

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
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Monthly Newsletter - April 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, Apr. 10,

Noon, \$12. Prog: John Metzger, Metzger Farms

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**

Apr. 12, Safety Fair, 10 AM-1 PM

Apr. 26, ASI Clean Up Day, 10 AM-noon + lunch

* \$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.

Stephen Doolittle, New Board Member

By Yole Whitlock

Let me set the scene for you! Imagine yourself as an actor auditioning for the coveted role of Dracula (yes, that's the title of the play!) and you are asked to fly onto the stage with your cape spread out behind you, mutter a few lines, kiss the babes, then leave. Maybe you'll be onstage ten minutes all told while making a spectacular entrance and exit each time. The director says, "YOU are my Dracula, congratulations".

But, about an hour later, he says that another Dracula has trumped your version and the director is going with him. But, he continues, "How would you like the role of Van Helsing?" Sounds good, right? But little do you know Van Helsing has 3,000 lines of dialogue (approximately 16,000 words) while on stage for almost the entire two-and-a-half-hour drama? You will soon find that out because, of course, YOU say YES!

Our new ASI Board Member Stephen Doolittle said "YES" to that role of a lifetime and led the life of an actor for ten years. As a student at Salinas High School, he caught the acting bug and was off and running through one role after another.

He left his mark on the stages of SHS, Hartnell College, and Santa Clara University. In 1978 he left SCU with a Bachelor of Arts degree in Theater Arts and made his way (and his living) to Kansas, Nebraska, and Missouri in repertory theater. His usual schedule consisted of performing in four shows each day--a "kid" show, a musical, and a Shakespearean play were among the choices.

His thespian efforts took him from coast to coast with stints of six to nine months at a time. One tour was 25,000 miles in ten weeks crisscrossing the country in a string of mostly one nighters! Along the way he was invited to take up a hammer and saw and help with set design as needed.

(continued on next page)

Stephen Doolittle, New Board Member (continued from P. 1)

On hiatus in Hollywood in the 1980s, he thumbed through the Yellow Pages (remember those?) and after five phone calls he found “Hand Prop Room”, a company that made props for stage productions. They needed someone just like Stephen. And so, after treading the boards umpteen times out front, he found himself within a couple of years a force in the design, fabrication, and installation of projects all geared to the entertainment industry but this time behind the scenes. Stephen’s special touch can be seen at the Lincoln Presidential Library in Springfield, Illinois; at Epcot Center in Orlando; at Six Flags Batman rides; and in Universal Studios, *King Kong*, *Jaws*, and *Back to the Future* attractions. He also had the pleasure of working overseas in Japan, Korea, Canada, Germany, Singapore, and Norway on a variety of museum and visitor center projects.

In 2007, Stephen returned to Salinas to marry a high school sweetheart, Paula Monteith. Stephen moved into general construction and became a project manager for Mills Construction. His managerial skills were instrumental in many local projects including the renovation of the old Porter and Irving store on Main Street for Jim Gattis, a tasting room for Scheid Winery on Cannery Row, and a remodel of the Notre Dame High School Theater.

Other notable projects he managed include a \$72 million expansion of the Monterey County Jail, a student housing project for CSUMB, and a restoration of the Golden Bough Theater in Carmel among many others. In 2021, Stephen and Paula retired. They are now using their skills at ASI. Paula leads Chair Yoga and Stephen Doolittle is a new board member for ASI.

Can You Spare 3.5 hours a Week?

By Sera Hirasuna

As you know, we have a great need for many office volunteers to not only handle member needs at peak times, but as substitutes if anyone falls ill or has an unexpected conflict. We want a LOT of office-trained volunteers so we don’t depend on the same people every week. More hands make light work, isn’t that the adage?

Also here’s a benefit to you: There’s no better way to deepen your knowledge of ASI’s activities and its inner workings than to volunteer. It’s also a chance to meet the many fascinating Members who come every week to learn, listen, and enjoy each other. We also have service projects that benefit the community—the monthly food distribution and Mother’s Burritos are two examples.

ASI’s office shifts are only 3.5 hours long, which doesn’t seem like much to ask (some of our activities go on for three hours), but it can be busy. Here’s something Members may not realize—Bob McGregor (Dir. of Finance), Bob Whitlock (President), Linda Evans (2nd VP), and Dwight Freedman (Dir. of Technology and Membership) are often in the office, but they are NOT supposed to be answering phones, or questions. They are in the office to do their work on your behalf!

Right now, we have one volunteer per shift when we need two, so our aforementioned veterans jump in. Imagine being a volunteer having to answer questions on the phone while a line quietly forms to buy tickets, renew Memberships, or ask for medical equipment. It happens. So, say you want to help. What happens after you tell an office Member that you want to volunteer? You fill out a form, you sign a confidentiality form, and you undergo training. It can look complicated at first, but it’s a snap once you get hands-on with your training.

