

**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  
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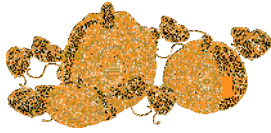
# Monthly Newsletter October 2017

**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\*\*  
**GROOVE Dance 3-4PM\* + donation**
- 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\*\*  
 Plus \$1 donation for instructor  
**GROOVE Dance 3-4PM\* + donation**
- THURSDAY:** **MEMBERSHIP LUNCHEON**  
 2<sup>nd</sup> Thursday of each month, \$7  
**\$8 after Friday before luncheon**  
 Lunch served at 12:00 noon
- THURSDAY:** Quilting - 9:30 AM to 12:30 PM\*\*  
 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
 Computer Class 1:00 to 3:00 PM\*\*  
 1<sup>st</sup> & 3<sup>rd</sup> 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\*  
 Photography Group, 4th Thursday,  
 1PM—3PM\*\*
- 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



*Happy Halloween*

We are having a new members orientation on Tuesday, October 3rd from 4:00 to 5:00 PM. Please come and join us for snacks, information about our organization, opportunities and meet the board members. We would also like to hear your ideas and suggestions.

As you can see, we are having the landscaping redone around our building. It has become important for the safety and security of our members and neighbors to lessen the density and height of the plants so that there is no place for homeless persons to hide. We also want to add beauty to the neighborhood. Our mural has been a great start and now the landscaping will add to that. It will also be drought tolerant and low maintenance, therefore lowering our water bill and reducing time consuming and costly up keep. We have also installed security cameras to help keep us all safe and secure as we come and go from our activities here.

Our luncheon this month is Thursday, October 12. We will be serving Creamy Pesto Chicken Penne Pasta with vegetables and garlic bread, with Furry cupcakes for dessert. Our bakers need a few more cupcake pans to expedite the baking. If you have pans we can use, please let me know. Our program is presented by Debbie Tack. She will speaking about therapy dogs. Don't forget to come in and sign up by Friday, October 6th. I look forward to seeing you!



Happy Columbus Day!  
*Karen*

**TOUR DIRECTOR: LYNETTE MCGREGOR**

## **ACTIVE SENIORS 2017 Tours**

**OCTOBER 7, 2017 FLEET WEEK** Join us on the San Francisco Belle triple decker paddle wheel boat as we feast on a lavish buffet with free-flowing sparkling wine, soda, orange juice. You will see the Blue Angels from the most unique position of the middle of the bay flying above, around, in front of you. Celebrate the Navy this day. \$138/person.

**SATURDAY November 18, 2017, BEAUTIFUL...AT SAN JOSE PERFORMING ARTS** with lunch at Harry's Hofbrau. See the inspiring story of Carole King from being part of a song writing team to becoming one of the most successful solo acts in popular music. Winner of many awards including music album of the year. \$125/person.

**DECEMBER 3, 2017, BEACH BLANKET BABYLON** with lunch at Original Joe's. The longest running review in the world is full of laughter and holiday spirit. Lunch will be served family style and then we walk a block to the theater. Reservations need to be in by early October please. \$137/person. Wait List.

**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. Aug. 3rd, 1:30PM tea at Lynette's for those interested--RSVP to Lynette, 422-3049.

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*Oktoberfest Brunch and Tea Dance, Sunday, October 22, 2017*

*12:30 PM till 4:15 PM.*

*12:30 to 1:30 Polka lesson with Lisa Eisemann*

*1:30 Gourmet lunch, Chicken Wienerschnitzel w/lemon sauce, roasted German potatoes, Bavarian red cabbage and apples, dilled potato rolls and Apple Strudel.*

*\$19 members, \$20 non-members, prepaid reservations required.*

*Email: starchef101@gmail.com or call (831)206-3309*

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Lincoln School is having a fund raiser dance for their students. They would like about 5 people from Active Seniors to be at their check in table signing people in. It will start at 5:00 or 5:30PM on Saturday, October 14, 2017. After all students are checked in around 6:30 PM, we are invited to stay for the food and festivities. They would like us to wear name tags identifying us as Active Seniors, Inc. members. If you are interested, please contact me via e-mail at [activeseniorsinc@gmail.com](mailto:activeseniorsinc@gmail.com) or call 424-5066.



# CALIFORNIA HIGHWAY PATROL AGE WELL DRIVE SMART

On Saturday, September 23, from 2:00 to 4:00 PM we hosted the CHP Age Well, Drive Smart workshop. We had over 60 people attending. The purpose of this workshop is to help keep us driving safely for as long as possible! We learned the keys to driving safer and driving longer and received certificates for completing the workshop. Several of us have taken our certificates to our insurance companies and received discounts on our auto insurance. What a great bonus for just spending a few hours learning about how to drive safer and stay sharper as we age.

Driving is important to us because: it enhances our quality of life, supports our lifestyle and sustains self-sufficiency and independence. It expands our alternatives for social activities, family contacts, recreational choices, travel, cultural activities, and volunteering opportunities.

Hearing is more important to traffic safety than many people realize. People with good hearing cannot hear well if the radio, CD, or tape deck is blaring. It is illegal to wear a headset or earplugs in both ears while driving.

Being sleepy behind the wheel can be just as dangerous as being under the influence of alcohol.

How do we know when it is time to give up driving? When we have vision changes that make it unsafe to operate a vehicle. That could mean: loss of visual acuity, depth perception, contrast sensitivity, glare recovery, light/dark adaptation, or peripheral vision.

Asking a family member or friend to critique your driving ability is a good way to start. If they are not comfortable riding with you, it may be time to quit.





Thank you T & A  
For mailing these!



We had a VNA Nutrition workshop along with a flu shot clinic on Thursday, September 28th.

VNA will be here at our next luncheon, Thursday, October 12, from 10:30 AM till 12 noon giving flu shots. So if you haven't gotten your flu shot, plan to come early to the next luncheon and get your flu shot here.



It was quite interesting learning about eating seasonally and colorfully. The more color you can work into your diet and the more fresh, seasonal food, the healthier you will be. It will also give your immune system a boost.

