

OFFICE HOURS

9:00 am to 4:00 pm
Monday through Friday
asi@activeseniorsinc.org
831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street
Salinas CA 93901-3211
www.activeseniorsinc.org
[Like us on Facebook](#)

Monthly Newsletter - February 2024

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Hula, 10:30-11:30* + Instr. Donation
Ukulele, Noon-2 PM** singalong/beginners/basic
Mahjong 12:30 to 3:30 PM**

TUESDAY: Legal Services for Seniors, 9-11:30 AM
Call for required appointment
Line Dancing 10 to 11:30 AM**
Bridge# noon-3:30 PM**, Newcomers welcome.
Beginning Ballroom Lesson 6-7 PM
Social Dancing 7 to 8:00 PM
Fee \$9.00 (\$10.00 non-members)

WEDNESDAY: Yoga/Balance 8:45 to 10:00AM*
Cribbage, 10:00 AM-12:00 noon**
Book Club 10:30 AM to 11:30*
Karaoke 1st, 3rd, noon-1:00 PM*
Beginning Guitar, 2nd, 4th, 11:45-1:00*
Tai Chi 1:30 to 3:00 PM**
Chair Yoga, 3:15-4:00 PM*
Line Dancing 6:30-8:30 PM** + \$1 for instructor

THURSDAY:
Magic, 4:30-6:00 PM**
Quilting, 1st & 3rd, 9:30-11:30 AM**
Tech Assistance, 3rd, 1-3 PM**
Nar Anon family support group, 3rd, 6:00-7:00 PM
Knitting/Crocheting, 4th by appt; 1-3PM**

2nd THURSDAY: MEMBERSHIP LUNCHEON
Feb. 8, Noon, \$12. Program: Brotherly Love.
Sign up by 4pm Friday, Feb. 2

FRIDAY: Yoga/Balance/Pilates 8:45-10:00 AM*
Zumba 10:15-11:15 AM* + Instr. donation
Bridge# 11:45 AM to 3:30 PM**
Western Dance, 7-9:30 PM, 1st and 3rd, \$8/\$10

SATURDAY: 1st, 3rd: Bridge# 11:30 AM-3:30 PM**
1st, 3rd, 4th, 5th; Zumba, 9-10 AM *Limit 40.*
4th: Hula, 10:30-11:30* + Instr. Donation

SATURDAY-2nd: Yoga/balance/pilates, 8:45-10 AM
(mat, block required); *max 30 participants**
Zumba, 10:15-11:15 AM; *max 40 participants**
Tai Chi, 11:30AM-1:00PM; *max 40 participants***

* \$1 Fee for members, \$2 for non-members;

** \$2 for members, \$4 for non-members

Call 831-424-5066, a week prior to reserve Bridge seat.
Office closed Sat. Bring exact change, arrive prior to start.

A Tribute to Shirley Jones

By Yole Whitlock

Where are you every second Thursday of the month – getting ready for your heralded ASI luncheon? Probably, but have you ever wondered who gets here before you--who opens up ASI--who pulls out the tables and chairs--who makes sure place mats are in place--who puts some cutesy decoration to adorn the tables--who wraps your utensils in a napkin? Well, a lot of people do that: VOLUNTEERS begin to set up at 7:30 in the morning and we are pleased to have had an extraordinary volunteer who has had a hand in all of that and more, over the past 15 years--our very own SHIRLEY JONES!

Shirley and her husband Howard joined our ASI community out of necessity in 2009. They were both very active in a painting group whose focus was the art of “tole” decoration but they needed a place large enough to mentor their fellow tole artists. Shirley had taken a beginning class at Beverly Fabrics in downtown Salinas and she was hooked!

She loved doing tole on everything from wood (check out the bench in the ladies’ restroom at ASI as Shirley and her group designed that) to silver plate and teapots--you name it and if she could paint on it with acrylics, she did. She quips that her husband only joined her class so he could see her from time to time. Howard searched out a place to house them all. **BUT** in order to use the ASI facility one had to be a member. So, the Joneses joined! And not only did they have to be members, they had to volunteer for something that needed doing.

Howard was the first to see if he could do “something” and a volunteer chef, Linda Bunch, steered him to the kitchen staff who needed help with supplies but almost immediately he gave up that job and gifted it to Shirley.

