

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 - March 2025

DAILY ACTIVITIES

MONDAY: Zumba 7:30-8:30AM* no weights +Instr.
 Zumba, 9-10:15 AM* w/ weights + Instr. Donation
 2nd, 3rd, 4th, 5th (not 1st), Hula, 10:30-11:30*
 + Instr. Donation
 Ukulele, Noon-2 PM** singalong/beginners/basic
 Mahjong 12:30 to 3:30 PM**
 Beginning Hula 1:30-2:30 PM, Room A*
 Yoga/Pilates 2:45-4:00 PM**
 1st, Bunco 5-8 PM, doors close 5:30. \$6, limit 40

TUESDAY: Legal Services for Seniors, 9-11:30 AM
 Call for required appointment
 Line Dancing 10 to 11:30 AM**
 Bridge 12 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, 3:15-4:15 PM* + Instr. Donation
 Line Dancing 6:30-8:30 PM** + \$1 for instructor

THURSDAY: Knitting/Crocheting by appt; 1-3 PM**
 1st & 3rd, Quilting, 9-12 noon**
 1st & 3rd, Genealogy, 10:00-12 noon**
 Nar Anon family support group, 12 noon-1:00 PM
 3rd, Tech Assistance, 1-3 PM**
 3rd, Singing for Brain, 3:15-4:45 PM** + Inst. Dn.
 Last, Food Distr., 10:00-noon or until food gone.

2nd THURS.: MEMBER LUNCHEON, Mar. 13,
 Noon, \$12. Prog: Cathie Montero, Food Bank

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 1st, 3rd, 5th, 11:30 AM-3:30 PM**
 4th Sat. Italian Cooking, 11:15am-12:45pm, Mem-
 bers only, \$10 Members in adv.

* \$1 Fee for members, \$2 for non-members;
 ** \$2 for members, \$4 for non-members
 Office closed Sat. Bring exact change, arrive prior to start.

New Board Member Michael Beck

By Yole Whitlock

Michael Beck, born in Oshkosh, Wisconsin, spent most of his working life as a Physician's Assistant. His story reads like a travelogue of the United States. Seven of eight Beck siblings (Michael the middle child) and parents left Wisconsin in three waves and moved to San Mateo in 1956. Three years and one more sibling later, the family moved to Carson City, NV.

Graduating high school in Carson City in 1969, Michael went to a Catholic College Seminary in the Los Altos Hills Area and graduated with a Bachelor of Arts degree in the Humanities in 1973. He did not go on to the major seminary but rather began a series of employment opportunities that, in essence, mirrored his service to others.

He worked at Novitiate Winery in Los Gatos for three months before starting work at Ming Quong, a center for emotionally disturbed children (ages 6-13) in Los Gatos. Working 180-240 hours weekly as a house parent, Michael burned out. He got a job as an orderly on the graveyard shift at San Jose's Valley Medical Center in the Spinal Rehab Center.

After three months, he transferred to swing shift in the ER, where he worked alongside Physician Assistants and Nurse Practitioners for the first time. Three years later, at 27, he applied to Evergreen JC in San Jose for Nursing, Oregon State U for a master's in social work and five different PA programs throughout the US. One interviewed and waitlisted him. Someone cancelled and suddenly, in 1978, Michael moved to Boston to attend Northeastern University's PA Program.

In 1980, finishing the program and externships, he took National Boards. His first job was in Internal Medicine in a private practice in Fresno, CA. He commuted between San Jose and Fresno to woo his first wife, Deborah Cannon, and married her in 1983.

(continued on P. 2)

Welcome Michael Beck to ASI Board (continued from P. 1)

While in Fresno, Michael later worked for the County Health Department serving the county jail, branch jail and juvenile hall. He worked at a holistic family practice and later in practices in Kingsburg and Selma. When jobs dried up, Michael (and later Deborah) moved to Woodland and bought their next home. In 2002, after 19 years of marriage, Debora passed away unexpectedly.

Susan Joens, whose father was Public Works Director in Salinas, and Michael had met and been good friends since 1975. They married in 2003 and Michael commuted for the next year from Woodland to Salinas, in order to sell his home. Susan taught for 35 years in Salinas, Soledad, Brooklyn NY, and back to Soledad. She taught K-6, was a vice principal and Principal before she retired.

