

OFFICE HOURS

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



ACTIVE SENIORS INC.

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Salinas CA 93901-3211
www.activeseniorsinc.org
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Monthly Newsletter - October 2024

DAILY ACTIVITIES

MONDAY: Zumba 7:30-8:30AM* no weights +Instr.
Zumba, 9-10:15 AM* w/ weights + Instr. Donation
Hula, 10:30-11:30* + Instr. Donation
Ukulele, Noon-2 PM** singalong/beginners/basic
Mahjong 12:30 to 3:00 PM**
Yoga/Pilates 2:45-4:00 PM**
1st, Bunco 5-8 PM, doors close 5:30. \$6, limit 40
2nd, 3rd, 4th, 5th, Gentle Yoga 4:15-5:30 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**.
Beginning Ballroom Lesson 6-7 PM
Social Dancing 7-8 PM, live band, \$9.00/\$10.00

WEDNESDAY: Yoga/Balance/Pilates 8:45-10 AM*
Cribbage, 10:00 AM-12:00 noon**
Book Club 10:30 AM to 11:30*
Guitar Lessons 11:45-1:00 PM*
EFT Tapping Circle, Rm A 1:30-2:30 PM*
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: Knitting/Crocheting by appt; 1-3 PM**
Nar Anon family support group, 6:00-7:00 PM
1st & 3rd, Quilting, 9-noon **
1st & 3rd, Genealogy, 10:00-noon**
3rd, Tech Assistance, 1-3 PM**
3rd, Singing for the Brain, 3:15-4:45 PM**

2nd THURSDAY: MEMBERSHIP LUNCHEON
Oct. 10, Noon, \$12. Program: Frank Renteria,
retired (ha) Veteran.

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**
1st and 3rd, Western Dance, 7-9:30 PM, \$8/\$10

SATURDAY: Zumba, 9-10 AM *Limit 40**
Bridge# 11:30 AM-3:30 PM**

* \$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.

Wanted: Able, Eager Board Members

By Sera Hirasuna, ASI Activities Director

ASI was once a small organization. We are now over 800+ members, having grown over 275% in four years! Coping with this explosion of growth has been like extending the foundation of a house while adding rooms above.

This year the ASI Board of Directors focused on getting *how* we do things in writing for the sake of our successors. We have also expanded activity offerings and diversified them to meet members' interests. We are now holding activities six days a week, with spillover into Sundays.

To keep up with all this activity and to help plan for the future, we urgently need to fill future vacancies on our Board of Directors! In January, we will have an election to replace *several* Board members whose terms have expired. A term consists of two years, but a couple of members generously stayed on for two terms (or four years). Our "veteran" members who have seen us through the pandemic and this growth spurt need a break.

We need new hands, hearts, and minds! If you have been standing on the sidelines wondering whether to jump in, please do so now! You will have help in the form of an orientation and mentorship throughout. Even if you *think* you can't do much, please contact us. We have wonderful Board Members who are always willing to help newcomers.

Many people don't know what they are capable of doing until they are "on the job." It's your experience, skills, and interest we need. We need your names ASAP. If you are interested in knowing more, we'd love to talk to you. Please send an email addressed to Donna Elder-Holifield, Gerry Reynolds, Wayne McDaniel, Robert Pettitt, or Sera Hirasuna at asi@activeseniorsinc.org. Your mail will be forwarded to one of them. Or call the office (831-424-5066) and leave your phone number so we can get right back to you.

Joyful Jazz!

By Yole Whitlock

The San Lyon Quartet performed for 120 enthusiastic music lovers Sept. 15 at ASI. It was a two-hour delight start to finish with non-stop toe tapping Parisian Gypsy and American Swing Jazz from the 1920-1940s plus originals (open sanlyonmusic@gmail.com and you'll get an earful if you click on "music").

Performers included Paige Herschell, vocals, Kazoo (yes, a big honking Kazoo fashioned from a metallic funnel she played with flare extraordinaire), melodica, and snare drum; Jenna Colombet, vocals, violin, standup bass, and snare drum; Katie Cavera, vocals, standup bass, banjo and guitar; and Dani Vargas, guitar and vocals. It was a "bring down the house" performance. Jenna, from Lyon, France (hence the band's name), sang in French and harmonized in English with American-born Paige and her amazing vocals. Dani, from Chile, provided fantastic guitar with fingers flying across the strings. And Katie, from the Midwest, on standup bass and banjo, shredded them both.