She dove into making sure everything to get a
(continued on P. 2)

Shirley Retires (continued from P. 1)

monthly lunch for 100 people up and running was there when it was needed. It's easy to see her success with this undertaking; just look in Room A where there is a whole wall of shelves of supplies--all easy to see and therefore easy to reorder. After the kitchen supplies were in order, she turned to the decorations of the tables, at first bringing seasonal items from home to add to those already at ASI.

Shirley is local. She grew up in King City and after High School graduation she migrated 50 miles North to Salinas and began classes at Salinas Junior College, now known as Hartnell. She landed a job with the Salinas City Elementary School District, working her way from one department to another until after 11 years, she jumped at the chance to become the secretary for the seven psychologists overseeing the district's special education program. She had her dream job and stayed put until 1989 when she retired after serving the SCESD for 32 years.

Along the way she married Howard in 1988, who had had his own career for many years as a teacher, then as an administrator in Salinas. Their paths crossed and since they were both single again, it was kismet as they say! After retirement they traveled extensively. They had 32 years together and after Howard passed away in 2018, she continued volunteering at ASI.

She is surrounded by a large family--a daughter, two granddaughters. two great granddaughters and a great grandson. And as importantly, she has a slew of cats to keep her company! That's apparently enough for now. Shirley is actually retiring (well deserved) from most of her responsibilities at ASI, letting other wonderful ASI volunteers take over. You will still see her at ASI and she'll likely be doing something there, but not all she used to. When you see her thank her profusely for her years of dedicated--and low profile--work keeping ASI humming.

Getting to Know Your New ASI President, Bob Whitlock

By Yole Whitlock

So you wanna know about the new ASI President! Well, I probably know more about him than most--we have been married for almost 55 years after a very successful blind date in 1967 that led to marriage in 1969!

This transplanted Okie from Pottawatomie County came with his very large family to Salinas in 1947. His grandfather, Fowler Clinton, brought his ten children and his first grandchild (Bob) to settle in the "Promised Land" after serving in WWII and learning construction skills courtesy of the Navy Seabees. He saw his chance to end the life of a share cropper in Oklahoma, and begin anew, building a life and building homes in the Alisal area.

But after a few years, Bob and his mother and father moved to Southern California. Bob excelled at athletics and by 1962 he was leading the Upland Highlanders to one football victory after another. He caught the attention of the United States Naval Academy and was given an appointment to the Academy. When he graduated in 1966 he was sent to Supply School in Georgia then shipped off to Da Nang, Vietnam for two tours of duty.

In 1969 he was rewarded with a three-year stint to Rota, Spain, where he and his new wife (me), lived on our extended honeymoon. Then to Patuxent River Naval Air Station, Maryland, which included getting his MA degree in procurement and contracting from George Washington U. That ended ten years of service to the US Navy and we were off to join his mother and father, sister and brother, nine aunts and uncles, and 25 cousins in Salinas.

In 1976, Bob found his niche in Real Estate-- we owned our own company, Salinas Valley Realty, and ended up with Sotheby's in Carmel Valley, but after a 30-year career for both of us as Realtors, selling the American dream of home ownership, we both retired.

Looking for something to do with his free time other than golf and bridge, Bob stumbled into the Senior Singers. Howard Jones, a similar baritone, sat next to him, keeping him on key, and whispering the praises of Active Seniors Inc. Unbeknownst to Bob, other Senior Singers Karen Towle, Bob McGregor, Robert Pettit, Byron Chong, and Christine Higgins were all ASI members. After the "singers" performed at a Thursday lunch, Bob took a closer look!

He signed up and took a yoga class, tried the ukulele, hopped around in Zumba, volunteered for this and that--some banking for the treasurer, head maintenance man for the building, teaching computer technology, and he found himself on the Board of Directors. After a little prodding he agreed to take over the reins of the President.

You will find him very approachable--so with your questions, suggestions, complaints, feel free to chat him up. He loves to talk!

Valentine's Eve at Tuesday Night Dance: Feb. 13

By Sera Hirasuna

Imagine spending a relaxing Valentine's Eve in the company of friends, savoring a handcrafted chocolate confection, while listening to the best dance band in the area, the Moonglow Jazz Band—all for \$9 (\$10 if you are a not yet an ASI member). Where else in Monterey County can you get that?

