

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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Monthly Newsletter - May 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 3:00 PM**
Yoga/Pilates 2:45-4:00 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.
Bridge Lessons 1:00-3:00 PM**
Beginning Ballroom Lesson 6-7 PM
Social Dancing 7 to 8:00 PM, \$9.00/\$10.00

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**
Genealogy, 1st & 3rd, 10:00-noon**
Tech Assistance, 3rd, 1-3 PM**
Nar Anon family support group, 6:00-7:00 PM
Knitting/Crocheting, 4th by appt; 1-3PM**

2nd THURSDAY: MEMBERSHIP LUNCHEON
May 9, Noon, \$12. Program: Travis Beye on
Aging and Disability Resources.
Sign up by 4pm Friday, May 3.

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

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

This Is a Story of Two Men in Two Blue Aprons in Our Kitchen!

By Yole Whitlock

Lionel Gill is a Modesto transplant with a 36-year career at Proctor & Gamble. But his prowess being a project manager, processing manager, warehouse manager, through one leadership level after another, doesn't tell the whole story about this ball of fire who has taken over the reins of our second Thursday of the month luncheon here at ASI. He has had his fingers in so many fires along the way.

At age 17 he was allowed (and indeed asked) to help with fund raising and celebratory events in his community that involved feeding large masses of people--think 400-600 plates of BBQ! Lionel has wielded large spatulas, huge ladles, and great serving pots to serve hordes of participants being rewarded for their bountiful donations with food.

After retiring in Southern California from Proctor & Gamble, he and his wife, Kathi (married 50 years and counting since their nuptials in Reno) wanted to edge closer to their family in Northern California and settled on a six-acre ranch in Castroville about 2011. He became a gentleman farmer tending cows, horses and hay but volunteered to cook at any local large gathering that was a worthy cause. In 2016 he and Kathi joined ASI and almost immediately Lionel found himself on the Board of Directors; because of his experience in food preparation, he became "sous chef" to our Chef, Michael Gaines.

Joining him and donning a blue apron too is **Gerry Reynolds**. He also stepped up to the plate after Chef Michael moved on to his musical endeavor. Gerry is a retired Mechanical Engineer. He was a HVAC specialist at Semifab, a manufacturer supplying equipment for the production of semiconductors. Microchips, project management, and other labor descriptive vocabulary roll out when he

(continued on next page)

Two Men in Kitchen (continued from P. 1)

describes his previous career. He worked in the Bay Area, Hollister, and even here in Salinas at Firestone before his final 20 years at the airport in San Jose.

He and his wife Jo Ann have lived here in Salinas for most of those years. After retirement, Joanne was just walking by our brick and mortar ASI building one Tuesday night when she heard music and decided to investigate. She found a group of intrepid seniors gamely engaged in dancing lessons with Sera Hirasuna and the Reynolds joined ASI! Gerry says he tried Yoga classes but found his bliss after wandering into the kitchen and asked if he could be of help. His favorite mode of transportation is by foot. He walks everywhere, but he is also enamored with his Norton Commando motorbike. His avocation is the grafting of fruit trees, bonding one type of apple or pear to another.

At the end of 2023, Lionel said to Gerry "We can do this!" and the dynamic duo set about to feed all of us with the help of the Kitchen Committee and other like-minded volunteers who help prep everything days before the big event. The Thursday lunch is not a monthly "one and done" occurrence. There is menu planning; food purchase; portion allotments; vegan choices; fruit options for those who eschew the out-sourced desserts; and more. There is a flurry of excitement on the day of the lunch—12 minutes to get everything on a plate and out the pass through (serving hatch) where Margaret Neal's crew is waiting to get everything on the 12 tables of 10 diners each. Lionel and Gerry want the food to be hot!

It is a beautiful dining production from planning to execution to consumption. If you haven't already, feel free to stick your head into the kitchen and say thank you!



Left to right: Gerry Reynolds, Honor Knight, Laura McCord, Lionel Gill, Mary Schapper, Mary Linzer

Cruising With Active Seniors

By Sharon Piazza

WOW! What a great trip -- from San Francisco to San Diego and Ensenada. Our group was 56 travellers strong! We left Salinas at 9:00 AM on our first day, traveled by bus to San Francisco, and checked into the Crown Princess for our five-day cruise.



Lunch was in the Horizon Court; walked around the ship to get acclimated then up to Decks 15 and 16 to watch the sailway past Alcatraz Island and under the Golden Gate Bridge. What an awesome sight.

Our first night was rocky -- to say the least. Some waves were as high as our Deck 6 dining room! We had reservations every evening at 5:00 in the Botticelli Dining Room. It was the one time our entire group could be together each day. After dinner every night we experienced great entertainment in the Princess Theater.

