

OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

asi@activeseniorsinc.org

831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

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Monthly Newsletter - January 2023

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation

Ukulele Club, Noon-2 PM,** 1st and 3rd

Mondays beginners to brilliant, 2nd, 4th
(& 5th) jam sessions for everyone.

Mahjong 12:30 to 3:30 PM**

TUESDAY: Legal Services for Seniors, 9-11:30 AM

Call for required appointment

Line Dancing 10 to 11:30 AM**

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

Newcomers welcome

Beginning Ballroom Lesson 6-7 PM

Ballroom Dancing 7 to 8:30 PM

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

WEDNESDAY: Yoga/Balance 8:45 to 10:00AM*

Cribbage, 10AM-12 noon*

Book Club 11:00 AM to 12:00 noon*

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

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

THURSDAY: Ping Pong, 3-4 PM*

Nar Anon family support group, 6:30-7:30 PM

Quilting, 1st & 3rd, 9:30-11:30 AM**

Knitting & Crocheting, 1st, 3rd, 4th, 1-3 PM.

Tech Assistance, 3rd, 1-3 PM**

Genealogy Workshop, 4th, 10 AM-Noon**

2nd THURSDAY: MEMBERSHIP LUNCHEON

Jan. 12, Noon, \$12. Sign up by Friday, Jan. 6.

Program: Salinas Police Chief Roberto Felice

FRIDAY: Yoga/Balance 8:45 to 10:00 AM*

Zumba 10:15-11:15 AM* + Instr. donation

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

Western Dance, 7-9:30 PM, 1st and 3rd Fri. \$8/10

SATURDAY-1st, 3rd: Bridge, 11:30 AM-3:30 PM**

SATURDAY-2nd: Yoga/balance/pilates, 8:45-10 AM
(mat, block required); *max 30 participants**

Tai Chi, 11:30AM-1:00PM; *max 40 participants***

Ukulele, 1:15-3:15PM (Ukes avail. or bring own)**

Zumba, 9-10 AM, 1st, 3rd, 4th, 5th;

Zumba, 10:15-11:15, 2nd; *max 40 participants**

Non-Members must bring VAX card. Office closed Saturday. Participants must bring exact change and arrive prior to start. Doors locked as activity begins. Come in or call office, 831-424-5066, a week prior to reserve Bridge seat.

* \$1 Fee for members, \$2 for non-members

** \$2 for members, \$4 for non-members

Pres. Bob McGregor Closes Out Term

By Bob McGregor

As the new ASI Board meets and elects officers for 2023 next week (see P. 2), my term as President of the Board comes to an end.

It has been a privilege to serve as your President this past year. The last two years have been a little rough with the pandemic, but Active Seniors came back very strong in 2022. Group leaders jumped back in and took up where they had left off. They should be applauded. The membership grew back pretty much to where it was pre-pandemic. We weathered the storm.

It has been a pleasure to work with the existing Board. You should know your Board functions very well. Yes, we have our disagreements, but we always come together for what we feel is best for the membership. We know not all of you always agree with Board decisions, but we have always felt we had your understanding and respect. For that I thank you.

I want to express my sincere thanks to all of you for your support this past year. I know your new Pres. (whoever that may be) will continue to lead Active Seniors in a positive direction and ASI will remain the great organization it has proven to be.

Senior Drivers Must Renew in Person

Thanks to Thad Evans

Starting Jan. 1, California law will again require drivers 70 and older to renew licenses in person at a DMV office. In October 2020, Gov. Gavin Newsom temporarily waived the law requiring in person renewal and signed AB 174 in September 2021 to allow online or by mail renewals through the end of 2022.

This temporary online option has helped Californians avoid DMV field offices during the COVID-19 pandemic.

Annual ASI Board Elections at January Luncheon

Each January the ASI Membership elects a few new Board Members to replace current Board Members completing terms. For 2023 the Nominating Committee recommends three exceptional Members to fill the three Board Vacancies

Christine Higgins –Christine has been a member of ASI since 2014. She worked for the Salinas City School District until she retired in 2004. She also served as a Union Vice President and President. After she retired she continued to sub and work in several school libraries. She has been active with 4H and with the Senior Singers. She looks forward to serving as an ASI Board Member.