Michael has used his medical skills in numerous cities, towns, and rural areas in the state--Fresno, Sacramento, Yolo, Eldorado, Placer, Santa Cruz, Santa Clara, Monterey, San Benito and San Luis Obispo--in clinics, private practice, county jails, Federal HMOs, Kaiser centers, and more. He is now retired, his career having spanned the years between HIV and Covid. Michael has since volunteered in a variety of ways to enhance the lives of others: Election Poll Worker here at ASI since 2014, census enumerator in 2000, and member of the 2021-2022 Monterey County Civil Grand Jury as Foreperson Pro Tem. Michael is also a Mason and a Shriner.

Michael's real passion beyond medicine is creative writing. He earned a Creative Writing Certificate from MPC in 2018. That spawned a 130,000 word manuscript about three children in a rich merchant's family in Genoa, Italy, in the late 11th Century, among the machinations of Popes, Cardinals, and Crusades. One more revision and he will be looking to publish.

Ready, Set, Go! USS Hornet - Alameda

By Sharon Piazza, Tour Director

Active Seniors, Inc. has a unique opportunity to visit and tour the USS Hornet on Armed Forces Day, Saturday, May 17. This was the eighth ship to be commissioned as a Hornet, the first being in 1775. This 1943 aircraft carrier entered the Pacific War in March 1944. She was awarded 11 battle stars for her exemplary WW II service. She served three tours of duty in the Vietnam War and recovered the Apollo 11 and Apollo 12 lunar landing spaceflights in 1969.

The Museum's growing history collection consists of over 25,000 artifacts including personal crew memorabilia. This visit includes lunch, a two-hour guided tour by docents who served aboard the Hornet, and time to tour on your own—all this including transportation for only \$89 per person. There's a lot of walking and the ladders are narrow and steep. We are limiting this tour to 40 participants. It's a trip you won't want to miss.

DATE: Sat., May 17; TIME: Leave Park Row 9:00 AM; return at 5:00 PM; COST: \$89.00 per person, includes transportation, lunch, and tour. To sign up, complete a registration form and include full payment. If you have questions, contact Sharon at 831-261-8087. Happy travels.

ASI Want Ads

ASI is often in need of items that ASI Members may have lying around and services and skills they may have acquired. Check out our new occasional **ASI Want Ads**. Here are some current needs. Used items are welcome.

Three burner cast iron stove (uses propane) for cooking demos.

Members experienced in videotaping and editing willing to help us capture monthly Luncheon programs, monthly Italian cooking program, etc. Also volunteers willing to learn how to videotape &/or edit.

Member(s) willing to embroider ASI's logo for use in the office

Active Seniors and Silver Kings & Queens Present

USS HORNET - ALAMEDA

SEA, AIR, AND SPACE MUSEUM



CELEBRATE ARMED FORCES DAY

SATURDAY, MAY 17, 2025

Leave Park Row Parking Lot at 9:00 AM / Return by 5:00 PM

**Boxed Lunch in Officers' Mess
Docent Tour of Ship**

\$89.00 Per Person

Maximum number of attendees: 40

Come aboard the USS Hornet Museum to experience this authentically-restored ship from World War II. Following a brief safety orientation, our group will be guided through the many passageways, compartments, and decks of this historic ship. This walking tour will take approximately 2 hours. Refer to attached for Tour Tips & Safety Rules.

Please choose one of the following for lunch (includes sandwich on French roll, pasta salad, chips, soft drink or water)
~ Turkey Sandwich OR ~ Ham Sandwich OR ~ Roast Beef Sandwich

No refunds for cancellations within 30 days of the event.

This tour is based upon current tariffs and is, therefore, subject to change prior to departure. Items not included on this tour are those of a personal nature. Price is subject to a certain number of participants. Should this minimum not be met, the trip may be canceled with full refunds. Space is limited and will be assigned on a first come, first serve basis. There will be no refunds for any unused portions of tour. Active Seniors, the tour director, acts solely as an agent for providing transportation, hotel/dining accommodations and other services and does not assume any liability of any company or person engaged in transporting passengers and other services.