You then shadow an experienced volunteer until you feel confident you can handle your shift. A senior Member (the aforementioned officers or veteran volunteers) will guide you. There are written instructions and procedures for handling most everything. Everyone is happy to help. Everyone has been a newbie before.

Does it sound like something you could do? Come and sign up! We’d love to have you join us!

About the April 10 Luncheon Program

By Laura Ruggieri

John Metzger will be speaking about his unique business in the Salinas Valley—a waterfowl hatchery that ships 2,000,000 day-old ducklings and goslings throughout the United States every year. Who buys baby ducks and geese? How are they shipped as babies anywhere in the US? How did he start Metzger Farms? How has Avian Influenza affected their farms? Be here on April 10 to get your answers! *P.S. If you haven’t signed up for the lunch you can still come about 12:45 to hear the program.*

Ready, Set, Let's Go! Update on Trips

Sharon Piazza, Tour Director

1. "Six, The Musical" (Sat., April 26): Waitlist only.
2. USS Hornet (>>>). Alameda (Sat., May 17): Celebrate Armed Forces Day by touring this authentically-restored ship from World War II. We are limited to 40 attendees. \$89.00 per person.
3. UCSC Arboretum (Thurs., June 19): Self-guided tour of the gardens; all plants are from a Mediterranean climate like our own. Lots of walking paths with benches for resting. This tour is very popular and will fill up fast. \$75.00 per person.
4. Alaska Cruise Meeting (Thurs., June 26, 1:00 PM): This meeting is for travelers who have made reservations and made full payment for our cruise in August 2025. Tour Committee will be sending a group email with all the details.
5. Moulin Rouge (Saturday, July 12): Flyer will be available after April 1. Please check the rack by the ASI office or our website under Tours. \$209.00 per person.
6. Alaska Cruise: August 11-22. Contact Pacific Grove Travel (831-373-0631) for reservations.
7. September to December: To be announced.
8. Fleet Week in San Francisco: The Tour Committee has determined the cost per person (approximately \$250.00) would be too expensive and we have passed on this trip.
9. Guide Dogs for the Blind: The Tour Committee only received 12 responses to the survey sent on March 4. Due to the low number of responses, we will pass this year and revisit next year.

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.

From the Salinas Public Library

Title: Genealogy Basics: Immigration & Naturalization; **When:** Thursday, April 10, 5:30-7:00 PM; **Where:** Virtual; **Description:** America has been called a nation of immigrants (>>>) and building an understanding of the history of documenting those arriving, and the rules of gaining citizenship, will help family historians identify whether documents might exist to answer questions about one's family journey to the US. **To Register:** [Virtual | Genealogy Basics: Immigration & Naturalization | Salinas Public Library](#); Questions? Contact Cathy at CathleenA@ci.salinas.ca.us.



At Ellis Island

Title: Bread Tasting Workshop; **When:** April 3, 3:30 to 4:30 pm; **Where:** Cesar Chavez Library; **Description:** Bread making doesn't have to be intimidating! Whether you're a total newbie or just want to refine your skills, our upcoming Bread Tasting Workshop will teach you the essentials. Let Rancho Cielo instructor Alyssa DeRuosi and her son share their family's legacy of bread making. For more information, please contact William: WilliamS@ci.salinas.ca.us. **To Register:** No registration required. 30 seats available on a first-come, first-served basis. **Cost:** Free; **Website Link:** [Bread Tasting Workshop | Salinas Public Library](#)

Another Outstanding Food Distribution...

By Loretta Salinas, Dwight Freedman, ASI Food Distribution Team

...on Thursday, March 27, for our Members and the community with just over 350 bags distributed. Our drive-through event was a total success. That would not have been possible without your unwavering dedication to our seniors and the community. The Active Seniors Food Distribution team sincerely thanks volunteers for the time and effort invested and for being an essential part of our mission.



Safety Fair for Board, Activities Leaders, Office/Kitchen Staff, ASI Members!

By Witold Pietkarski, Safety Committee Chair

On **Saturday, April 12**, from 10 am-1 pm, ASI will offer a Safety Fair, which will cover invaluable information about signs of stroke/heart attack, CPR/AED awareness, proper use of fire extinguishers, evacuation procedures, and 911 emergency procedures.

While emergencies can occur without warning, timely and informed responses can save lives! Safety Fair will address existing gaps within ASI's emergency preparedness by empowering Board Members, Activities Leaders and Staff to handle emergencies effectively. ASI Members are welcome also.

