

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
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Monthly Newsletter - June 2025

DAILY ACTIVITIES

MONDAY: Zumba 7:30-8:30AM* no wts +Instr.

Zumba, 9-10:15 AM* w/ weights + donation

Hula, 10:30-11:30* - except for 1st Mon. + donation

Ukulele, Noon-2 PM** singalong/beginners/basic

Mahjong 12:30 to 3:30 PM**

Beginning Hula 1:30-2:30PM*, Room A

Yoga/Pilates 2:45-4:00 PM**

Bunco (1st M)-5-8 PM, doors close 5:30p, \$6.

TUESDAY: Legal Services for Seniors, 9-11:30 AM Call for required appointment, free.

Line Dancing 10 to 11:30 AM**

Bridge, 12N-3:30 PM**

Artful Escape, 3rd Tu., 1:30-3:30p- NEW

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

Beginning Ballroom Lesson 6-7 PM

Social Dancing 7-8 PM, live band, \$9/\$10

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/Crochet. (except 2ndTh), 1-3 PM**

Nar Anon family support group, 12N-1PM

1st & 3rd, Quilting, 9 AM-12N**

1st & 3rd, Genealogy, 10:00-noon**

3rd, Tech Assistance, 1-3 PM**

3rd, "Singing for the Brain," 3:15-4:45pm + donat.

Last Th, FOOD DISTRB-**cancelled for June**

2nd TH: MEMBERSHIP LUNCHEON June 12, Noon, \$12.

Prog: Readers Theater—Preview Sunday performance

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**

Ping-Pong, 2nd Fri., 3-4pm - NEW

1st and 3rd, Western Dance, 7-9 PM, \$4/\$8

SATURDAY: Office closed

Zumba, 9-10 AM Limit 40*

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

* \$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.

Fundraising Breakfast Benefits ASI

By Sera Hirasuna

We have a couple of projects in the works for the good of our seniors. I cannot tell you about them yet because they are in process. We need funds this year to get these projects off the ground, thus the fundraising breakfast.

The breakfast is only a few days away so please make a concerted effort to spread the word next week. It's on Sat., June 14 from 8-10am. This is not a walk-in event; Lionel must know how many people to feed. Pre-registration is a must.

If one's schedule is tight, a take-out can be arranged in advance. But it'd be more fun to come in person and see friends and to-be friends.

Start your day with Lionel's hearty breakfast, then spend time catching up with old friends and making new ones before heading outside to admire a new collection of beauties. These aren't just cars—they're works of art.

Their owners are always eager to share stories behind each restoration/ beautification. Don't miss this once-a-year celebration of craftsmanship, community, and classy design—all for a great cause. Cost: \$15 for Members and non-members .



New Member Orientation Meeting June 27, 1:30-3:00pm

Are you new to ASI and want to know more about activities offered here or ASI's history? Or maybe you are not exactly newly-joined but now want to get seriously "active" here?

In either case, you are invited to a New Member's Orientation on Friday, June 27 from 1:30-3:00pm. You'll meet some of the Board Members and activity leaders who make this place buzz with fun and meaningful activities.

Then join us with other ASI members, 3-4:30pm for an **ALL MEMBER free** pizza party! Enjoy pizza, a beverage, and time to visit! (See below.)

But we need a headcount for both events. Sign up by Wed., June 25. Stop by the office, call (831-424-5066), or email us (asi@activeseniorsinc.org).

All Members—PIZZA! PIZZA! PIZZA!

Join us on Friday afternoon, June 27 from 3:00-4:30pm for an All-Member pizza & drink get-together! This event follows our New Member Orientation, so come welcome them! One of our members generously donated funds to thank everyone for the vibrant atmosphere we create together! We do, don't we? Sign up by Wed., June 25. Stop by the office, call or email ASI.

ASI Holiday Craft Faire Scheduled for Sat., Nov 8, 12-4 PM

By Sera Hirasuna for Craft Faire Committee: Sera, Josie Matsumoto, Charmaine Kaplan, Brenda Orr, Linda Fanelli, Debbie Panelli, and Gaye Freedman

To: All Crafters and Shoppers: Locally crafted, home-made items made lovingly by ASlers will be sold at ASI's First Holiday Craft Faire on Saturday, Nov. 8 from noon-4pm. Items will be created especially with seniors in mind. Crafters must be ASI members, and they will be selling to fellow ASlers as well as the public. Please note the date.

