

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 - May 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**.

Cardmaking, 4th 11a-1pm; 1:30-3:30pm**-new!

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**
(not 2nd Thurs.)

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, May 12,

Noon, \$12. Prog: John Macias, 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, \$4/\$8

SATURDAY: Zumba, 9-10 AM *Limit 40**

Bridge 1st, 3rd, 5th, 11:30 AM-3:30 PM**

Italian Cooking, 4th, 11am-12:45, \$10, pre-register

* \$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.

"First Annual" Safety Fair Big Success

It wasn't really labeled "first annual," but it was such a huge hit we may as well begin planning another

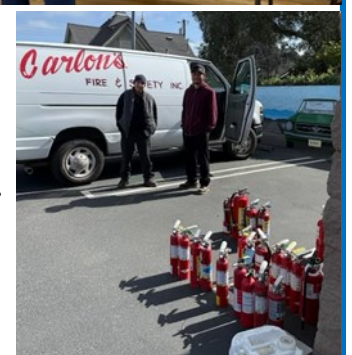


Witold directs traffic

Safety Fair for next year. More than 100 attendees moved through ASI and its parking lot to interact with expert presenters showing (better than telling) us how to be safe in our homes, at ASI and in our communities.

ASI Safety Committee Chair and Board Member Witold Piekarski set up five stations in ASI, with Cindy Carroll introducing Basic CPR; Margaret Oropeza demonstrating Basic Choking responses; Roselyn Lambert with Signs and Symptoms of Heart Attack and Stroke; Michael Serasio showed us locations of first aid kits and the AED device and how to use it; and James Goulart outlined at-home and community safety for seniors.

But wait! There's more. Carlon's Fire & Safety company conducted live training in the types and use of fire extinguishers and Debbie Panelli, Humberto Carillo and Witold Piekarski led tours through all of ASI
(continued on next page)



Great Safety Fair (continued from P. 1)

pointing out evacuation routes, gas and electrical shutoffs (>>>), fire safety and the location of all items related to safety at ASI. For a virtual tour of the facility, follow Debbie in this YouTube video. https://www.youtube.com/watch?v=Nwbm_L3T0lc&t=11s.

Thanks to Witold for organizing such a useful event and to all his committee members and presenters who actually made it an effective, working Fair. Here are several photos from the event but there are many more. For a good look at what the committee put together, use this link to ASI's Website photo gallery and scroll past the Volunteer In-Service Work Day photos (another wonderful ASI event showing the strength of our community) to the Fair photos. <https://www.activeseniorsinc.org/photo-gallery>



Debbie in back

Spring Cleaning at ASI on National Volunteer Week

Does the phrase “deep cleaning” move you to drop all your Saturday plans to take on dusty screens, dirty windows, and heating vents? How about the joy of wiping down the venetian blinds one blind at a time? Or scrubbing baked-on grease off our heaviest pots and pans? Does the phrase make you yearn to battle our oil-encrusted oven, or sort through years of clutter in the storage shed, overflowing with old wheelchairs and rogue kitchen artifacts “saved” by who knows who for who knows what? We even brushed off years of dirt from the bricks inside the building—even on the tops of the ceiling fans!

But 50+ volunteers cheerfully reported for Workday on Sat., Apr. 24, to do all the above--and more! Much more! They thoroughly dusted bookshelves and books, cleaned and reorganized pantry shelves in the kitchen and in room A, activity shelves in room B, and did the same for the janitor's closet. They scrubbed every surface you can imagine (except the floors in Rooms A and B, which will require machine work). They cleaned all our windows and screens inside and out (a huge undertaking), wiped down every chair in the place and—the pièce de résistance—deep cleaned the kitchen of its accumulated gunk. We now sparkle!

The volunteering continued with folks bringing lunch to share. It was a surprisingly satisfying potluck that had more to do with homemade—and with the best brownies in the world! More than anything else, the surprising side effect was the visceral strengthening of the bonds among us. Yes, many hands make the work lighter; they also make the bonds tighter. Thank you all who showed up, especially to Gerry Reynolds for leading this first-time-in-a long-time project.



Theater Season Begins at The Western Stage

The 2025 theater season at The Western Stage at Hartnell College begins with *Outside Mullingar* (>>>). “Two introverted, eccentric misfits straddling 40 find love and companionship, while navigating long-standing disagreement between their families. A very Irish story with poetic passion that is heartbreaking, devilishly funny, and deeply moving. *Outside Mullingar* is a compassionate, delightful work about how it’s never too late to take a chance on love.”