Last Chance to Continued Getting This Wonderful Newsletter!

By Dwight Freedman, Membership Chairman; Headline by George Niesen, Newsletter Editor

If you haven't already, you will soon receive an email notice that your Membership in ASI has lapsed. All non-paid ASI Members who do not renew by March 14 will be dropped from the rolls. Membership renewals were due on January 2, 2025. And it's only \$35! Thank you for renewing.

Thank You

By Shirley Jones

Thanks to you, my friends for remembering me on my birthday. I'm sorry I had to make a last-minute change and bypass the February luncheon. The flowers, notes, and candy were so appreciated. As some know, my last few years have been rough--at times I simply needed a smile and hug--and ASI was always there, such a warm caring group of people.

How fortunate for us Howard and I wandered in 15 years ago to simply "check the place out". Oh, the changes I've seen; such fun watching ASI grow from about 335 Members to over 900 (and at the time membership was kept on 3 x 5 cards). Thanks again, I appreciate you.

Thank You ASI!

By Suzanne du Verrier

I would very much like to thank the Active Seniors Inc. Members who put on a card workday I attended. There were 17 women gathered to share their talents and love. Here are pictures (>>>) of some of the Valentine cards made by the community. I wish I could send more pictures, but there would be a lot of of them as we got 3,000 Valentine cards. Every senior in a licensed facility in Monterey County received a little bit of love on Valentine's Day.



ASI Genealogy Group

By Wayne McDaniel

Come join our genealogy group as we join The Monterey County Genealogy Society for a presentation by ASI Member Shelly McFadden, "**Why Cemeteries are Full of Genealogy Clues: If You Find Them**" on March 6 at 7:00 PM. The meeting will be in person and via Zoom at the Church of Latter Day Saints, 1024 Noche Buena Street, Seaside, (between Kimball & Plumas). For further information, call (831) 915-9465. Website: mccogenso.org.

From the Salinas Public Library

Genealogy Basics: Using the Census; Wed., March 5, 5:30-7:00 PM. After 230 years, the Census has been a resource both for community planning and for genealogists. Once you find a relative, the wealth of information can help establish or confirm details about an ancestor's life. In this class we'll talk about all the things the Census has and doesn't have for genealogical research including supplementary documents and unexpected notations. Register online at: <https://bit.ly/3VADJLK>.

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Slam the Scam Day

Thanks to Eric Quigley

National “Slam the Scam” Day is designated by Social Security’s Office of the Inspector General to raise awareness of government imposter scams, which continue to spread across the United States. Slam the Scam Day is Thursday, March 6, as part of National Consumer Protection Week, which takes place this year from March 2-8.

Visit ssa.gov for more information. Follow Along with #Slam The Scam. You can find printable resources covering how Scammers Impersonate the Government; about a Scam Alert; and How Scammers Try to Steal Your Life Savings. To stay informed and join the conversation, go on Instagram, X and Facebook.

If you receive a suspicious call:

- **Hang up**
- **Don't** believe them
- **Don't** trust your caller ID
- **Don't** give them money
- **Don't** give them personal information
- Report the scam at oig.ssa.gov

SSA.GOV/SCAM

Social Security Administration | Publication No. 85-024 | June 2023 | Produced at U.S. taxpayer expense

Did You Know? ASI Survey...

By Yole Whitlock

Thanks to all 142 of you (18 males, 124 females), who took the time to respond to the ASI 2025 Member Survey. While we had 850 Members then (950 now), a response of 17% is actually quite good. Average national replies to such membership inquiries are usually about 10 percent.

Specific feedback garnered for the Newsletter Committee was sent to the Committee for review. Some responses were thoughtful comments and some were a call to action. That committee will be reviewing your input soon.

The ASI comments were sent directly to all Board Members. The tours and trips concerns were passed along to Sharon Piazza, ASI Director of those events. Dwight Freedman, our technology guru, is viewing all the results with an eye to improving communication with all members. Lastly, activity questions were forwarded to the specific leader of that event.

The goal was to get a sense of what our Members like and want. We are always trying to improve services for our senior community. Please note, there is a suggestion box at the check-in desk.