To crafters: if you make any sort of craft (except food) and would like to sell your items, contact ASI by email or leave your name and phone number at the office, Attn: Sera.

If we are inundated with crafters, our priority will be to offer a diversity of crafts. We may have to curate the list of applicants via interview. We have about 20 tables available for \$25 each. The deadline to apply is August 1, but it's first come, first serve.

Listening Place Readers Theater Presents OH, CALIFORNIA

This current Readers Theater presentation includes historic songs and tales by California writers: Steinbeck, Saroyan, Bos Ros, Sparks, Twain and J Rousseau. They are sure to delight and capture your imagination as old familiar places are remembered and new stories brought to light. Several local writers have contributed AND musical selections are interspersed throughout the program.

Performers: Richard Boynton, Lydia Lyons, Nina Solomita, Christopher Sullinger and MaryLee Sunseri. Directed by Maryann Rousseau. Collected and adapted by MaryLee Sunseri. Produced by Linda Hancock and Susan Keenan.

There are only three performances: **Thursday, June 12, Active Seniors, Inc. at about 12:45 pm.** This monthly luncheon program is a brief preview of the full production, which plays Saturday, June 14, at the Carmel Foundation at 1:00 pm and **Sunday June 15 also at 1:00 pm here at Active Seniors, Inc.** Doors open at 12:30. Free admission. Donations welcome. No reservations necessary.



ASI Quilters in Art Corner—Actually an Art *Page* This issue

By Yole Whitlock

Quilting can be therapy, a creative experience, an escape, a visual math problem brought to life, a feel for colors that makes sense, a method of relaxation and paradoxically hours of concentration. It has a start and a finish! “I can’t draw but I can sew!” was a recurring comment.

These are just a few of the reflections and thoughts several members of ASI’s Quilting Group gave as their reason for quilting, as they gathered to discuss the upcoming Craft Fair. The “quilters” meet the first and third Thursday of every month at ASI for a three-hour session.

They begin with announcements about everything from current projects, where there’s a sale on thread or fabric, or to crow about a great find at an estate sale. They hold demonstrations of their work, share new stitching ideas, new patterns, finished projects, help one another solve composition problems, celebrate birthdays, but most of all, they support each other in this traditional skill.

And they didn’t mention this, but what I saw was a community of like-minded souls! While our group of women at ASI do not quilt in the communal way, working on one large quilt together as a “quilting bee” of old might have done, these women individually contribute their skills to two significant projects year-round.

The quilters make red, white, and blue quilts which are donated to Memorial Hospital in Salinas which, in turn, are tucked around the legs of veterans who exit in a wheelchair after their hospital stay. The quilts are theirs to keep. Likewise, Jacob’s Heart receives quilts of all sizes and designs for children from infants to adolescents who have cancer; again, the quilt is theirs. This is not a joint effort but a common effort to spread their “good works” to others!

Quilting dates back to 3,400 BC. Evidence of this includes an ivory carving of a pharaoh wearing a quilted mantle on his shoulders. By the twelfth century crusades, knighted members sported quilted garments for warmth under their suits of armor. The crusaders likely brought back this style of quilted clothing from their battles with the Muslims in the ancient city of Jerusalem.

Both Christians and Muslims held the city up as a sacred site for their religions. Parts of the oldest surviving quilt (made in Sicily around 1360), the Tristan Quilt, are housed in two major museums—in England and Italy. The quilt, meant to be a wall hanging, depicts scenes from the story of Tristan and Isolde.

The American quilt, born in Colonial times, was originally for strictly utilitarian use providing much needed warmth as bed coverings in homes without heat. Quilts were also helpful as hangings over poorly sealed doors and windows. Plus, every scrap of fabric was used for a purpose--nothing wasted.

In creating clothing, bed coverings, draft fighting curtains, and artistic quilts, this ingenious skill has been at the world’s fingertips for centuries. If you have been quilting all your life at your mother’s or grandmother’s knees, and are looking for a place to belong, come on down!

Special thanks to Linda Fanelli for hosting this gathering of quilters (left to right >>>): Pat Friedrich, Charmaine Kaplan, Linda Fanelli, Kathleen Ericson, Josie Matsumoto, Susan Holtam, and Suzi Stormon.

*(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. Be creative and send us information about your own work or a group’s work.*



VOLUNTEER NOW!