Each moved dexterously from one instrument to another and harmonized beautifully, belting out one jazzy tune after another. While many of the lyrics were in French, it mattered not! And old standards such as *Bei Mir Bist Du Schön*, were joined in by those of us who know the lyrics or *think* we know the lyrics. Wildly popular—in 1937, the song was often requested on the radio as "please play 'My Mere Bits of Shame' or 'My Dear Mr. Shane' or, my favorite, 'A Beer Mr. Shane?'" For those of you who missed it, San Lyon will appear again at this year's Monterey Jazz Bash. Last year, by all accounts, it was the stand-out hit of the festival.

Kudos to Michael Gaines, Bari Roberts, and Wayne McDaniel for arranging this event for our enjoyment. And all that jazz! You can view the performance here! <https://www.youtube.com/watch?v=rMfvnYoB5c>



Smashing Pancake Fundraiser and Car Show

By Sera Hirasuna

ASI kitchen Chief Lionel Gill, assisted by second-in-command Gerry Reynolds, premiered his Pancake Breakfast Fundraiser and Car Show for ASI on Sat., Sept. 14--and it was a huge hit! ASI Members streamed in for breakfast as soon as doors opened, greeting friends, enjoying the hearty breakfast, and taking time to savor food and companionship before inspecting the collection of classic cars outside. Car restorers brought their "babies" not only to display their art, but also to share their narratives of reclamation and sometimes their "how to" secrets.

We thank Lionel and Gerry and all volunteers who participated in making this a successful fundraiser: Ronnie Cordoba, Margie Vargas, Donna Bruhn, Prudencia Garnica, LeeAnna Gattis, Sherrie Payne, Grace Swarts, Susan Gibbons, Robert Pettit, Kevin Philbin, Sally Pettit, Mary Ellen Parra, and Loretta Salinas. Special thanks go out to car owners Ian and Margie Vargas, Tom Forgette, Lionel Gill, Vickie Petree, Frank Renteria, Angel Martinez, Julio Mendoza, Fabian Martinez, Nick Martinez, and John Noyes who shared their beauties with us.

We also thank all of you for making this fundraiser a success! It was a beautiful display of member generosity and support. As we are a 501(c)(3) organization, all proceeds from this fundraiser will be used for the benefit of *all* Members.

Celebrate Holiday Season

By Sharon Piazza, ASI Tour Director

Greetings ASI Members! Celebrate this year's holiday season with our Active Seniors tour group for the Mt. Hermon Christmas Dinner, Concert, and Craft Boutique. Stroll the boutique while sipping hot chocolate. Enjoy a scrumptious buffet dinner with salads, entrees, and desserts followed by a concert featuring Tim Zimmerman and the King's Brass. **DATE:** Friday, Dec. 13; **TIME:** 2:30-10:30 PM; **COST PER PERSON:** \$81.00. **Cost includes transportation, dinner, and concert.** Visit the ASI office to complete a registration form and make payment. Our office volunteers will be happy to assist you. Or call Sharon Piazza at 831-261-8087.

Upcoming Activities for October

Oct. 5, Saturday, 11am-3pm. Volunteer Recognition Event celebrating 65 years of ASI Volunteerism, for Members. Come even if you didn't sign in for our finger-food lunch. You can bring your own lunch or eat before or after. Think about car-pooling or being dropped off. Parking also available at Swenson and Silacci Florists (1.5 blocks away) on John St., only for this event.

Oct. 6, Sunday, 1-3 pm. Listening Place Readers Theater, "Copenhagen." See article below.

Oct. 13, Sunday, 10-noon. Italian cooking demo with Dale Presson, "Real Risotto from Northern Italy." \$10. Register/pay in advance. Demo limited to 30 people.

Oct. 17, Thursday, 3:15-4:45pm. Kick off to monthly "Singing for the Brain" group with Dr. Chris Hasegawa. All welcome. \$1 for Members, \$2 non-members. If you want your song sung, send your request in by Oct. 10 for this first session to ASI@activeseniorsinc.org and label it "Singing Group."

Oct. 22, Tuesday, 9, 9:30, or 10am to meet with MST Mobility Specialist in Room B. Call office to reserve an appointment: 831-424-5066. (November's fourth Tues. will be the last meeting for the year because of holidays.)