About the March 13 Luncheon

By Laura Ruggieri

Cathie Montero, CFO of the Food Bank for Monterey County, started her journey with the Food Bank as a volunteer. She had lost her job as the controller of a local, family owned real estate development company that due to the slump in the economy in 2008 decided to close its doors.

Cathie felt a bit lost, but it had always been in her heart to help others in need. When she first started at the Food Bank there were only 16 employees serving 4K to 5K families per month. She will share how the Food Bank has grown over the years and the new programs they have put in place.

The Food Bank for Monterey County truly cares about our community and strives to provide healthy options for those less fortunate.

March Birthdays

- | | |
|---------------------|--------------------|
| Vivian Aizawa | Leroy Livingston |
| Judi Akiyoshi | Joyce Lowe |
| Rosie Alvarez | Margaret Martinez |
| Emmy Ames | Molly McCarty |
| Connie Bafford | Linda McClure |
| Helen Baker | Steve McShane |
| Renee Bow-Dove | Linda Mendoza |
| Anna Camel | Nena Mendoza |
| Raylene Clough | George Mills |
| George Coe | Nancy Newkirk |
| Jaqueline Day | Sandra Ocampo |
| Barbara Dormody | Diane Pate |
| Joan Duafala | Sally Pettit |
| Henrietta Dursa | Theresa Riley |
| Ken Dursa | Anthony Ryan |
| Kathleen Erickson | Vash Saites |
| Haleema Farrar | Carolyn Sanders |
| Karin Faulkner | Susan Shaw |
| Victoria Fischer | Kathleen Slattery |
| Gaye Freedman | Cynthia Stanford |
| Leeanna Gattis | Viki Stone |
| Donna Grossen | Marsha Stout |
| Roberta Hays | Barry Tomasini |
| Esperanza Hernandez | Cynthia Tsukamoto |
| Frances Hershberger | Robin Valentine |
| Terry Hoffington | Marie Viarengo |
| Inga Horrigan | Asayo Westerly |
| Elsa Jessen | Joe Yedlicka |
| Barbara Kausman | Eva Yonemitsu |
| Cindy Lerma | Geoffrey Yonemitsu |

ASI Book Group

By Holly Mikkelson

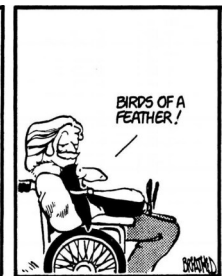
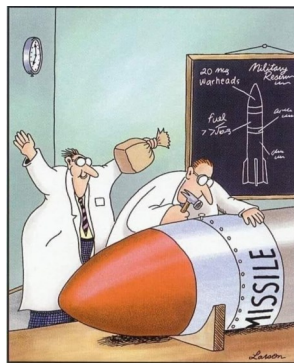
The ASI Book Group meets every Wednesday from 10:30-11:30, and all are welcome to join us! To choose the books we're going to read, we periodically nominate and vote on a number of books on a wide range of topics, both fiction and non-fiction. We read about 100-150 pages a week and then discuss what we've read. Here's a list of the books we'll be reading in the coming weeks.

Prairie Fires: The American Dreams of Laura Ingalls Wilder. Caroline Fraser (2017). Millions of readers of Little House on the Prairie believe they know Laura Ingalls—the pioneer girl who survived blizzards and near-starvation on the Great Plains, and the woman who wrote the famous autobiographical books. But the true saga of her life has never been fully told until now. Beginning February 26, for 4-5 weeks.

Big Little Lies. Liane Moriarty (2014). A novel about four women and the secrets in their lives, one of which culminates in murder. *Big Little Lies* is a brilliant take on ex-husbands and second wives, mothers and daughters, schoolyard scandal, and the little lies that can turn lethal. Dates TBA.

Descent. Tim Johnston (2015). The Rocky Mountains have cast their spell over the Courtlands, who are taking a family vacation before their daughter leaves for college. But when Caitlin and her younger brother, Sean, go out for an early morning run and only Sean returns, the mountains become as terrifying as they are majestic. Written with a precision that captures every emotion, every moment of fear, as each member of the family searches for answers, *Descent* races like an avalanche toward its heart-pounding conclusion. Dates TBA.