By Kay Wallace

ASI needs volunteers in our office. Please contact us to talk about how you can help. Come into ASI or call (831) 424-5066. This month's quote is from Mary. "It's FUN. People should volunteer because we have so much fun!" Come in. Share the fun. We would love to have you here with us. We will train you, and we will schedule you to shadow an experienced volunteer. Pick up an application at the ASI office window. Thanks.

The Artful Escape Workshop wants YOU!

Relax and enjoy your creative journey. Join us for the Artful Escape! Be inspired by others and their creative ideas! Bring your own projects with supplies for: stitching, sketching, water/acrylic painting (bring table protection), crochet, knitting, writing, poetry, etc. Meet new friends! Be mindful and escape life outside the door!

Activity debuts June 17 and will happen on the third Tuesday of the month from 1:30-3:30 pm in Room A or B. It'll be a drop-in first come, first served. A sign will be posted at office when class is full. For ASI Members only, \$2. Limited to 12 Members. Leaders: Jo Ann Reynolds, Kathy Gill, Mimi Niesen.

Do You Play?

Did you know we now have a monthly indoor, aerobic, hand-and-eye-foot game that is intense, easy-to-learn, and is part of the Summer Olympics? You guessed it—ping pong! We tried asking for leaders over the years, but never quite got one. . . until Jim Tripp volunteered. The activity—the second Friday of the month—premiers June 13 (lucky day) for an hour! We will have to play doubles because of the numbers of interested people. First-come, first-served (literally). But you can watch and cheer Members on!

Look Into the Book Club

The ASI Book Club meets every Wednesday from 10:30 to 11:30. We are about to start reading *By Any Other Name* by Jodi Picault. Next up is *The Years of Wonder* by Geraldine Brooks. In the next couple of months we will vote on our next selection of books. Please join us! For more information, contact Holly Mikkelsen at hmikkelsen@gmail.com or (831) 261-2590.

Sunshine Committee Reaches Out

Although we all want to stay active, healthy, wealthy and wise, sometimes other things happen. The ASI Sunshine Committee wants to know if you or someone you know needs encouragement, good wishes, or healing thoughts. If those "other things" happen, please let us know so we can help support you. Send names to Donna Elder-Holifield at bonprofesseur@yahoo.com. Currently, Sunshine Committee Member Christine Higgins needs our support and love.

June Birthdays

Doris Beckman	Mary Linzer
Yolanda Borges	Song Luna
Diane Cadei	John Macias
Frances Cherry	Joni Madolora
Bruce Christiansen	Robert Madrid
Kevan Clarke	Emilie Mangompit
Carol Collins	Lisa McFarland
Luzviminda	Lynette McGregor
Colorina	Claire McKibben
Josephine Cruz	Wendell Montes
Rita Dady	Nicole Neilson
Carol Dixon	Bonnie Nielsen
Doris Drost	Karma Nilsen
Pavinee Francisco	Teresa Ortiz
Sandy Georgariou	Charles Paull
Marilyn Gibbons	Regina Pedroza
Alice Giottonini	Betty Prunty
Lorraine Gorczyca	June Radicchi
Gregory Higgins	Bill Schriver
Kathy Hilliker	Arduth Seever
Patricia Hughes	Margie Tagonan-
Fred Johnson	Vargas
Paula Gail Johnson	Maria Thompson
June Laarss-Payne	Marietta Von Berg

A woman decided she would like to have a parrot. At the pet store she found one and it was very reasonable—only \$50. She asked the proprietor why it was so reasonable. He told her that its former owner was a madam in a house of ill-repute and that the parrot's language could be a bit salty.

The woman decided that wouldn't bother her—she had probably heard it all before—so she took the parrot home. On arriving the parrot said, "squawk—new house, new madam."

A bit later her daughters came home from school. The parrot said "squawk—new house, new madam, new girls."

Later on her husband got home from work. The parrot said "squawk—hi Bob."

Ready, Set, Let's Go! Upcoming Trip, Alaska Cruise Final Meeting June 26

By Sharon Piazza, Tour Director

Alaska Cruise: August 11-22. Contact Pacific Grove Travel (831-373-0631) for reservations. Berths are still available and you'll be among a lot of friends with 94 ASI Members already signed up. However, our cruise fast-approaching — only a few more weeks!