Oct. 24, Thursday, 1-3pm. Third Annual Senior Resource Day. Join us as we bring together over 30 local vendors offering essential services for older adults. Discover a wide range of services all in one convenient location. Drop in. Please car-pool or park on the side streets if our lot is full.

Oct. 26, Saturday, 1-2:30 pm. Free. Alzheimers Association's Barbara Rhoads, NP, speaking on "The 10 Warning Signs of Alzheimer's."

Oct. 27, Sunday. Italian cooking demo. Tentative date. Check your email.

Oct. 29, Tuesday, 6-8 pm. Halloween Party at Tuesday Night Dance (>>>). Come in costume or casual dress. \$9 members, \$10 non-members.

Oct. 31, Thursday, 9am-noon. Food distribution. It's best to come early to get all available offerings. One-way drive through.

Oct. 31, 1-3pm. Flu shots given by VNA. Bring insurance card.

Nov. 1, Friday, 4-6 pm. El Dia de los Muertos talk and Workshop on celebrating those who have passed whether they passed long ago or recently, whether human or not. Bring copies of photos as we build a community altar, which will stand for the holiday until Monday, Nov. 4. Light refreshments. Watch for email for more information.

Listening Place Readers Theater Performs at ASI Sunday Oct. 6

The Listening Place Readers Theater is pleased to present *COPENHAGEN*. Set in 1941 in German occupied Denmark, this intellectual thriller captures an electrifying and dangerous period in history. Brilliant...Witty...Thought Provoking—a fugue for three voices.

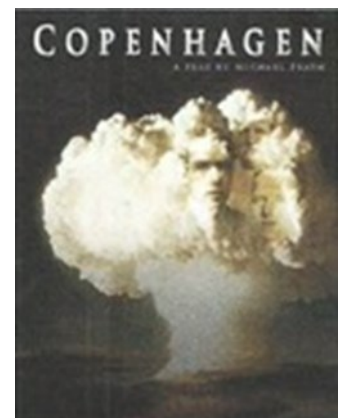
Michael Frayn reimagines the 1941 meeting between Niels Bohr and Werner Heisenberg. Two Nobel Prize-winning physicists on opposite sides of WWII debate the dire implications of the imminent creation of the atomic bomb and the fate of the entire world.

Free admission, Donations welcome. 1-3PM; Doors open: 12:30PM. Also showing Saturday, Oct. 5, 1-3 PM, at Carmel Foundation, corner 8th and Lincoln; and Sunday, Oct. 13, 1-3 PM, at Meals on Wheels Community Center, 700 Jewell Ave., Pacific Grove



ASI 2024 Holiday Closures:

NOVEMBER 5. Closed for Election
NOVEMBER 11. Closed for Veterans Day
NOVEMBER 28-29. Closed for Thanksgiving
DECEMBER 23 through January 1, 2025
Closed for Christmas, New Year's Eve and New Year's Day. We reopen Jan. 2.



Wanted—Extra-Special Volunteer

By Linda Evans

WANTED: Someone living near a Dollar Tree store who could weekly/bi-weekly take the lead on purchasing supplies and also picking up cookies for ASI. Please leave your name with the office volunteers. Someone from ASI will be *delighted* to get back to you! It doesn't hurt to at least find out whether this is the right job for you.

California Native Plant Society Plant Sale

Sat. Oct. 5, 10am-2pm. As in past years, the sale will be held at MEarth at the Hilton Bialek Habitat, attached to Carmel Middle School, 4380 Carmel Valley Rd, Carmel-By-The-Sea. Over 200 species of native plants for sale, featuring plants from the local area and up and down the coast. <https://chapters.cnps.org/montereybay/plant-sale/>

From the Salinas Public Library

Title: No Backyard? No Problem! Grow a Fall Garden Anywhere; When: Sat., Oct. 5, 10-11:30 AM; **Where:** Cesar Chavez Library; **Description:** Our mild fall climate provides an opportunity for year-round gardening and grow bags let you cultivate in limited space. UC Master Gardeners show you what to plant and when. Each household receives a grow bag, potting soil, and watering can. Choose from various plants. Accompanying children will have a garden craft and start their own fall veggies. Please register--spaces limited. Choose English or Spanish (below). There will be a waiting list. **Cost:** Free; **Register at:** <https://forms.office.com/g/jQPbZSZRrg>; **Questions?** Contact KathrynB@ci.salinas.ca.us; **Website Link:** [CCL - No Backyard? No Problem! Grow a Fall Garden Anywhere | Salinas Public Library](#). **Spanish language presentation available, Title: No tiene yarda? No hay problema! Cultive un Jardín de otoño en Cualquier Lugar; Sabado, 5 de octubre, 11:30 AM-1 PM; ¿Preguntas?** Contacte a Jissella al JissellaD@ci.salinas.ca.us.