San Diego was our first stop (Day three). Some of our group met with family and friends; others toured Old Town and visited the Zoo, USS Midway, Seaport Village and Little Italy.

Day four was spent in Ensenada, Mexico. Again our group scattered in many directions -- downtown for shopping, La Bufadora (Blowhole), lunch at a quaint Mexican Restaurant.

Days two and four were "At Sea" with activities from early morning to late-night. We returned to Salinas Day six tired but happy to have experienced this trip with such a great group.

Sign up for our next cruise, San Francisco to Alaska, Aug. 11-22, 2025. This Princess 11-day inside passage cruise is filling fast (60+ signups so far). Until May 31, prices range from \$1,620-\$4,380. For more information get a flyer at ASI or call Tour Director Sharon Piazza, 261-8087.

ASI 2024 Events, Holiday Closures:

MAY 27 Closed for Memorial Day

JUNE 9, Sunday, 1:00 Readers Theater presents
Dear Liar, by Jerome Kilty

JULY 4 & 5 Closed for Independence Day

SEPTEMBER 2 Closed for Labor Day

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 will open January 2.

Interested in New Activities? ASI Has Them

ASI is restarting the Genealogy activity. Interested members should bring their laptops, iPads, etc. and power cords. **When:** 1st and 3rd Thursdays beginning May 2; **Time:** 10am--noon; **Cost:** \$2.00 (please bring exact change); **Registration:** Please sign up at ASI office in advance; **Limit:** eight to 10 members per session. **Activity Leader:** Wayne McDaniel. For info, call the ASI office at 424-5066.

ASI is starting a Beginners Bridge Class. The class is for five weeks and members must attend each session. We will limit class to 8-12 members. **When:** Tuesdays starting May 7; **Time:** 1-3pm; **Cost:** \$2 (Please bring exact change); **Registration:** Please sign up at ASI office in advance—424-5066; **Activity Leader:** Wayne McDaniel.

We have a lot of Bridge going on at ASI! There are at least seven hours of Bridge activity during the week, plus for intermediate/advanced players, there's Bridge the 1st and 3rd Saturdays each month. Bridge can be intimidating--but also so much fun! And so good for your brain (better than spinach—Popeye must have been great at bridge)! If you've ever wanted to learn, this is the class.

Join us for Bunco beginning this coming Monday Night, May 6. **When:** 1st Monday of month; **Time:** 5-8pm; **Who:** for ASI members only; **Cost:** \$6 (Please be courteous and bring exact dollar amount--we are not a bank); **Registration:** Please be in line to register between 5pm-5:15pm as doors close at 5:30—there will be no joining group after we close doors; **Limit:** Maximum 40 members until further notice because of space, equipment, and volunteer constraints. **Important Note:** You are welcome even if you've never played before. **Activity Leaders:** Mary Ellen Parra and Mary Marvel. Call ASI for info, 424-5066. See you there.

Bunco Anyone? Imagine a group of 12-40 players giggling, laughing, screaming “Bunco” after reaching their key number. The game is played in rounds, with players at each table trying to roll specific combinations with their dice. Imagine pairs from each group then changing tables and starting the die rolling again. That, in short, is Bunco, a lively, easy to learn game. It's typically played with 12 players divided into tables of four (with some variation). We are imagining 40 players.

Social connection: Bunco allows seniors to gather regularly to build friendships in a relaxed, fun setting. Bunco groups often become close-knit communities where members offer each other emotional support and encouragement. Laughter and light-hearted fun help reduce tension and relieve boredom.

Cognitive health: Rolling dice, tallying scores, tracking rounds help players keep minds active and sharp.

Join us for the Gentle Yoga Class beginning Monday May 13.

When: Mondays (except for 1st Monday of month); **Time:** 4:15-5:15pm; **Cost:** Members \$1, Non-Members \$2; **Registration:** None. **Activity Leader:** Paula Monteith. Call ASI for info, 424-5066.

Discover the calming effects of gentle yoga, a softer approach to traditional hatha yoga. Performed at a leisurely pace with modified poses and extended relaxation periods, this practice prioritizes stretching and seated movements for a low-impact experience. It is especially great for people with injuries, pain, mobility or health issues. A gentle yoga practice is a great option for anyone who is afraid they are not flexible or fit enough to do the yoga poses. Please bring a yoga mat (or a large heavy towel), two small blankets, two blocks, and a strap if you have them. Come away feeling flexible in your body, relaxed in your mind, and calmed in your nervous system!

May 9 Luncheon Presentation and Menu

The program is **Travis Beye** of Monterey County Aging and Adult Services speaking on Aging and Disability Resources. **Luncheon menu for May** (think Cinco de Mayo): Tamales, Rice, Beans, Pico De Gallo, Dessert TBD. Sign up by 4 pm Friday, May 3.

