

## OFFICE HOURS

9:00 am to 4:00 pm

Monday through Friday

[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)

831-424-5066



## ACTIVE SENIORS INC.

100 Harvest Street

Salinas CA 93901-3211

[www.activeseniorsinc.org](http://www.activeseniorsinc.org)

[Like us on Facebook](#)

# Monthly Newsletter - October 2023

## DAILY ACTIVITIES

**MONDAY:** Zumba, 9-10:15 AM\* + Instr. Donation  
Hula, 2nd, 4th, 10:30-11:30\* + Instr. Donation  
Ukulele, Noon-2 PM\*\* 1st, jazz, intermediate; 3rd, beginners/basics; 2nd, 4th, 11:45-1:00, singalong.  
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  
Ballroom Dancing 7 to 8:30 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\*  
Beginning Guitar, 2nd, 4th, 11:45-1:00\*  
Tai Chi 1:30 to 3:00 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, 6:30-7:30 PM  
Knitting/Crocheting, 4th by appt; 1-3PM\*\*

**2nd THURSDAY: MEMBERSHIP LUNCHEON**  
Oct. 12, Noon, \$12. Program: Scotty Wright, vocals and piano, plus Moonglow Band members.

**FRIDAY:** Yoga/Balance/Pilates 8:45-10:00 AM\*  
Zumba 10:15-11:15 AM\* + Instr. donation  
Bridge# 12:00 noon 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 Saturday. Participants must bring exact change and arrive prior to start.

## Activity Committee Activities

**ASI Food Distribution:** ASI held its third fruit and vegetable distribution on Thurs. Sept. 28. Our amazing volunteers distributed over 120 bags of produce to ASI Members. Our October distribution is scheduled for Thursday, Oct. 26. *(Ed. Note: Normally, to save space, I would have cropped out much of the foreground of this photo. But I had to leave it, just to illustrate the volume of produce our dedicated volunteers are packaging >>>.)*



## Relay For

**Life Fundraiser:** ASI volunteers supported Relay For Life at a Mad Hatter Tea Party hosted by the American Legion

Women's Auxiliary. ASI Members are happy to continue serving our community. *(Ed. Note: And they have fun doing it as well >>>.)*



## Sign Up for Ensenada Cruise

Your cruise vacation could start in just 137 days! Active Seniors will be cruising on Feb. 17, 2024, from San Francisco to San Diego and Ensenada (round trip) on the Crown Princess.

Make this **YOUR** vacation: Do what you enjoy doing when you want to do it. Sleep late, attend cruise activities, take shore excursions, or dance in

(Continued on P. 2)

## Ensenada Cruise (continued from P. 1)

the nightclubs until the wee hours!

Save your spot on the Crown Princess by calling our Cruise Planner, Jeanine Light, at 661-753-0303 ext. 21705#. Be sure to use the Group Booking number 4GVJHH to get your group perks.

For more information refer to our website Tour page for flyer, pick up flyer at ASI office or contact Sharon at 831-261-8087. Let's Go!

## Save the Date--Cruise Informational Meeting

DATE: Monday, Nov. 6. TIME: 2:30 PM. PLACE: ASI, 100 Harvest St., Salinas. Our first cruise since COVID is scheduled for Feb. 17-22, 2024. We'll be sailing under the Golden Gate Bridge to San Diego and Ensenada with a return to San Francisco.

This meeting will explain the cruise basics with handouts and time for questions. The meeting is open to all ASI members and their guests and will last approximately an hour. If you have already made your cruise reservations, this meeting will be helpful. If you plan on attending, please RSVP to Sharon at 831-261-8087 (text or phone) by Wed., Nov. 1.