Also, if you want a dance lesson--waltz, this week--that's included. Such a deal! The lesson starts at 6pm. The dance circle is a good way to meet people and feel (literally) the warmth of our dance community. You do NOT need to know how to dance to take the lesson or to dance.

Every one of our dancers knows how it feels to be the terrified newbie in an unfamiliar dance group, so they do their best to be reassuring and friendly. Ask any one if you want to dance. The dance teacher is especially glad to explain a step or dance with you.

You do not need to bring a dance partner. Come solo! Many dancers do. Or you can also just sit at your table and enjoy the dessert, a hot beverage, the lesson, the music, and the warm fellowship. Children or grandchildren who dance or who are dance-curious are always welcome, but there is no discounted price for them. Note: all ASI activities are alcohol-free.

The band starts up at 7pm sharp with dessert served from 7-7:30pm. You MUST sign up in advance for dessert (Chef Michael needs a head count). Ask our office staff where that sign up is. Deadline is noon, Feb. 12.

The room décor and a V-day backdrop will be set up for photo ops. You can dance the night away (until 8pm) or simply enjoy the music. Many dancers are known to sing to the music. We welcome that! People talk, visit, hug old friends, meet new ones. There will be no pressure to dance. Tuesday night "dance" is there for you to enjoy as you like. Be on the lookout for information on future Tuesday night holiday parties. Hope to see you there!



The Listening Place Readers Theater Presents *Arsenic and Old Lace*

The play, a favorite of theater goers, was written by American [playwright Joseph Kesselring](#), in 1939. It has become best known through the 1944 [film adaptation](#) starring [Cary Grant](#) and directed by [Frank Capra](#).

The play is a [farcical black comedy](#) revolving around the homicidal Brewster family. The hero, Mortimer Brewster, is a drama critic who must deal with his crazy, maniac family and local police in [Brooklyn](#) as he debates whether to marry the woman he loves, Elaine Harper, who lives next door and is the daughter of the local minister.

His family includes two spinster aunts, Abby and Martha Brewster, who have taken to murdering lonely old men by poisoning them with a glass of home-made [elderberry wine](#) laced with [arsenic](#). Their brother Teddy, who believes he is [Theodore Roosevelt](#), digs [locks](#) for the [Panama Canal](#) in the cellar of the Brewster home which then serve as graves for the aunts' victims. Then there is the murderous brother, Jonathan, who has received [plastic surgery](#) performed by his accomplice, Dr. Einstein, to conceal his identity, and who now looks like horror-film actor [Boris Karloff](#) (the part was originally played on Broadway by Karloff).

The Listening Place is pleased to announce that Jeff Heyer will be directing *Arsenic and Old Lace*, with a seasoned cast. The production is Saturday, Feb. 24, 1-3 PM, at Active Seniors, Inc., 100 Harvest St. Salinas. Tel: (831) 424-5066. Free Admission--Donations welcome. Doors open: 12:30PM.

Sunshine Information

By Donna Elder-Holifield, Chair

My best "sunshine" wishes for all of you. In the meantime, when clouds may come your way, please let me know. We can send you a card to help cheer you in sickness, grief, or loneliness. Thanks to those who help me keep track of who needs a card. Here are hints to keep me posted: Text me at 831-594-8720 or write names on the paper on your table at luncheons, or let me know any other way, i.e. in person, etc. Please do not use Morse Code or smoke signals. I don't read them. And please, if you suggest sending a card to someone, let me know if that person would prefer to keep his or her situation private. We will respect that request. Thank you.

Alliance on Aging. A Time to Talk

This weekly no-cost discussion group is facilitated by two skilled counselors. As a member of this group you will be able to share experiences, enjoy camaraderie with other seniors and even suggest topics. Your suggestions and input will drive the discussion. To stimulate thought processes here are some fascinating and relevant topics we have covered:

- Challenges and benefits you experience in middle to later life
- Tips on creating a fulfilling retirement
- Dreams and goals - What's my bucket list?
- Inner balance: emotional, physical and spiritual needs
- The path to happiness
- Social relationships, maintaining healthy boundaries with others
- Reflections on being mortal