Janet Street –Janet is a graduate of Monterey Peninsula College and Chapman University with a degree in Sociology. She worked for the Dept. of Defense at Silas B. Hayes Hospital. Janet was a Child Protection Social Worker, Hospital Patient Representative, and a Substance Abuse Counselor. She is also a wicked bridge player at ASI. She served on the Board this past year, appointed to fill an unexpired term. She would like to be elected to her first full term.

Virginia (Ginny) Yeater –Virginia joined ASI in 2022. She has served on the Sherwood Lake Condo Board and was the Executive Administrative Asst. to the owner of a textbook publishing firm in Carmel. Virginia currently participates in the ASI Book Club, the ASI Luncheons, and volunteers in the ASI Office. She is fully involved in ASI.

Members may nominate other candidates from the floor at the January meeting, but anyone nominated must agree to serve on the Board. New 2023 Board Members are then elected by the Members attending the luncheon, which fulfills the quorum requirement of 10% of the Membership or about 60 Members.

Following the election, during the luncheon, the electees join continuing Board Members in the first Board meeting of the year, during which the old Board seats the new members and the new Board elects from among its Members the ASI Board President for the ensuing year. The Board adjourns, introduces the new President to the Membership and the new President closes the formal annual meeting of the Membership.

The **January luncheon** is sneaking up on us. If you haven't made your reservation--especially if you wish to vote--please do so before Friday Jan. 6 at 4:00 PM. The menu is Old Fashioned Beef Stew (or Vegetarian Stew Option), with Sourdough Baguette and Apple Pie. The speaker is Salinas Police Chief Roberto Felice. Cost is usual \$12.00. Come and bring a friend.

Ready, Set, Let's Go! A Branson Christmas 2022

Our trip got off to a rocky start with a flight delay of 2½ hours in San Jose and a missed scheduled DFW connection. Luckily, the airline was very accommodating and held the next flight to Missouri for our group. Once we got past that “hiccup”....

Awesome! Amazing! Wonderful! Just a few of the words to describe our Branson Christmas trip. Branson celebrates Christmas starting November 1 each year and the city is “covered” with Christmas lights. Absolutely beautiful! Every day we were on the go from early morning to late evening. Breakfast was served at the hotel each morning. Then it was on to musical shows, sightseeing, shopping, and eating!

The first day we met for lunch at a local cafe which featured a great Branson country singer. The evening's entertainment was “The Haygoods” – a family of five brothers and a sister who played numerous instruments, sang, and danced. So much talent! Day two started with breakfast and the Brett Family show. After the show our bus took us to the Branson Craft Mall for lunch and shopping. Dinner was on the Showboat Branson Belle. The comedian was so funny our sides hurt from laughing!

Day three was in Carthage, Missouri at the Precious Moments Chapel, museum and gift shop. Our tour guide explained how one man's dream became a reality – 9,000 square feet of 84 hand-painted murals, 30 meticulously designed stained glass windows and four hand-carved wooden doors. Dinner was in Branson at the Hughes Brothers Theater with the Hughes Brothers Christmas Show.

(Story continued on P. 3)



From the Salinas Public Library

Author Talk: Namina Forna. Virtual Program, Register Online [here](#). Sat., Jan. 7, 11 AM-noon. Kick the year off with an action-packed conversation with Namin Forna, author of the New York Times Best Selling *The Gilded Ones* Series. An epic fantasy trilogy in which a young heroine fights against a world that would dare tame her, sixteen-year-old Deka lives in fear of the blood ceremony that will determine her future. But on the day of the ceremony, her blood runs gold instead of red, the color of impurity—and Deka is offered the choice to fight for the emperor in an army of girls just like her or face a consequence worse than death. For more information contact Jissella at JissellaD@ci.salinas.ca.us.

Computer Class Orientations. In-Person Orientations. Beginners & Beyond Basics. Register online [here](#). Monday, Jan. 9, 10 AM-noon @ El Gabilan Library. **Intermediate & Advanced.** Register online [here](#). Mon., Jan. 9, 2 PM-4 PM @ El Gabilan Library. Our free, 10-week session includes classes for all levels. Whether you are an absolute beginner or just need to brush up skills for the New Year, we can help! Orientations held on Jan. 9, so join us then to find out more. Space is limited, so click the link to sign up today! For more information contact the Literacy Center at (831) 758 - 7916.