## October Luncheon and Program

By Chef Michael

Scotty Wight (>>>) is an amazing vocalist and keyboard player who played the ASI luncheon last year. On October 12, Scotty will be returning to ASI and will be accompanied by members of the Moon Glow Dance Band from the Tuesday Night Ballroom Dance--Ben Herod, Chef Michael and Jim Vanderzwaan (>>>). The ASI kitchen team will be presenting a wonderful lunch with Grilled Pesto Chicken Penne Pasta, Caesar Salad and Tiramisu. This is a not to miss event at the ASI.

## ASI Starts 4<sup>th</sup> Saturday Hula Class

Hula dance is an essential part of Hawaiian culture and history. It tells the story of the Hawaiian people and their land, and it is a way to connect with the spirit of aloha, or love. When hula is performed, it shows respect for the gods and goddesses of Hawaii. Hula is also a way to share the culture with others and its many health benefits.

Here's a list of the potential health benefits of hula dancing: 1. Cardiac Health; 2. Muscle Fortification; 3. Improved Flexibility; 4. Weight Regulation; 5. Enhanced Balance and Coordination; 6. Mental Focus; 7. Cultural Bonding; 8. Relief from Stress; 9. Social Interaction; 10. Increased Self-Esteem.

When: 4<sup>th</sup> Saturday of each month; Time: 10:30-11:30 AM; Cost: Only \$1 for Members, \$2 Non-members; Location: Active Seniors Inc., 100 Harvest St., Salinas; Contact: (831) 424-5066.

## From the Salinas Public Library

**Title: Genealogy Basics: Getting Started. When:** Thurs., Oct. 19, 5:30-7:00 PM. **Where:** Virtual. **Description:** If you're interested in your family history and want to give genealogy a try, it can be tough to sort out what resources are out there, 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 most, how to gather info from family and friends, making the most of the Internet, and more. **To Register:** <https://bit.ly/3XXtH7u>. **Website Link:** [Virtual | Genealogy Basics: Getting Started | Salinas Public Library](#).

### Flu Shots at ASI Oct. 5

VNA will be giving flu shots at ASI on Thursday, Oct. 5 from 11AM-1PM. Bring your Medicare/Aspire insurance card.

### ASI Holiday Closures

11/11—Veterans Day  
11/23/25—Thanksgiving  
12/25—1/1/24 – Christmas/New Year  
except for New Year Event Sat. Dec.30





## Love Letters at ASI

By Susan Keenan

The **Listening Place Readers Theater** brings A.R. Gurney's *Love Letters* to the ASI stage on Sun., Oct. 15, 1-3pm. Doors open at 12:30. **Readers Theater** creates read-aloud performances of plays by the great playwrights and Monterey County actors bring these plays to life.

**LOVE LETTERS** is a play by A. R. Gurney (written in 1989) that was a finalist for the Pulitzer Prize for Drama. The play's two characters, Melissa Gardner and Andrew Makepeace Ladd III, read notes, letters and cards from nearly 50 years that cover the hopes and ambitions, dreams and disappointments, victories and defeats of their separated lives.

Performed by Adrienne Laurent and Mark Shilstone-Laurent and Directed by Mark Shilstone-Laurent, *Love Letters* is presented by special permission with Dramatist Play Service.

## Meet Your Fellow ASI Members

By Leslie Wolfson

If you read the ASI Newsletter (which you are obviously doing right now), perhaps you didn't realize that George Nielsen is the editor, and has been editing the Newsletter for the last six years. When he took over the responsibilities from former editor Karen Towle, he says that one of his goals was "to provide useful information." During Covid days, the Newsletter was coming out as often as four times a month, as there was lots of Covid news to impart. Now it hits the street once a month.

George has been interested in print media since he took a print shop class in junior high. His high school English teacher recruited him for the school newspaper and yearbook, and he has been writing and editing ever since. He spent 25 years working as a freelancer, Editor and Managing Editor before he retired.

George was born and raised in Burbank, in the shadows of Hollywood studios. In 1954, his dad "dropped out" and they moved to the tiny town of Gasquet, near Crescent City. Though being the new kid on the block wasn't easy, he had a good high school education, and his love for writing began at Del Norte High.

