

## 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 April 2016

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

### DAILY ACTIVITIES

- MONDAY:** **Yoga 8:45-9:45 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 11:30 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, 2:00 to 3:30 PM\***  
**1st, 3rd & 4th Thursday**
- FRIDAY:** Yoga 8:45 to 9:45 AM\*  
Exercise 10 to 11 AM\*  
Bridge I - 11:00 AM to 3:30 PM \*\*

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

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

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



We hope you are enjoying the spectacular spring flowers. We are so lucky to live in Monterey County where we have one of the few Mediterranean climates in the world. This is what makes us such a productive agricultural area. And the “rainbow effect” that draws the fog down the Salinas Valley adds a boost of moisture to the plants which makes them thrive. We are spoiled to have all of the beautiful, fresh produce that most of us take for granted. And we have been lucky enough to get fresh produce donated for our luncheons occasionally, thanks to the generosity of our produce companies.

A special note to our Ping Pong enthusiasts, the time has been changed to 2:00—3:30 PM, same days. Be sure to check the daily activities column.

Join us for our April luncheon on Thursday, April 14, 2016. Please, please, please! Call in, come in, or email us with your reservation no later than Monday the 11th. Lunch will be meatloaf, roasted red potatoes, asparagus, Waldorf salad and lemon cake for dessert. Our speaker is Jeff Mitchell, a reporter for the Californian.

Looking forward to seeing all of you on the 14th.

*Karen*



**TOUR DIRECTOR: LYNETTE McGREGOR**

## **ACTIVE SENIORS 2016 & 2017 Tours**

**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.

**OCTOBER 8, 2016, SATURDAY, FLEET WEEK IN SAN FRANCISCO** This fun day includes: 2 hour yacht cruise, lavish lunch buffet, free flowing sparkling wine- orange juice- soda- coffee- tea, DJ entertainment, complimentary keepsake boarding photo. \$130/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. All drinks and excursions are included. We will have a historian on board telling us all about what we are seeing including a lot of what Lewis and Clark journaled about. We will also have Michelle Thaller, astronomer, on the cruise with us. You can see her on the science channel on the program "Universe". She will explain much about the stars, preparing us for the total solar eclipse. This trip is already 70% sold out so early reservations are encouraged. From \$3,395.



A Huge  
Thank You



To the Harden  
Foundation



For Our  
New  
Kitchen  
Appliances





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



Thank you T & A  
For mailing these!



Many Thanks to these volunteers from the Salinas Valley Community Church for their service to ASI on Sunday, March 20th. Bob & Jacque Pendergras, Mathew & Jenny Borba, Jim & Lisa Fletcher. They washed windows, pulled weeds, and made us sparkle! Not pictured, Grace Rasmussen, Sheila Francis & daughter, Hally.