For ASI members and guests who have made reservations and final payment for the cruise, we will hold a meeting on June 26. Ask those last-minute questions, get "Ocean-Ready" and learn about the Princess Medal-lion. Contact Sharon at 831-261-8087 to make meeting reservations.

UCSC Arboretum tour has been cancelled due to unforeseen transportation difficulties.

"Moulin Rouge": Saturday, July 12. Only 20 seats left for this play set in Paris during the turn of the 20th century. A young composer falls in love with a Moulin Rouge actress. Leave Park Row at 10:15AM; return by 6:30PM. Lunch at Old Spaghetti Factory. Total cost is \$209.00

At right, happy travelers from the May 17 tour of the USS Hornet Museum in Alameda.



Big Week Western Tuesday Dance

Please Note: RSVP beginning June 3 for the **July 15** Big Week Tuesday night Western Dance Party. Pay in advance to reserve your spot for the once-a-year Tuesday Night Dance or stop by the ASI Office to sign up. No price increase for this very special event. Space may be limited. Oh, and start getting your gear together, podner.

Did You Know?

By Sera Hirasuna

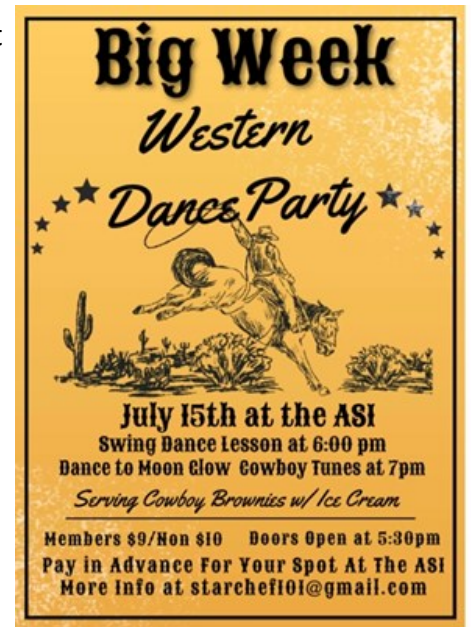
You are allowed only two RFID tags to check into your ASI events at the kiosk. That's a perfect reason to take a phone photo of your tag to check in. There are folks who are on their second (and last) tag!

P.S. You can check in without your tag. ASK a volunteer if you don't know how. ASI is one of the only non-profits organizations in the area that is 100% run by volunteers. We have no paid staff. Thank your volunteers!

June Food Distribution Cancelled

As the Food Bank for Monterey County is scheduled for its annual audit during the last week of June, there will be no June food distribution at ASI. ASI will be up and running again for the food distribution the last week of July. However, you can find a site near you for June distribution by clicking on this link: <https://foodbankformontereycounty.org/food-assistance>

May's distribution was again hugely successful with more than 300 bags of food handed out to ASI Members and community residents. Many thanks to the dedicated volunteer crew that makes the whole operation work so well. In fact KSBW on May 28 spotlighted ASI for its food distribution in support of the Food Bank for Monterey County.





12 Random Acts of Kindness to Think of Doing This Week

1. Check in with a friend or family member you haven't heard from in a while to make sure they're doing well.
2. Write an encouraging note with sidewalk chalk outside to brighten the day of people who see it.
3. Compliment a loved one in the morning to make their day bright as it starts.
4. Smile or give a friendly nod at a stranger you see while on a walk or doing errands.
5. Send a card in the mail to someone you miss.
6. If you have old clothes you can do without, donate them to charity.
7. Gather up any recyclable items like plastic or paper you have sitting around and take them to a recycling plant to treat the earth kindly.
8. Make a simple bird feeder and hang it outdoors for local wildlife to enjoy.
9. If you can afford it and are comfortable doing so, pay for someone's order at a drive through or grocery store.
10. It's important to have compassion for yourself, too! Make time for one act of self-care each day, like going on a walk or eating a healthy, homemade meal.
11. Write a note to someone you care about containing the top 10 reasons you love them.
12. Ask a loved one how their day went, and if they're struggling, find ways to help.

Adaptive Equipment Available for ASI Members

ASI has a shed full (sometimes overfull) of adaptive equipment which ASI Members can check out to use. Equipment includes wheelchairs, walkers, crutches, canes, shower seats and adaptive raised toilet seats. Maybe other stuff also. Before you purchase any equipment you might need, check first with the ASI office and see if we have it. Best wishes.