When: Thurs. 2:00-3:15 p.m. **Where:** Garden Room, First Baptist Church, 1130 San Vicente Ave., Salinas. **PLEASE NO DROP-INS.** If you are interested, please call Nanci @831.975.4257

From the Salinas Public Library

Genealogy Basics: Getting Started

When: Wed., Feb. 21, 5:30-7:00 PM; **Where:** Virtual; **Description:** If you're interested in family history and want to give genealogy a try, it can be tough to sort through resources and how best to use them. This introduction covers the basics to help you explore with confidence. You'll find out what resources people use the most, how to gather info from family and friends, making the most of the internet, and more. **To Register:** <https://bit.ly/3thtcdt>. **Website Link:** [Virtual | Genealogy Basics: Getting Started | Salinas Public Library.](#)

Technology Activities

By Dwight Freedman

We will conduct a Technology Workshop on Thurs. Feb. 15. There will also be a Free Technology Class on Thurs. Feb. 22. The topic? *Know Your Active Seniors Website!*

Next Food Distribution Feb. 22

A huge thank you to our volunteers (>>>) who helped with this month's food distribution. We gave out close to 200 bags to ASI Members. Our next distribution is scheduled for Thurs., Feb. 22, from 10AM - 12PM.

Membership Renewal Reminder

Active Seniors Membership Renewals are due January 1, 2024, at the new membership fee of \$35 per person. As a 100% volunteer non-profit organization we do not receive income from City, State or Federal sources.

Your membership pays for utilities, supplies, insurance and maintenance. You can pay for membership in person and pay in Cash, Check, or Credit/Debit Card. You may also mail a check to our address at 100 Harvest St., Salinas, CA 93901. We look forward to your participation in ASI's myriad activities in 2024.

February Birthdays

Frances Aguirre	Mary Laporte
Raul Anda	Justin Larick
Edmund Ball	Juliette Le
Kishii Beasley	Charles Markley
Esther Benitez	Mary Marvel
Linda Blair	Marian Mayer
Doris Bogan	Pam Meeks
Robert Bua	Marylyn Moore
Bob Bud	Suzanne Moreno
Lori Campbell	Edward Muniz
Ana Campos	Nancy Neligh
Karen Cardinalli	Richard Neligh
Virginia Chambers	Elizabeth Parrish
Carol Champlin	Ester Pelot
Sharon Chandler	Patricia Phillips
Candice Chin	Peggy Pierce
Mary Cousineau	Lauren Poulos
Donna Davenport	Laura Ruggieri
Elaine Dawson	Loretta Salinas
Thiem Do	Sharon Sassman
Linda Evans	Terry Spitz
Thad H. Evans	Gene Street
Kay Genio	Jerry Thomas
Randy Goodchild	Michelle Tomasini
Anka Hepper	Gene Tsukamoto
Ellen Hu	Luz Venegas
Peter Jackson	Mary Alice Victorino
Shirley Jones	Ted Vo
Charmaine Kaplan	Joan Wells
Anita Kelly	Cheryl Wilson
Kate Knapp	Karl Zalazowski



Blue Zone Lessons for Longevity--#9, Right Tribe

The subtitle of this lesson reads "Be surrounded by those who share Blue Zone values." This is likely the most important and all-encompassing component of a healthy lifestyle, for with others around you also adopting Blue Zones practices, you are motivated to do likewise.

Sardinians have been geographically isolated, forcing them to interact with, rely on and emulate their community's lifestyle. They meet with friends in the local bar after work. Seventh-Day Adventists, reinforced by their religious practices and strong sense of community, make it a point to associate with each other. Okinawans' moais are groups of people who stick together their whole lives.

Multiple studies have shown that strong social connectedness leads to greater longevity (and conversely, in negative situations can lead to less healthy behavior). One doctor believes women live longer than men because they generally have stronger social support systems and they are more engaged, very helpful to one another, and more able to express their feelings.

Strategies for building a strong inner circle include: Identify people (ideally beginning with family) who embrace precepts of healthy living; be likeable, which lowers stress and enables purposeful lives; and create time together with your inner circle.

(Ed. Note: This is the last of a series summarizing the nine Blue Zone precepts or lessons, the practice of which can lead to longer and healthier lives. If you are interested in those practices, stop by the Blue Zones Project office at 252 Main St., or visit the website, <https://montereycounty.bluezonesproject.com>, for a wealth of information, including events and activities every month too numerous to list here.)