Please join us! Holly Mikkelson, hmikkelson@gmail.com, (831) 261-2590.



Ed Note: A Newsletter Contributor decided to run an article in a future issue instead of this one. I hope you enjoy the humor.

The Art Corner

The photo below, by ASI Member Dick Light, is titled "Deep Fly Right" and won First Prize at the Monterey County Fair last year as well as the People's Choice Award. Sera Hirasuna says "The boy is Dick's grandson but could be anyone's. I think it's an All-American picture in a time where we're not sure who we are anymore."



(Ed. Note: Readers have suggested something like an Art Corner and Sera kicked it off by submitting Dick's award-winning photo. We'll continue the Corner if ASI Members will submit their art. We can use photos or poems or pictures of paintings, sculpture, fabric art, etc. Not sure about music, but maybe a bit of commentary and a link to your song would work. Let's all be creative.



SENIOR TRYING TO RESET PASSWORD

WINDOWS: Please enter your new password

USER: cabbage

WINDOWS: Sorry, the password must be more than 8 characters.

USER: boiled cabbage

WINDOWS: Sorry, the password must contain 1 numerical character.

USER: 1 boiled cabbage

WINDOWS: Sorry, the password cannot have blank spaces.

USER: 50damnboiledcabbages

WINDOWS: Sorry, the password must contain at least one upper case character

USER: 50DAMNboiledcabbages

WINDOWS: Sorry, the password cannot use more than one upper case character consecutively.

USER: 50damnBoiledCabbagesShovedUpYourAssIfYouDontGiveMeAccessNow!

WINDOWS: Sorry, the password cannot contain punctuation.

USER: ReallyPissedOff50DamnBoiledCabbagesShovedUpYourAssIfYouDontGiveMeAccessNow

WINDOWS: Sorry, that password is already in use.



Monde Mobsinner Bakaqana ...
14 hours ago · 🌐

Why Iron-man and why not Fe-male?

This joke is not for everyone

Comments made in the year 1957

- "I'll tell you one thing, if things keep going the way they are, it's going to be impossible to buy a week's groceries for \$20."
- "Kids today are impossible. Those ducktail haircuts make it impossible to stay groomed. Next thing you know, boys will be wearing their hair as long as the girls."
- "It won't be long before young couples are going to have to hire someone to watch their kids so they can both work."
- "I'm afraid to send my kids to the movies any more. Ever since they let Clark Gable get by with saying 'damn' in 'Gone With The Wind,' it seems every new movie has either "hell" or "damn" in it."
- "If they think I'll pay 50 cents for a hair cut, forget it."
- "Marriage doesn't mean a thing any more; those Hollywood stars seem to be getting divorced at the drop of a hat."
- "I read the other day where some scientist thinks it's possible to put a man on the moon by the end of the of the century. They even have some fellows they call astronauts preparing for it down in Texas."
- "I'm just afraid the Volkswagen car is going to open the door to a whole lot of foreign business."
- "Have you seen the new cars coming out next year? It won't be long before \$5000 will only buy a used one."
- "Thank goodness I won't live to see the day when the Government takes half our income in taxes. I sometimes wonder if we are electing the best people to congress."
- "If cigarettes keep going up in price, I'm going to quit. A quarter a pack is ridiculous."
- "Did you see where some baseball player just signed a contract for \$75,000 a year just to play ball? It wouldn't surprise me if someday they'll be making more than the president."
- "The drive-in restaurant is convenient in nice weather, but I seriously doubt they will ever catch on."
- "Did you hear the post office is thinking about charging a dime just to mail a letter?"
- "I never thought I'd see the day all our kitchen appliances would be electric. They are even making electric typewriters now."
- "There is no sense going to Lincoln or Omaha anymore for a weekend. It costs nearly \$15 a night to stay in a hotel."
- "If they raise the minimum wage to \$1, nobody will be able to hire outside help at the store."
- "It's too bad things are so tough nowadays. I see where a few married women are having to work to make ends meet."
- "When I first started driving, who would have thought gas would someday cost 29 cents a gallon. Guess we'd be better off leaving the car in the garage."
- "No one can afford to be sick any more; \$35 a day in the hospital is too rich for my blood."