Board Member Bob McGregor

By Yole Whitlock

What do a fascination with airplanes and sugar have in common? Unlike love and marriage, which apparently go together like a horse and carriage, and you can't have one without the other – these two things do indeed have a common denominator. Please, greet, if you haven't already, Bob McGregor, three-time board member and two-time president of ASI.

Bob hails from Fillmore, a small town in Ventura County. He was raised among orange trees and cattle on a farm owned by his family. His move from Southern California to UC Davis to study Agricultural Engineering was a no brainer! He graduated in June 1963 and married his sweetheart, Lynette, the next day. His first job was with the Spreckels Sugar Company in the Fresno/Mendota area. By 1968 he was assigned to Monterey County as the District Engineer for Spreckels.

While at Spreckels he was in charge of receiving stations, railcars, design work, construction projects, trucks, and even seed production. He and Lynette settled in South Salinas and raised three sons (one of whom passed away in 2016). Sixty-two years later they are still enjoying life together. So, Bob ate, slept, and worked daily with sugar, sugar, sugar on his mind! He gave twenty-two years of his work life to the sugar industry.

But in the back of his mind, he was still bewitched by the memory of soaring in the skies with his uncle's brother when Bob was only six years old. In 1965 Bob earned his pilot's license for single engine planes. Finally, he resigned when Spreckels ceased operations in the Salinas Valley.

He no longer could resist the captivating lure of all things "airplane". He and Lynette purchased Air Trails, a small aviation business, based at the Salinas Municipal Airport. His mentor, Jack Jella, urged him to get his instrument rating certificate, and a multiple engine rating.

After eleven years operating Air Trails, the McGregors sold that enterprise and Bob flew another eleven years as chief pilot for Tanimura and Antle, with facilities in the Salinas Valley, the Imperial Valley, Arizona and Mexico.

Thus, with twenty-two years of sugar, and twenty-two years of airplanes "this I tell you brother, you can't have one without the other", led Bob to be the valuable ASI member he is today. And we can thank Howard Jones for pushing Bob into the role as president in 2012.

But that call of airplanes has never quite been put to rest. While most of us use our garages for our autos (or stuff), Bob is using his to build a radio-controlled gas engine model PBY Catalina (a historic WWII seaplane) with a thirteen-foot wing he folds up so he can put it in their living room at night.

His current Grumman Duck, an amphibious single engine model pictured on the ASI mural, took four years to build. He has a twelve-foot cargo trailer to transport his planes, of which there are many, to take wing near the Chualar Dump Road. The Salinas Area Modelers, with Bob McGregor at the controls, are regulars. When you see Bob, ask him about this intriguing hobby!

ASI Activity Highlights in May

Card-making with Kate Wright. (Card-making debuted April 2.) Fourth Tues., **May 27**, two time slots, at 11am-1pm or 1:30 -3:30 pm--in Room B. Cost is \$2 to ASI payable on entry *and* \$5 payable to Kate. You need to pre-register because space is strictly limited to 12 each session. Bring exact change please. Sign-ups for these workshops will start each first Tuesday of the month (May 6) for ASI members **only**. Office volunteers will not take registration before the first Tuesday.

Italian Cooking—Fourth Sat., (**May 24**), 11-12:45pm. Chef Dale will again regale us with stories of Italy and delight our taste buds with Stracci de Antrodoco , a type of pasta al forno (quick and easy, oven-baked casserole) and crespelle (a kind of crepe)—both from Central Italy. Registration is open to **members first** (waiting lists kept for members and non-members). Seating is limited to 30. Cost is \$10 for members, \$20 for non-members (if there is space). We will collect these fees at the event (policy change), so please bring correct change. Sign-ups begin the first Wed. of the month (May 7).

MST (Monterey-Salinas Transit) Information. Activity resumes **May 13**, 1-2 pm. Pre-register for 15 min. group slots. Informational talk and answers to questions on taxi vouchers, paratransit, etc. (see Office news). MST will hold a public information meeting Wed., June 21 at 15 Lincoln St., 10am-1pm.

Upcoming Saturday Events during Year— Save the Day!

June 14, Saturday: Pancake Breakfast Fundraiser and Car Fair, 8am-10am. Head Cook Lionel will whip up pancakes, meat, and eggs for a satisfying breakfast. Catch up with your ASI friends, then take a stroll outside to survey the beautiful car art on display. It's all for a good cause—raising funds for ASI to use for your benefit. Pre-registration starts May 8. Cost is \$15. More info to follow.

August 9, Saturday: Summer dance blast with DJ Ron Soratos! Look for more news next month. Summer-time is dance time around here! Music, friends, good food, dancing the Macarena or the Stroll again. . . who could ask for more? Dance the way you want to, not have to. Save the day!