We strongly recommend participation in the Safety Fair in order to create a safer environment for the growing community of ASI Members in their respective activities. Once you enroll, you will be entered in a raffle! Registration is now open. Come by the ASI office, call or email us to register.

Volunteer Appreciation Day and In-Service Work Day

By Gerry Reynolds

April 20-26 is National Volunteer Appreciation Week! ASI runs entirely on the generous outpouring of energy, talent and labor of our many dedicated volunteers. ASI couldn't do all we provide for our Members and for ourselves without you!

As ASI holds activities six days a week, it is in need of some TLC and occasional deep cleaning. We are designating April 26 an In-Service Work Day where we can make our property, our building, our rooms and equipment more usable, as well as cleaner and safer.



We will wash windows, clean window blinds and screens, clean shelves and cupboards, sweep into the corners, declutter, rearrange, beautify. If you plan to help, please dress DOWN! In-Service Work Day starts at 10 am, immediately after the Saturday Zumba class, and continues until 12 noon.

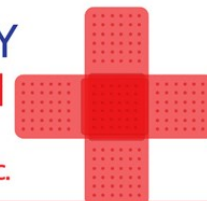
Afterward, ALL ASI volunteers will be recognized and honored, and are eligible

to partake in a light lunch, whether or not you attend the In-Service Work Day. Sign up to attend the In-Service Work Day and/or lunch at the Office or e-mail to ASI@activeseniorsinc.org. Deadline to sign up is Wed., April 23; we need an accurate headcount to gauge demand for lunch. Beverages will be provided.

Come celebrate, have lunch, and enjoy the feeling of kinship that comes from being a part of this amazing family we call ASI.

I know it sounds hokey, but I feel that way and I think others do too.

SATURDAY
April 12 TH
10AM to 1PM
Active Seniors, Inc.



Come and Learn

Signs of Stroke/Heart attack
CPR and AED awareness
Proper use of Fire Extinguishers
Evacuation Procedure
911 Emergency Procedures
First Aid Procedures
Raffle prizes.

Safety Fair

We want you to be Safe!

April Birthdays

Sue Brockett	Carol Marquez
Mary Bumgarner	Diana Martella
Jan Burnett	Josie Matsumoto
Kathleen Callahan	Linda Mayr
Humberto Carrillo	Barbara Mitchell
Bernard Cleyet	Margaret Neal
Willam Clune	Neva Petersen
Veronica Cordoba	Paula Petrosky
Warren Denbow	Kevin Philbin
Jan Escobar	Carla Plymesser
Caroline Estrada	Connie Reader
Renee Fowler	Cindi Reeve
Karen Gervais	Susan Riddoch
Rory Gomez-Aarons	Connie Sapien
Dee Ann Gruenewald	Michael Serasio
Betty Gularte	Sondra Singh
Linda Hall	Arline Soares
Lucy Hansen	Jim Storm
Sera Hirasuna	Suzanne Stormon
Daniel Ipson	Mary A. Surber
Pat Kinn	Maggie Torres
Elaine Koppany	Carmelita Turner
Roselyn Lambert	Kathy Weimer
Bonnie Low	Beverly Williams
Barbara Manning	Leslie Wolfson
Patty Marlow	Noriko Yamaguchi

This Slow Movement Grows New Neurons and Repairs Old Ones

From Super Age (www.superage.com). Thanks to Bob Whitlock

You've probably heard that traditional Chinese exercises like Tai Chi and Qigong are good for you. They're slow, graceful, and kind of meditative, sure, but maybe you've wondered if they really do anything beyond helping you feel a little calmer or more flexible. Turns out something is happening deep under the hood.

A new meta-analysis in the *Journal of Exercise Science & Fitness* pulled together data from 11 randomized controlled trials and found that traditional Chinese exercises (TCEs, for short) significantly increase brain-derived neurotrophic factor (BDNF) in middle-aged and older adults. Why does that matter? Because BDNF is like Miracle-Gro for your brain. It helps grow new neurons, repair old ones, and keep your cognitive functions sharp as you age.

BDNF is closely linked to learning, memory, and neuroplasticity, your brain's ability to adapt and change. Low levels have been associated with Alzheimer's, depression, and cognitive decline. So that something as low-impact and accessible as Tai Chi can help boost it? That's kind of major.

The Trifecta for Brain Health

Traditional Chinese exercises like Tai Chi and Qigong integrate breathing, intentional movement, and mental focus. This trifecta seems to activate the body's parasympathetic nervous system (the "rest and restore" mode), while subtly challenging balance, coordination, and attention. The result is a kind of moving mindfulness that appears to shift brain chemistry in your favor.

