

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



ACTIVE SENIORS INC.
100 Harvest Street
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www.activeseniorsinc.org
Like us on Facebook

Monthly Newsletter August 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.
* \$1 Fee for members, \$2 Fee for non-members
** \$2 Fee for members,
\$4 Fee for non-members



*Have a
happy
summer!*

Have you seen the beautiful mural that Brian Perez is painting on the parking lot wall? He is doing a wonderful job of bringing vintage and classic vehicles to life to enhance our parking lot. We will be having a dedication on Saturday, September 9th from 2:00 to 4:00 in the afternoon. See next month's newsletter for more information.

Seniors Day at the Monterey County Fair is Thursday, August 31st this year. If you haven't been to Seniors Day be sure to attend. They have a lot of booths with great information and there are free gifts for seniors just for coming to the fair.

Hope you are enjoying our beautiful Central Coast summer and getting out to all of the wonderful places that draw so many tourists to Monterey County. We are so blessed to live here and we should all take advantage of the grand scenery and perfect weather!

Lunch for Thursday, August 10th is Grilled Chicken Salad, rolls and Pineapple Upsidedown Cake for dessert. Please be sure to come in and sign up by Friday, August 4th. Our guest speaker is Salinas Police Chief, Adele Fresé.

Karen

TOUR DIRECTOR: LYNETTE McGREGOR

ACTIVE SENIORS 2017 Tours

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 19, 2017 SATURDAY GIANTS GAME: Meet at Kohl's in North Salinas, bus leaves at 2:30 PM. Giants play the Arizona Diamond Backs, give away is Orlando Cepeda Statue, lower box section 127, \$140 per person. Contact Jean Dorr, Prime Connections, (831) 633-7111.

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.

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.



Welcome Renee Panfil

Our newest Board member.

I was born after WWII to a French ~ German mother and a Czech ~ Russian father in a disputed area of France and Germany, my maiden name is "Hus". I am a direct descendant of Michel Hus, only brother to JAN HUS, a catholic priest and Professor at Prague University in the early 1400's. Along with John Wycliff (England 1300's) Martin Luther (Germany 1500's) he was one of THREE catholic priests responsible for the REFORMATION. The only one (of the three) condemned (at the 'Council of Constance' in 1416) as a heretic, he was burned at the stake on the bank of the Rhine River; a large stone commemorates the spot.

In June 1965 I arrived in the USA to marry my American fiancée, an Air Force officer, whom I had met in Germany the previous year. Divorced in 1970, uneducated and with a child to support, I worked at K-Mart, realizing very soon, that I could not be a proper role model to my child so I applied to the State University. And here, the remarkable OPPORTUNITY, so often spoken of in the Europe of my youth, was given to me.

Within three years I received my undergraduate degree in English and German Literature, Philosophy and History, and five years later, advanced interdisciplinary Social Science degrees in Anthropology, History, Religious Philosophy and Political Science, focused on the Muslim Middle East. As a result, I became a 'happy' teacher and educator, retiring in 2013.

Words are too inadequate to express my DEEP gratitude and appreciation for what this country and its people have given me; a good middle class life I would have NEVER been able to achieve in the country of my birth! I am a PROUD American Citizen and a happy and dedicated member of Active Seniors, Inc. since I was introduced to this marvelous organization over three years ago. I will do all I can to support "SALINA's" best kept secret, and its excellent services and programs to, and for, the senior community, for as long as I am physically and mentally able.



Six Best Doctors in the World

1. Sunlight

2. Rest

3. Exercise

4. Diet

5. Self Confidence

6. Friends



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



*Join us on Tuesday evenings at 7:00 PM for Ballroom Dancing.
Dance to the fabulous music of the Moon Glow Jazz Band. Meet friendly
people, enjoy delicious snacks and desserts, and dance the night away!*

