

OFFICE HOURS
9:30 am to 3:30 PM
Monday—Friday
activeseniorsinc@gmail.com
831-424-5066



ACTIVE SENIORS INC.
100 Harvest Street
Salinas CA 93901-3211
www.activeseniorsinc.org
Like us on Facebook

Monthly Newsletter July 2017

ASI is open for activities Monday through Friday, 9:30 AM to 3:30 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**
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
- 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, 2:00 to 3:30 PM*
1st, 3rd & 4th Thursday
Photography Interest Group, 4th Thursday, 1PM—3PM
- FRIDAY:** Yoga 8:45 to 9:45 AM*
Exercise 10 to 11 AM* Board room
Zumba 10AM-11AM*
Donation for leader appreciated.
Bridge I - 11:15 AM to 3:30 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.



Please note that we will be **closed Tuesday, July 4th** except for the Ballroom Dancing. It will include dinner to celebrate Independence Day.

Happy July! Summer has arrived and to quote a familiar phrase, “Summertime, and the livin’ is easy” It’s the time for enjoying the good weather, good food, good friends and having great family gatherings! While enjoying all that summer offers during July, please take special note of July 4, our Independence Day. Take some time to reflect on its meaning. Our forefathers established our great nation on many wonderful principles, one of which was freedom. Freedom to assemble, freedom of speech, freedom of religion, and the list goes on. We are so blessed to be able to enjoy all these freedoms. Although they come with a very high price, and are still costing us much, remember those individuals who are constantly defending our rights and freedoms. Next time you meet a ‘defender of our freedom’ shake their hand and thank them for their efforts in keeping the **FREE** in freedom.

Lunch for Thursday, July 13th is Big Sur’s Ne-penthe Burgers, chips, sodas, and Apple Crisp. Please be sure to come in and sign up by Friday, July 7th. Our program is our own Jim Tripp and his topic is “Living in the Digital Age”.

Robert



TOUR DIRECTOR: LYNETTE MCGREGOR

ACTIVE SENIORS 2017 Tours

JULY 23, SUNDAY-GIANTS GAME 9:30 AM, Kohl's parking lot in Salinas. San Diego Padres, 1st 20,000 fans receive Giants Bucket Hat. \$140 per person, lower box section 128, contact Jean Dorr, Prime Connections, (831) 633-7111.

AUGUST 18, 2017, Friday, Giants Game: Meet at Kohl's in North Salinas at 3PM, bus leaves at 3:15 PM. Giants play the Philadelphia Phillies, surprise give away from Discovery. Club Level Section 202, \$125 per person. Contact Jean Dorr, Prime Connections, (831) 633-7111.

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 laymen's language that we can all understand) much about the stars, preparing us for the total solar eclipse. This trip is sold out, but there is a waiting list. Cancellations do happen! From \$4,395.

SEPTEMBER 25-26-27-28, 2017 RENO TRIP at the SILVER LEGACY, Includes bus, 3 nights at the Silver Legacy, driver tip, wine tasting for our group. Bonus--\$5 toward free play, \$3 food credit. Sign up by Aug. 15, 2017 please.

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.

FEBRUARY 16-24, 2018. PANAMA Explore the diversity of Panama from Panama City's colonial architecture to the lush, tropical rainforest and the engineering marvel of the Panama Canal. Highlights are the UNESCO site of Casco Viejo and the experience of a whole day of going through the canal. \$3785 p/p if reserved by June 15.

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, 1:30 tea at Lynette's for those interested--RSVP to Lynette, 422-3049.

ACTIVITIES

Get ready for the Rodeo: Learn to Line



This is some of our line dancing leadership performing at the Monterey County Faire last year. You can join us on Wednesday evenings at 6:30 PM. If you have any questions please call Sharon Piazza at (831) 261- 8087.

COUNTRY TIME!!!!

Ever line danced? If not, you're missing out on a wonderful experience! Line dancing may surprise you with all it has to offer and how it can be a great benefit. It offers good exercise while improving your strength and coordination. In addition, it offers a great social benefit by meeting others who also have a love for music, dance and fun. Also, you don't need a partner to enjoy line dancing.

ASI has professional line dance instructors, who are willing to share their dance experience with you by offering tips on the various dance steps before the dancing begins.

The times and dates of the line dancing classes are listed under ASI's list of activities on the front page.

WE'LL SEE YOU ON THE DANCE FLOOR!



TECHNOLOGY



If you have a cell phone, I Pad, or computer that you need help learning how to use, join our Tech Class the first and third Thursday of each month from 1PM to 3PM.

This month the first Thursday, July 6th, we will have Ted Wilder here to answer all the questions you may have about Apple products.

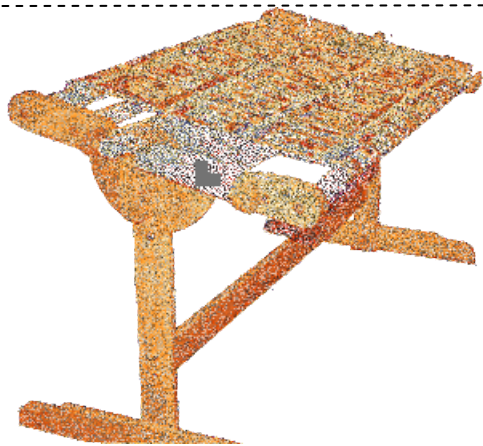
Bring your own with you or use our computers to learn.



ACTIVE SENIORS, INC.
VOLUME 21 ISSUE 7
100 Harvest St.
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Thank you T & A
For mailing these!



Quilting

Our quilters meet every Monday from 9:30 AM to 3:00 PM. If you are a hand quilter, or would like to learn hand quilting, come and join us on Mondays. We are currently working on a beautiful table cloth.

Ping Pong

If you are a ping pong player, please come in and sign up to play the 1st, 3rd and 4th Thursdays from 2:00 PM to 3:30PM.