10 Warning Signs of Alzheimer's. In-Person. Registration encouraged, walk-ins welcome. Register [here](#) or call 1-800-272-3900. Thurs., Jan. 26, 3 PM-4:30 PM @ El Gabilan Library. Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Assn. resources. For info call: 831-647-9890.

The Whole Picture: Activating Your "Writer's Brain". In-Person. Register Online <https://bit.ly/3vIBpLe>. Tues., Jan. 31, 6 PM-7 PM @ All Locations. A new year is a great time to turn "I always wanted to write a book" into "this is gonna be my year!" We'll cover crucial non-writing things that can help firm up your Writers Mindset, whether it's strategic research, building a collection of dialog examples, or soaking in the atmosphere at an event. All of it can help keep your writing fresh and keep you in the moment when you're doing the hard work of putting words to paper. For more info contact Cathy at CathleenA@ci.salinas.ca.us.

January Birthdays

Patricia Abrams	Joyce Lewis
Soyla Andrade	David McQueen
Ilona Bate	vonne Mraule
Deborah Bielsker	Jacque Pendergrass
Sandra Breeden	Eric Quigley
Charles Carman	Richard Riehle
Eloise Cavazos	Robert Rossi
Nanci Crompton	Roxanne Rossiter
Tom Crompton	Mary Schapper
Liz Crooke	Corie Searcy
Peggy Davis	Janet Souza
Beverly Gatliff	Donelle Squires
John Gianelli	Joann Stanion
Brenda Godsey	Jean Steinbruner
Dorothy Griffin	Diane Tingey
Jeanie Hanquist	Lynne Trebler
Carol Hart	Mary Jane Vonnegut
Irma Holm	Kay Wallace
Nancy Hulak	Susan Warner
Diane Johnson	Virginia Yeater
Lee Knutsen	Mary Regina Zalazowski

Membership Dues Overdue

If you haven't renewed your ASI Membership for 2023, your dues are now in arrears. To maintain your membership, please stop by the ASI office and renew it soon. We like to have you with us. Thank you.

Branson Story (continued from P. 2)

The last morning was at the Titanic Museum. As we boarded the "ship" we got the ticket of an actual passenger as we stepped through the artificial iceberg. We heard stories of individual passengers and at the end learned if our passenger survived. The tour featured fully re-created cabins, parlors, music room, and the infamous \$1 million Grand Staircase (see photo P. 2). The afternoon show was the Clay Cooper Country/Christmas with old and new country, rock & roll, gospel, and patriotic.

Our last show was "The Miracle of Christmas" at the Sight and Sound Theater. It took us to Bethlehem as the first Christmas unfolded. What was amazing was the audience immersion in the show with a wrap-around stage, horses being ridden down the center aisles, and camels and cows on stage! A great end to a fabulous trip.

Saturday we were on the road early – 4:00 AM – for our return trip to Salinas.

We're looking forward to next year's **Columbia River cruise**. Look for fliers at ASI soon.



Need help with Holiday Pictures?

By Dwight Freedman

The ASI Technology staff is offering a workshop on Thursday Jan. 19 at 1:00 pm to help people get their Holiday pictures off their phones. Participants are encouraged to bring their phones, laptops, and tablets.

ASI Members Party Hearty

The Yoga and Zumba groups (>>> and below right) had a wonderful time at our combined Christmas party. The food was great, the dancing fun, and the fellowship wonderful. Loretta's Zumba class (>>>) wishes everyone a Happy New Year. In addition, she will be holding Zumba classes every Saturday beginning Jan. 7 from 9-10 AM except the 2nd Sat. when the class runs 10:15-11:15 AM.

Chef Michael Establishes Annual Christmas Party

ASI Members enjoyed food, music, dancing and fellowship at a brand new first annual Christmas Party Dec. 20 that Chef Michael inaugurated in conjunction with his regular Tuesday evening dance program. We can look forward to a second annual program this year--maybe Dec. 19, 2023?