May Birthdays

Hoku Ayers	Deborah Norman
Traci Bafford	Renata Payne
Sandra Bergam	Veronica Polovneff
Brian Birkeland	Jo Ann Reynolds
Ardell Breeding	Janet Richards
Dawn Brenton	Violet Rodriquez
Laurie Gerletti	Carol Rogers
Esther Gorham	Janet Silva
Debra Grado	Tim Swick
Kris Hadley	Di Ann Tarhalla
Thuytien Hoang	Sylvia Teixeira
Candice Jansen	Laura Thayer
Monica Kim	Meredith Towle
Yong Kim	Cary Tremewan
Jacqueline Kramer	Majorie Trigg
Tad Kumagai	Jim Tripp
Guadalupe Lopez	Patricia Vanlaarhoven
Myra Malaga	John Viarengo
Joann McCray	Michael Wichert
Wayne McDaniel	Mark Wilson
Fran McGrew	Kate Wright
Florencia Montalvo	

Exercise to Ease Arthritis Pain

Thanks to Jim Tripp (from a VA newsletter)

Ease pain and stiffness: Exercise is important for everyone. But if you have [arthritis](#), it's even more important. It improves strength and mobility, reduces joint pain, and helps fight fatigue. You don't need to run a marathon or become a bodybuilder to feel better. Moderate exercise can ease the pain. Try these tips to get more activity and help relieve your pain.

Exercises for arthritis: Start slowly if you haven't been active for a while. If you push too hard, you can overwork muscles and worsen joint pain. Your healthcare team may recommend the following exercises:

- ✦ **Range-of-motion exercises:** These exercises might include raising your arms over your head or rolling your shoulders forward and backward.
- ✦ **Strengthening exercises:** Weight training is an example of a strengthening exercise that can help.
- ✦ **Aerobic exercise:** You can walk, bicycle, swim, and use an elliptical machine. Any movement, no matter how small, can help. Things you do around the house, like mowing the lawn, gardening, or walking the dog, all count toward your minutes of activity each week.

Listen to your body: When starting a new exercise, listen to your body. Muscle soreness is [normal](#), but you should take a break if you feel pain. Pay attention to how your joints feel as you move. Here are tips to help:

- ✦ Avoid exercising the same muscle groups two days in a row.
- ✦ Rest a day between workouts and take an extra day or two if your joints are painful or swollen.
- ✦ Work **your** way up to 150 minutes of moderate intensity aerobic exercise per week. You can split that time into small amounts of time. Any amount of activity is better than no activity at all.

Talk to your doctor: Keep [track of your pain](#) and let your healthcare team know if your arthritis pain worsens.

Cognitive and Social Benefits of Cribbage for Older Adults

Developed in 17th Century England, Cribbage is a classic card game with a rich history; in fact, it is characterized as “Britain’s national card game.” **Cribbage** combines strategy, social interaction, and analytic thought, and offers more than just entertainment. Here’s how it benefits your brain:

1. **Cognitive Exercise:** Playing cribbage regularly has been shown to **improve cognitive skills** in both younger and older players. The game involves math, strategy, and problem-solving, which stimulate mental agility.
2. **Reduced Risk of Dementia and Depression:** Engaging in activities like cribbage can help **lower the risk of dementia and depression**. Mental stimulation and social interaction contribute to overall brain health.
3. **Social Interaction:** Gathering around a table, shuffling cards, and pegging points create a **tactile and personal experience** that can’t be replicated online. The laughter, friendly banter, and moments of intense concentration foster an authentic and unfiltered atmosphere.
4. **Inclusivity:** Cribbage bridges the generation gap effortlessly. Whether you’re a seasoned player or a novice, it allows diverse groups of people to come together, share stories, and engage in healthy competition—all within the framework of a single game.

If you are interested in learning Cribbage, newcomers are always welcome every Wed. from 10-noon, room A. Email David McQueen otter77@comcast.net or call ASI at (831) 424-5066 for information. (Joel had a 24 point hand here >>>.)

Listening Place Readers Theater

Readers Theater productions continue at ASI on Sunday, June 9, at 1:00 pm, with a presentation of the well known two-character play *Dear Liar* by Jerome Kilty—a correspondence between George Bernard Shaw and Mrs. Patrick Campbell documenting a stormy romance between the two. Free (donations accepted). Don't miss it.



Mary Marvel (center) leads the Monday afternoon Mahjong activity



Health Tip #31: The Longevity Diet

By Stanley M. Sokolow, DDS, Retired (stanleysokolow@gmail.com)

[Valter Longo, PhD](#), is Director of The Longevity Institute at the University of Southern California, and also director of the Longevity and Cancer research program at the Institute of Molecular Oncology in Milan, Italy. In 2018, he was named by "Time Magazine" as one of the 50 most influential people in the field of longevity.

