. Howard Jones then contacted me to encourage my volunteering at Active Seniors and I was ready and happy to hear from him and do that very thing!



In planning tours, we try to provide a variety of things to do and experience. I think we're at a 'stage of life' where we want to enjoy and appreciate as much as we can and get to what we've been meaning to do but havn't!!! One day trips are always fun. Meanwhile we look to variety in the bigger trips. For example, our latest is a Branson trip at Christmas. The holidays can be difficult for many with life changes and losses. It's a good time to start new traditions. This trip will be full of fun and entertainment and will start your holiday season in a very special way!

Committees and Teams

A number of teams and committees work for the benefit of ASI members.

The *Grantwriting and Planning Committee* is looking at present and future facility and program needs for ASI. Please let us know what improvements, activities, events and facility needs will engage and energize our membership. Please put suggestions in the box or contact VP George Niesen, 758-5718 or gniesen@redshift.com, especially if you'd like to join the committee.

The *Office Committee* helps on a daily basis to open/close the building, answer phones, and collect money for dues, lunch, tours, events and daily activities. Volunteers work one or two three-and-a-half-hour shifts a month. Please contact Susan Riddoch (above).

The *Facility Use Committee* tends to the maintenance of and upgrades to the building and reviews the use and requests for use of the facility. To assist or join this committee contact Bob McGregor at 595-3681 or activeseniorsinc@gmail.com.

The *Kitchen Team* is led by our great chef Michael Gaines (please contact him at 206-3309, starchef101@gmail.com, if you can help out in any way). The team assists in food preparation, serving and cleanup for lunches and whenever the kitchen is used.

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Thank you T & A

For mailing these!

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

FRIDAY, MARCH 30, 2018, ROSIE THE RIVETER WW2 HOMEFRONT NATIONAL PARK. with lunch at Assemble restaurant. Come experience a piece of history when women stepped forward to help with the country's defense needs after Pearl Harbor. \$67 person. Get on the wait list if interested.

APRIL 26, 2018....A FUN DAY AT THE RACES. Join us at Golden Gate Fields for their fabulous buffet now including sodas, see the winners from the best vantage point of the Turf Club. \$92/person. We still need signups.

MAY 21, 2018, TACHI PALACE CASINO: Includes \$15 TACHI cash, \$5 food coupon. \$52/person. Sign up now!

JUNE 9, 2018, HUNCHBACK OF NOTRE DAME with lunch at Harry's Hofbrau. See this timeless Victor Hugo story to the music of the Disney team! \$84/person.

JULY 15-31, 2018 HAWAII CRUISE. HAWAIIAN VOYAGE ON THE CRYSTAL SYMPHONY...Includes Oahu, Maui, Hawaii, Ensenada, with highlights of Keck observatory, stargazing parties with astronomers, all tips and drinks included. Come and go from San Francisco--no air involved. \$1,000/cabin reduction for those enrolled by June 30th. *We have need of a lady roommate on our Hawaiian trip. Please contact Lynette, 422-3049.*

SEPTEMBER 25-OCTOBER 3RD, 2018 FALL FOLIAGE with the GRAND HOTEL & MACKINAC ISLAND. A beautiful time of year to see part of the North East US. Mackinac Island is noted for no cars--horse and buggies here! \$3765/per person. *Pricing on Mackinac Island goes up March 2nd....please get your reservations in. Still room.*

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 the 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 \$2795 if booked by April 21, 2018, or \$2995 if booked after April 21st. See full itinerary in the rack at Active Seniors.