

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 June 2016

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

DAILY ACTIVITIES

- MONDAY:** **Yoga: By appointment***
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 **
Light 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 2:30-3:30
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 **
Bridge for Beginners 11:30 to 3PM**

* 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



Happy Father's Day to all you dads out there. Hope your day is exceptional. And don't forget that June 14th is Flag Day. Be sure to proudly fly Old Glory.

Want to let you know, SVMH is having FREE CPR/AED training this month. The dates are Thursday, June 2, from 5 to 8 PM Friday, June 3 from 12 noon to 5 PM Saturday, June 4 from 8 AM to 4 PM, Monday, June 6 from 12 noon to 5 PM and Tuesday, June 7, 5 to 8 PM. Classes start every hour on the hour and last approximately 1 hour. Classes will be held at the Education Center, 611 Abbott St., Suite 201, Gabilan Room, 2nd floor.

We have several folks who would like to start a new bridge group for those who want to learn to play bridge. Yvonne Mraule is willing to facilitate this group and teach beginners how to play this fun, stimulating game. Please call the office if you would like to join this group; give us your name and phone number so that we can add you to the list. The group will begin this month on Friday, June 3 at 11:30 AM.

Our lunch this month is Beef Stroganoff, rolls and butter, Salinas Valley Salad and Apple Crisp for dessert. The program is Casey Lucius who was a professor at the Naval Postgraduate School. She will be speaking on domestic and international terrorism and security. Please come in and sign up for lunch, call in or email by Monday, June 6th. Looking forward to seeing all of you here for lunch.

Karen

Don't forget to vote!



TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2016 & 2017 Tours

JUNE 11, 2016 GIANTS GAME Playing the Los Angeles Dodgers, 12:45 PM leave Kohl's parking lot, be there 15 minutes early. Lower box seats, section 128. Reservations through Jeanne Dorr at Prime Connections: (831) 633-7111. Cost is \$170 per person.

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 9, 2016 GIANTS GAME Playing the Arizona Diamondbacks, 9:30 AM leave Kohl's parking lot, be there 15 minutes early. Lower box seats, section 128. Reservations through Jeanne Dorr at Prime Connections: (831) 633-7111. Cost is \$135 per person. 1st 20,000 fans receive Giants Player T-Shirt.

AUGUST 20, 2016 GIANTS GAME Playing the New York Mets, 9:30 AM leave Kohl's parking lot, be there 15 minutes early. Club Level Section 230. Reservations through Jeanne Dorr at Prime Connections: (831) 633-7111. Cost is \$180 per person. 1st 40,000 fans receive Virgin America 2 for 1 flight voucher.

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. Waiting list only! \$83 per person.

SEPTEMBER 15, 2016, THURSDAY - FALL HORSE RACES Enjoy a lunch, play a hunch, win a bunch....we hope! This is an activity always enjoyed by those that attend regardless whether or not you like to bet on the horses. It's just fun—and a very good lunch!! \$79/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 (in laymens language that we can all understand) much about the stars, preparing us for the total solar eclipse. This trip is already 85% sold out so early reservations are encouraged. From \$3,395.

Shirley Daugherty and Virgileen Day with the quilt they put together for Pat Bollin. Pat's mother made all of the quilt squares back in the 1930's and they have travelled around through all of the moves Pat and her husband, Dick, have made throughout their married life.



Shirley is the designer, and she and Virgie spent a year hand quilting this. For their efforts, Mrs. Bollin donated \$1,000 to Active Seniors! Thank you Pat Bollin for allowing our quilters to work with your precious quilt squares. Thank you Shirley and Virgie for all your hard work.





Thank you T & A

For mailing these!



Meet Alice Clatterbuck, Board Member at Large

Alice was born June 24, in Turlock, CA to John & Hester Aschle. She joined two sisters, Nancy and Sally. They lived on a Turkey ranch where Alice's father was employed. At age 9 months the family moved to San Francisco. At her young age, she remembers the black outs during WWII. She also remembers being with her family on Market Street the day the war ended.

In 1949 her grandfather had a stroke, and as her father was the eldest son, it was his responsibility to take care of his parents. So they moved to the San Joaquin Valley where her grandparents had a ranch. It was 7 miles outside Livingston and Atwater. This was a new and different life style for Alice. From the big city to the country with no sidewalks to skate on, no neighborhood kids to play with and no movie theaters to attend on Saturdays.

When Alice was 10 her brother Marty was born. Alice had a real live baby doll to play with!

Being in the country, she experienced a 2-room school house. She attended Jordan Atwater for her 5th & 6th grades. Then that school closed and she went into the town of Atwater for school. After her 8th grade graduation the family moved to Monterey. Alice attended and graduated from Monterey High school in 1957. Times were very hard for her parents, so Alice opted to go to work and save her money for college. She went to work for a CPA and made the decision to make accounting her career.

Alice met the love of her life Ed. Ed was accepted into a 4-year sheet metal apprenticeship program. Alice & Ed were married in 1958. She continued working, and Ed made it through his apprenticeship school, they had their home built and moved to Salinas in 1962. Their beautiful daughter Susan was born in 1963. She gave her two wonderful grandsons. They are the love of her life now.

She and Ed enjoyed life together for 40 years. They traveled, and camped and enjoyed their family. Ed was diagnosed with cancer in 1987 and put up a long hard fight until 1999.

Alice keeps busy; she joined the Salinas Valley Memorial Hospital Service League and is on the board Of Active Seniors. She attends and leads a Bible Study group at Compass Church and is a member of P.E.O. She enjoys traveling, attending the theatre and being with her family and friends.