Title: Genealogy Basics: Getting Started; When: Tues. Oct. 8, 5:30-7 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. 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/469yS8t>; **Website Link:** [Virtual | Genealogy Basics: Getting Started | Salinas Public Library](#).

Title: Local Author Talk: Enid Baxter Ryce & Luis Camara; When: Tues. Oct. 17, 5-6 PM; **Where:** El Gabilan Library; **Description:** Enid Baxter Ryce is an author, artist, and filmmaker with awards for her and her large-scale community-based environmental art projects. Enid is Professor of Cinematic Arts and Environmental Studies at CSUMB. Luis Camara is a filmmaker and screenwriter, with an Ariel nomination for his screenplay *You're Killing Me Susana*. His 2014 film *Silencia*, which premiered at the Oaxaca Film Festival, features a young boy who uses Loteria cards to try to understand the world around him. Luis is Professor of Cinematic Arts at CSUMB. They have created The Borderlands Tarot/El Tarot de Tierras Fronterizas, a beautiful bilingual deck and guidebook. **To Register:** <https://forms.office.com/g/s95R1gDtj0>; **Website Link:** [EGL | Local Author Talk: Enid Baxter Ryce & Luis Camara | Salinas Public Library](#); **Questions?** Contact William at WilliamS@ci.salinas.ca.us

Honoring Loved Ones: A Día De Los Muertos Workshop. Description: Día de los Muertos (Day of the Dead) is a tradition mainly practiced in Mexico. Día de los Muertos has a special significance because it's the day we remember our deceased loved ones. Sometimes these dates are accompanied by nostalgia and our grief becomes more present. Join us to talk about how we can turn that grief into an opportunity to create an ofrenda (offering) to honor and remember our loved ones. **English Workshop Details:** Date: Tues., Oct. 15; Time: 5-6:30 pm; Location: El Gabilan Library. **Spanish Workshop Details:** Date: Wed., Oct. 9; Time: 5-6:30 pm; Location: Cesar Chavez Library. **Register here:** <https://hospicegiving.org/workshops/> or call (831) 333.9023. **Questions?** Contact Jissella at JissellaD@ci.salinas.ca.us. Presented by: Hospice Giving Foundation and Hijos del Sol Arts Productions.

English Website Link: <https://salinaspubliclibrary.org/DiaDeLosMuertos/ENG/2024;>

Spanish Website Link: <https://salinaspubliclibrary.org/DiaDeLosMuertos/Espa%C3%B1ol/2024.>

ASI's Dynamic Duo

By Yole Whitlock

Did you know ASI has its own Dynamic Duo? And no, it is NOT Batman and Robin – it is George Mills and Sylvia Teixeira! Yes, those two are everywhere at ASI. They both volunteer every Monday in the office. George comes in at 8:30 a.m. and makes coffee. He sets up for the Ukulele class, takes in money for the Mahjong players, performs all sorts of administrative tasks, mans the phone, responds to questions and gets answers, until finally he is relieved by none other than his other half, Sylvia. She appears at 12:30 p.m. and repeats all that he has done as needed until 4:00 p.m. when she closes up shop!

So how did they arrive at this point in their lives? Let's go back to the beginning. George was born in Hong Kong but soon the family moved to the Philippines where his grandparents lived. Ten hours after the attack on Pearl Harbor (Dec. 7, 1941) the Japanese invaded the Philippines. George's grandfather was imprisoned by the Japanese and George himself was shot at by Japanese soldiers for coming too close to their command post.

The Philippine Islands were ceded to the USA after the Spanish American War of 1898 to become an American territory. Major battles in WWII were fought in the Islands as the United States defended its protectorate. The Battle of Bataan (known for its Death March of 78,000 American and Filipino prisoners who marched 65 miles in six days with little food or water) and the Battle of Corregidor were critical to the success of the United States in what was known as the Philippines Campaign.

After the war, George's family came to the United States. George's stepfather was a contractor for the U.S. Army Corp of Engineers, and they were on the move. George experienced a world-wide education, attending high school in Berlin and learning German, then it was on to Tehran, learning French and a smattering of Farsi. He already knew Tagalog and English.