For more than 30 years, he has been doing research on the biology of aging. He calls his field of research "juventology" because he focuses on what keeps organisms young and healthy rather than what makes them die. Based on his research, he has created a diet plan explained in his book "[The Longevity Diet](#)" and in this interview: [FULL INTERVIEW](#).

Actually there are [two diets in the book](#). The first is a fasting-mimicking diet (FMD) which is five days of low protein, low calories. This mimics fasting without the hunger and side effects of total fasting. Longo has teamed with a company that provides prepared meal kits called Prolon to start people on the FMD.

According to Dr. Longo, the FMD causes the body cells to go into a protective status. It is followed by a maintenance diet that is the Longevity Diet proper. The FMD lets the body do garbage collection, removing defective molecules, which is called autophagy (auto = self, phagy = eating). Then the Longevity Maintenance Diet stimulates the cells to rebuild with fresh new structures.

Dr. Longo has promoted the FMD to oncologists as a prescription diet before giving chemotherapy to cancer patients. This is supposed to make the normal cells more resistant to the toxic chemicals and enhance the cancer cells' vulnerability. There are some people for whom Longo does not recommend the FMD, such as pregnant women, diabetics, underweight people, and seniors over age 60, except under their doctor's recommendation and close supervision.

The Longevity Diet for maintenance does not require that you do the FMD. Longo says everyone can benefit from the maintenance Longevity Diet. Food quantity is adjusted to provide 55%-60% of calories from carbohydrates, 30%-35% from fats, and 10%-11% from proteins, comprised as follows:

- Eat a mostly vegan diet with some fish.
- Consume low but sufficient proteins, about 0.31 to 0.36 grams (not the weight of a protein-containing food but the actual protein content) per pound of body weight for people under age 60, 20% more after age 60 (0.37 to 0.43). Excessive protein shortens lifespan and increases the risk of cancer and other diseases. Too little protein, especially in seniors, causes loss of muscle leading to frailty.
- Minimize "bad fats" and sugar, and maximize "good fats" and complex carbohydrates.
- Take a multivitamin-mineral pill every 3 days plus an omega-3 fish oil capsule.
- Choose foods your ancestors ate, as long as they are included in the Longevity Diet plan.
- Eat twice a day plus a snack unless you are underweight or lack enough muscle mass, in which case eat three times per day.
- Confine eating to 11-12 hours daily. This leaves time for your body to process and regenerate.
- Periodically, do the FMD if you are under 60 years, not frail, and free of certain diseases. Above 60, the FMD may be appropriate under medical supervision.
- Maintain a waist circumference less than 35.5 inches for men, 29.5 inches for women. Seniors do better with a [BMI \(body mass index\)](#) of 23 to 25 compared with being slimmer, according to Longo. To achieve that body mass, underweight seniors should add small amounts of foods that otherwise are excluded, such as eggs, cheese, yogurt, dark chocolate (70% cocoa or more), fruit, and more fish and seafood, but only in moderation, and do enough exercise.

The book has sample menus and reference charts. Consult your doctor before making big changes in diet.

I don't watch football so I don't know who Taylor Swift is.....but he sounds really fast.

A Buddhist monk walks up to a hot-dog stand and intones in a monotone, palms up, "make me one with everything"



The Western Stage Needs Housing for Theater Workers

By John Bridges, TWS Company Manager

The Western Stage is celebrating its 50th anniversary this year. We use our great local talent for TWS productions but we also bring in new talent from out of the area. To do this, we assist with finding housing for those actors, directors and designers. Our need is greater this season than in the past. A typical stay is 4-6 weeks for directors/designers and 8-10 weeks for actors/technicians. If you have a spare room or an in-law cottage (with access to bathroom, laundry and kitchen), please contact John Bridges at jbridges@hartnell.edu. Thank you.



HOUSING NEEDED

Help us provide a warm welcome for Western Stage Guest Artists

Local housing needed for guest professionals joining us from outside our tri-county area.

- Average stay per show: 6-7 weeks (directors, designers) or 10 weeks (actors, technicians)
- Locations near Hartnell College preferred, but many guests have transportation and commuting 25-mile radius from Salinas is common
- TWS Company Manager serves as liaison/contact for Patron Hosts & Guest Artists
- Application form allows pre-screening / matching
- Patron Hosts will be eligible to receive complimentary tickets (to be used on any 2024 production) for hosting.

Tesla owners attempting to go on a long roadtrip:



Amish farmer washing his classic Mustang.