What makes this study especially compelling is the population: Healthy adults over 45. So we're not just talking about people recovering from illness or already in cognitive decline—this is about prevention and optimization in the prime of life. This isn't the first time TCEs have shown promising brain benefits. Other studies link Tai Chi to:

1. Improved Working Memory and Executive Function: A meta-analysis of 20 studies indicated Tai Chi enhances executive function—which includes abilities like multitasking, time management, decision-making—in individuals without cognitive decline.
2. Reduced Inflammation Markers Impacting Brain Health: Research says Tai Chi improves cognitive function and alleviates mild cognitive impairment by modulating inflammation factors.
3. Better Sleep, Supporting BDNF Production and Memory Consolidation: Regular exercise, including practices like Tai Chi, can indirectly boost memory and thinking skills by improving mood and sleep, and by reducing stress and anxiety. Even the Mayo Clinic has called Tai Chi "meditation in motion," noting its role in reducing stress and improving mood.

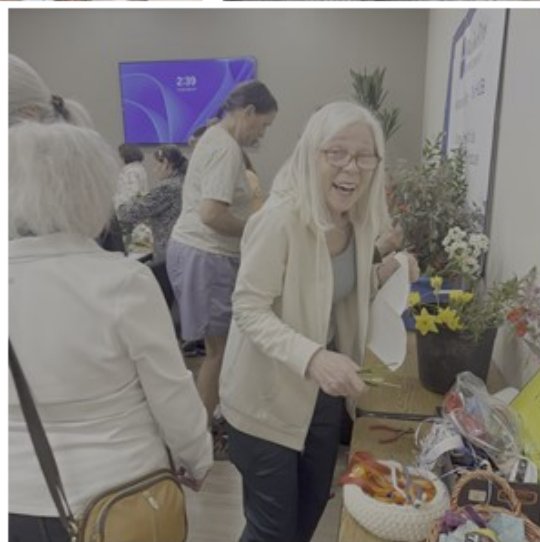
Tai Chi for Beginners

These ancient practices aren't just about "balance" in the philosophical sense—they're turning out to be legit tools for brain longevity. And for those of us who want to stay sharp, curious, and vibrant deep into our later decades, that's a serious win. Here's an overview of Tai Chi moves for beginners—your move.

The best part? You don't need to train for a marathon or even break a sweat. Just 20 to 40 minutes a few times a week seems to be enough to see benefits. Bonus points if you practice outside—sunshine, nature, and gentle movement make an excellent neuroprotective cocktail.

The Art Corner

Three ASI Members, Kathy Gill, Joanne Reynolds and Mimi Niesen, conducted a flower arranging workshop on March 20 at the Alliance on Aging. It was a popular and successful session, with 20 participants attending, requiring AoA staff to rush out for more flowers. AoA and ASI Members are looking forward to more frequent workshop offerings.



(Ed. Note: Readers have suggested something like an Art Corner. We'll continue it if ASI Members 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.



The Best Apple Crisp

Author Ashlyn Edwards | Belle of the Kitchen . Thanks to Kathy Norton

(Ed. Note: Our readers like recipes—send in your great ones! We can print them if we have room.)

This Apple Crisp recipe is the best fall dessert ever! Fresh sliced apples are topped with a buttery cinnamon oat topping that tastes divine with a scoop of vanilla ice cream!

Ingredients--Filling: 5 cups fresh apples sliced; 1/2 cup granulated white sugar; 1/2 tsp cinnamon; 1 teaspoon vanilla extract.

Topping: 1/2 cup all-purpose flour; 1/3 cup old fashioned oats; 2/3 cup packed brown sugar; 1/4 tsp salt; 1/2 teaspoon cinnamon; 1/4 cup (1/2 stick) butter melted.

Instructions: 1. Preheat oven to 350. Grease deep pie plate/baking dish with butter/cooking spray, set aside. 2. Combine sliced apples with sugar, cinnamon, and vanilla extract in a large bowl and mix until apples are evenly coated. Pour into prepared baking dish.

3. In separate bowl, combine flour, oats, brown sugar, salt, and cinnamon. Pour in melted butter and stir until well coated and crumbly. Sprinkle crumb mixture evenly over top of apples.

4. Bake in preheated oven for 45-60 minutes until fruit is soft and topping is golden brown. Allow to cool slightly before serving. Serve warm with vanilla ice cream on top. Enjoy!

Notes: Slice apples evenly. You can chop them into big chunks but make sure you chop to a uniform size. Prevent over-browning. If apples still need more time to cook, place aluminum foil loosely over the top and continue baking. Optional additions: Chopped nuts like pecans or walnuts.

A Note on ASI's Medical Equipment Library

By Bob Whitlock, ASI President

As you may or may not be aware, ASI has a medical equipment loan program. Because of the limited amount of medical equipment available, I have decided this benefit is for ASI members only.