What brought George to Salinas was a job at Hartnell College, working as an educator inside Soledad Correctional Training Facility. He lasted there five years before burning out. Although he went on to writing and editing jobs, he kept his ties to The Western Stage at Hartnell. He and his wife are season ticket holders and his son, Joe, is a professional choreographer and director and works all over the country. Sometime in 2024, Joe will be directing *9 to 5, The Musical*, in Carmel.

George served on the ASI board for four years, but now his involvement is mostly with the Newsletter. In the next few years he'd like to turn it over to someone else. Any budding editors out there who'd like to apply?



## Attend ASI Senior Resource Day

Thursday afternoon Oct. 26 is Senior Resource Day at ASI. Numerous organizations offering services from fun activities to assisted living will be on site to inform you of the myriad opportunities for seniors to enrich their lives. Drop in from 1:00-4:00.

## October Birthdays

Sidney Angel-Richardson	Don King
Kean Ashen	Anjalie Kulkarni
Leslee Bell	William Livingston
David Bielsker	Carlos Mariscal
Gloria Black	Margaret McCarthy
Sylvia Borgman	Sandra Mercuri
Kerry Brenton	Carolyn Meyer
Frankie Chaney	Claudia Palassou
Brenda Chargin	Alma Jo Parker
Jaime Eltit	Anne Pauly
Julie Erny	Jennifer Sabado-Rios
Craig Farmer	Terri Schreihart
Teresa Farrar	John Silva
Philayna Favero	Harry Singh
Alan French	Colene Smoot
Prudencia Garnica	Angie Solano
Naomi Gonzales	Julie Spitz
Joseph Haro	Kim Stirling
Jeanette Hildebrandt	Janet Street
Carol Jackson	Pat Winfrey
Susan Jimenez	Chieko Yamaguchi



**2ND ANNUAL  
Community  
SENIOR  
RESOURCE DAY**

**October 26th, 2023  
1:00pm-4:00pm**

Active Senior Center  
100 Harvest St.  
Salinas, Ca 93901

**Come explore  
local resources  
all in one  
location!**

Visit ASI website @  
<https://www.activeseniorsinc.org/>

ASI  
Senior Resource Day

VISTA HARDEN RANCH  
Senior Living Community

Visit the City of Salinas



---

## Blue Zone Lessons for Longevity--#5, Purpose Now

Purpose Now means having something to get up for in the morning. People who express a clear goal in life live longer and are sharper than those who do not. Goals can be wide ranging—from elders committed to living long enough to see in the new millennium (there was a spike in deaths early in 2000); to seeing grandchildren grow up; to immersing oneself in a job or a hobby; to learning a new skill.

One strategy for realizing purpose is crafting a mission statement. Clearly and simply answer this question: Why do I get up in the morning? Another path is to find a partner with whom you can share your purpose and who can honestly assess your plan and successes. Finally, create purpose by learning something new. Learning a musical instrument or a new language creates a powerful purpose which also preserves mental sharpness. And once you master something you can move on to a new purpose.

Next month is Downshift. (*Ed. Note: I accidentally overlooked Purpose last month.*)

## Spotlight on Mahjong

By Leslie Wolfson

“If you want excitement, play mahjong,” says one member of the ASI group. Although players sit at a table and move white tiles around on a board, there is much conversation, and members say it is a fast paced game. Mahjong, which originates in China, is widely considered to be a social activity that has been used to build relationships and create a sense of community. Players agree that it is both social and good for the brain. “It is 50% luck and 50% skill,” agree the members of the group. The name mahjong means sparrows.

Mary Marvel started the group more than 10 years ago. She learned the game as a child. “Mary is the founder, expert, referee, and we love her.” There are many different versions of mahjong; the ASI group plays the Korean version. They don’t play for points or money; it is just for fun. Mahjong welcomes new members, and if you don’t know how to play, the group will teach you. Mahjong is every Monday, 12:30-3:30.