November 8, Saturday: Come to our first Craft Fair for your holiday and everyday shopping needs. We know there are crafters in our midst who love to create beauty with their hands. We'd like to bring your art out of your workshop and into our community. If you are an ASI crafter and have or can have items to sell, contact Sera via the office (or send ASI an email) soon. We are looking for a diversity of crafts; unfortunately, we have a limited number of tables. If you're a shopper, what better place to get beautiful hand-made gifts, while supporting an artist? More info to follow.

From the ASI Office

Nametags: Have you noticed the "official" blue name badges many have worn lately. We will soon be placing a second order, possibly the last one of the year. You have a choice of magnetic backing or a post and cap (much like an earring); make sure to specify this. It is not mandated that you to have these name plates (we provide badges for food distribution, etc.), but many members have asked for them. May 23 is the deadline for ordering them. Cost is \$10 payable by check or cash.

Secondary emergency contact: In the event of an emergency when your first emergency contact is not available, we need a secondary contact, preferably one who does not live with you. It could be a neighbor, a relative, an ASI friend, etc. That person should have or be given information on how to reach other members of your family. We recently had an incident where this information was needed. Please get that to the office as soon as you can so we can have it on our system.

MST Information Meeting restarts once a month on May 13, 1-2pm: The Monterey-Salinas Transit (MST) will hold informational sessions on all their services. Pre-registration required. There will be four 15-minute group sessions to answer all your transit questions including curbside para-transit, taxi vouchers for seniors or veterans for short trips or last-mile connection, medical trips from Salinas to Palo Alto or San Francisco, and trips outside the MST service area.

Check Out Your Book Club

The ASI book club meets every Wednesday, 10:30 to 11:30, and all are welcome. The next book we'll read is *Descent*, by Tim Johnston. After that, we'll be reading these books: *West with Giraffes* by Lynda Rutledge; *By Any Other Name* by Jody Picault; and *The Years of Wonder* by Geraldine Brooks. Come join us! Contact: Holly Mikkelsen, hmikkelsen@gmail.com, (831) 261-2590.

May Birthdays

Elizabeth Alexander	Florencia Montalvo
Elva Arellano	Nancy Murray
Hoku Ayers	Cindy Muscarello
Traci Bafford	Deborah Norman
Joyce Barth	Jan Overweser
Sandra Bergam	Renata Payne
Brian Birkeland	Veronica Polovneff
Ardell Breeding	Maria Pritt
Dawn Brenton	Jo Ann Reynolds
Elizabeth Costworth	Janet Richards
Paula Falkoff	Violet Rodriquez
Laurie Gerletti	Carol Rogers
Peggy Goldman	Lourdes Sanchez
Esther Gorham	John Sempek
Debra Grado	Joseph Shammass
Kris Hadley	Janet Silva
Thuytien Hoang	Scott Stevens
Elke Ikeda	Linda Swick
Candice Jansen	Tim Swick
Monica Kim	Di Ann Tarhalla
Yong Kim	Sylvia Teixeira
Jacqueline Kramer	Laura Thayer
Tad Kumagai	Meredith Towle
Roberta Legg	Cary Tremewan
Sue Lelievre	Majorie Trigg
Guadalupe Lopez	Jim Tripp
Myra Malaga	Ledoux Un-Hui
Gayle Maldonado	Maria Uribe
JoAnn McCray	Patricia VanLaarhoven
Wayne McDaniel	John Viarengo
Michael McFadden	Hank White
Fran McGrew	Michael Wichert
April McGuire	Kate Wright
Jane Mead-Roberts	Anna Young

Food Sources for Monterey County Seniors

There is no need to go hungry in Monterey County! The Food Bank of Monterey County has food distribution sites every month at different locations, and you can use any one; you do not have to wait for ASI's. To find locations near you, go the Food Bank's locator and type in your zip code (<https://foodbankformontereycounty.org/food-assistance/>). You'll get locations and distribution days/times within a 10-mile radius; or you can scan the list for any city in Monterey County.

There are also many places to lunch Monday through Friday. Here is a list of low-cost/free lunch services. <https://www.countyofmonterey.gov/home/showpublisheddocument/138255/638780838997330000>

To qualify for in-person lunch services, you just need to be at least 60 years old and live in Monterey County or surrounding areas. All sites require registration that involves ID and paperwork. They all ask you to call to reserve a seat 24 hrs. in advance. Most ask for a \$3-\$4 donation, but no seniors will be turned away if they don't have that. I have tried and loved meals at the three sites below. (I haven't tried the four centers in Salinas yet.) Servings are generous and delicious. Often, there are three nutritious courses--and friendly volunteers!