The ASI Library

By Sylvia Teixeira

The ASI Library consists of books donated to ASI by its members. There are three book sections in the shelves just to the left as you enter, and each is labeled. The upper left-hand shelf is reserved for **NONFICTION**. The next shelf down is for **LARGE PRINT**. **FICTION** starts on the top shelf of the second bookcase. Because of the number of books in **FICTION**, it is the only section where the books are filed by the author's last name.

The bottom left-hand bookshelf is kept empty because the vent there needs to be left unobstructed. The other two shelves include recorded books, movies, and other CDs.

As your volunteer librarian, I try to keep a handle on what is being read and not read by dating each book as I put it on the shelf. If possible, I leave it for three months; after three months I remove it to make room for new donations. Every time a book is read and returned, I redate it. Sometimes I remove books before three months because I need the space.

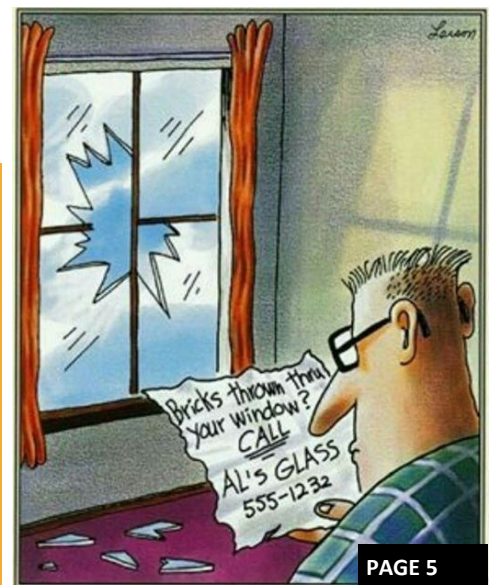
I try to put all donations on the shelves regardless of content. One person's "good read" is another's "I wouldn't touch that with a ten-foot pole." However, after having done this for several years, I have observed that cookbooks, self-help books, and anything on the pathways to aging tend to be unpopular. (Hey, we're here at ASI already, we don't need to read about it.)

Please consider that there are only three bookcases. We need donations for the library to operate, but large donations overwhelm the system, not to mention your librarian. Ten books at a time from one donor is about the most we can accommodate.

When there isn't room for more books, I pass them on to the community library at Steinbeck or some other organization where people can get them for a low cost or for free. ASI never sells books. By the way, if you decide to shelve your own books, remember, **FICTION** is organized by author. And thank you.

I finally did it!

**Bought a new pair of shoes with memory foam insoles.
No more forgetting why I walked into the kitchen.**





Ready, Set, Let's Go! Advantages to Traveling With ASI

What are the advantages to traveling with your fellow Active Seniors Members?

- Venue discounts: Most of our venue prices are based on either senior discounts or group discounts.
- Museums, plays, and our Mystery Trip sites are just a few who offer us discounts.
- "Take the bus and leave the driving to us." A slogan from an old commercial but definitely true for our group. ASI provides bus transportation to and from our destinations.
- Meet new people and make new friends.
- Cost includes transportation, meal, and entrance to the venue.

All planning is done for you. Just register at the ASI office, make your payment, board the bus and go! For information about trips contact the ASI Tour Director at 831-261-8087.

Something Fun to Do on a Tuesday Night

By Michael Gaines

Hi everyone--I want to share that our ASI Tuesday Night Social Dance has been growing by leaps and bounds. Last week we had 43 people attend and it seems to be developing into a nice Social/Party atmosphere. It occurred to me there is good entertainment value to the event that non-dancing ASI members might enjoy.

The event starts at 6pm with a dance lesson followed by live music with the Moon Glow Band at 7pm. The event runs from 6pm till 8pm and the cost is \$9. There is a buffet with some sweet/savory snacks available and healthy options, plus fresh brewed Half-Caf Coffee and Tea.

I will be setting up a table at the event reserved for non-dancers, creating a comfortable space to enjoy the show. This might just be the golden nugget and a nice opportunity to spend a Tuesday night socializing, snacking, enjoying some live music, plus just plain having fun. It would be wonderful to have you come and join us.