George joined the Navy and became a radioman in Communications. After leaving the service, he continued to work on all things electronic and eventually went to work for Fairchild Systems in Mountain View after completing junior college in Sacramento. Later, Microform Data Systems and DecisionOne welcomed him with open arms as a computer field repair man.

Sylvia was born in San Luis Obispo and raised in Morro Bay. At the age of seven, Sylvia was enjoying dance lessons. Thus, dancing became a staple of her life. After graduating from Chico State, Sylvia applied at the Dept. of Social Services in Salinas. She had her secondary teaching credential and her Spanish speaking skills to aid her in her new job. She was so engaged with her work that she went on to get her Master of Social Work and continued as a Social Worker for many years.

Twenty plus years ago George and Sylvia's worlds collided at the Country Western Line Dancing offered at the Salinas Community Center. George was living in Watsonville, but made the trek to explore what dancing opportunities were in Salinas. That women were involved was an incentive to make the long drive.

It was here he met Sylvia. Almost immediately the two of them were paired up and it was sheer kismet for them. They were married somewhere along the way in their journey together and both retired in 2003. Sylvia heard about the trips offered by ASI and brought George along with her.

Before long, Sylvia began volunteering as a Western line dance instructor and George became her "roadie" tending to the computer-generated music. She still teaches that class at 10 am on Tuesdays. Sylvia also tends to the library at ASI and, taking

(continued on next page)

October Birthdays

Jean Ashen	Lucy Lu
Leslee Bell	Judy Luna
Patricia Beltran	Carlos Mariscal
David Bielsker	Margaret McCarthy
Gloria Black	Sandra Mercuri
Sylvia Borgman	Carolyn Meyer
Mary Bourne	Holly Mikkelson
Frankie Chaney	John Morrison
Brenda Chargin	Claudia Palassou
Lillian Davalos	Amy Pastoriza
Jaime Eltit	Anne Pauly
Koney Eng	Dale Presson
Julie Erny	Coleen Pritchett
Sharam Farahmand	Sandra Restuccia
Craig Farmer	Sidney Richardson
Philayna Favero	Jennifer Sabado-Rios
Alan French	Terri Schreihart
Prudencia Garnica	Lori Ann Sempek
Naomi Gonzales	John Silva
Nanci Graham	Harry Singh
Carol Harner	Colene Smoot
Jeanette Hildebrandt	Julie Spitz
Pat Horsley	Kim Stirling
Carol Jackson	Janet Street
Susan Jimenez	Yong Mi Thomas
Don King	Verna Wicks
Thomas Kreuzinger	Pat Winfrey
Anjalie Kulkarni	Chieko Yamaguchi
Terry Kunysz	Eddie Yee



Dynamic Duo (continued from P. 5)

advantage of all ASI has to offer, she takes yoga, ukulele, knitting, and participates in the ASI book club.

Together they attend most Tuesday nights for the ballroom dance lessons and stay for the next hour of live music with the Moon Glow Band. Every other Friday they are constants at the Western Dance offered at 7:00 pm. They try to go on as many of the planned trips arranged by another volunteer, Sharon Piazza.

Together George and Sylvia volunteer and enjoy many of the opportunities ASI has offers. George says he just likes helping others. Sylvia, chimes in, "If anything needs to be done, I just do it." That's our very own Dynamic Duo volunteering and hard at work!

ASI Safety Committee Seeks Expert Advice

ASI's new Safety Committee is asking for Members with a background and training in building safety and security, first-aid/EMT, and active-shooter response to advise us. If you know of anyone (or you yourself have one of these skill sets), we would like to speak with you or your colleagues.

We are in need of advice as to how to handle various emergencies--earthquake, fire, flood, active shooter, individual health problems--that may occur during activities. For example we have not been able to secure first-aid training that is affordable for the many activity leaders and office staff. That training will help all of us.

You will *not* be tied down to a committee unless you want to be. We need of your expertise in the near future and on-or-off during the year. Please use the ASI email asi@activeseniorsinc.org to respond to us and address it to Witold. Thank you, ASI Safety Committee.



ASI Members Enjoy Wineries

The photo above is of Members visiting the Puma Road Winery during their Sept. 26 guided tour by Dena of *Behind-the-Scenes Wine Tour*. They also visited Pessagno Winery and Cayman Winery.