The Oldemeyer Center, 986 Hilby Ave. in Seaside, offers a sit-down lunch, 10-noon in the Laguna Grande Hall. Call 831-899-6809 by 1 pm the day **before** to reserve. Cost is \$3 *donation*, for seniors only. There is also a once a month third Thursday live-band lunch party for your listening/dancing pleasure (\$4 for that "party"). Many ASI seniors like to attend this venue on band day. Call to confirm band date as it may change—i.e., "Mother's Day lunch" is May 10 instead of the third Thursday.

Meals on Wheels (MOW, formerly the Sally Griffin Center), 700 Jewell Ave in Pacific Grove, has daily community-meal service five days a week **with live music**, 11am-12:30pm. Cost is \$3 *donation* for seniors, \$7.50 for others. The Thom Cuneo Jazz Band usually plays for seniors on the last Thursday but call ahead as seats "sell" out fast. To reserve a space, call 831-375-4454. <https://www.mowmp.org/core-programs/group-dining>

The Senior Center at the North County Recreation Center, 11261 Crane, Castroville, serves free hot meals M-F to seniors and their guests. Call 831-633-3084 to reserve a space. There is also a monthly social (with live music—a Mariachi musician when I visited) on the fourth Wed. of the month, 11am-1pm. Services and resources are offered then as well. \$3 donation. May menu: <https://www.ncrpd.org/senior-nutrition-program-menu>

We are lucky to have such generous services in California—not only for food, but also for a chance to meet others. All these programs are subsidized by your Federal, State, and local tax dollars, so don't be shy! Who says there is no free/low-cost lunch? There is because people care!

Meanwhile, at ASI over 300 bags of food were distributed April 24 in a smooth, team-working environment. Thanks to Gerry Reynolds for directing the effort...and each of you who made it happen. Loretta Salinas and Dwight Freedman have set in place a process and standard that we all uphold. Next month we will be sure to have the music playing.

Note: You can stop by the ASI office and complete your form BEFORE the distribution. We make a difference in our community AND the lives of others because of your efforts: My thanks to everyone! Bob Whitlock, 2025 ASI President.

The Art Corner

But is it Art? ASI member Debbie Panelli, at the April Luncheon, took on the role of the Easter Bunny and played it to the hilt (notice the real carrot in the photo below, with Sallie and Robert Pettit).



(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.



From the Salinas Public Library

Title: No Backyard? No Problem: Grow a Garden Anywhere; **When:** Sat., May 17, 10-11:30 AM (English); 11:30 AM-1 PM (Spanish); **Where:** Cesar Chavez Library; **Description:** You don't need a yard to have a garden! Grow bags turn any space, from a porch to a driveway, into a portable edible garden. With coaching from the UC Master Gardeners, you'll learn how to plant and nurture vegetables to get a great harvest. Each household gets: two grow bags, potting soil, and a choice of vegetable and flower plants. Children will have a garden activity. Registration is required as spaces are limited. You can only register for one workshop, either English or Spanish. Register at: <https://forms.office.com/g/t7px92QrJq>; Questions? Contact Kate at KathrynB@ci.salinas.ca.us ¿Preguntas? Contacte a William at WilliamS@ci.salinas.ca.us; **Cost:** Free; Website Link: [CCL - No Backyard? No Problem!: Grow a Garden Anywhere | Salinas Public Library](#)

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

Sharon Piazza, Tour Director

UCSC Arboretum (Thurs., June 19): Self-guided tour of gardens; all plants from Mediterranean climate like ours. Lots of paths with benches for resting. This tour is very popular and will fill up fast. \$75.00 per person.

Moulin Rouge (Saturday, July 12): \$209.00 per person.

Alaska Cruise: Aug. 11-22. Call Pacific Grove Travel (831-373-0631) for reservations (space still available).

Oh, California!

Historic Songs & Tales by California Writers:
Steinbeck, Saroyan, Bos Ros, Rousseau,
Sparks & Twain

Directed by Maryann Rousseau
Produced by Linda Hancock & Susan Keenan

Featuring: Richard Boynton, Pat Horsley,
Christopher Scott Sullinger & MaryLee Sunseri

Collected & Adapted by MaryLee Sunseri

	Free Admission Donations Welcome	Two Performances Only!
	831-646-1535 http://thelisteningplace.weebly.com	Saturday, June 14 @ 1PM Carmel Foundation Sunday, June 15 @ 1PM Active Seniors, Salinas Doors open at 12:30PM