

## OFFICE HOURS

9:00 am to 4:00 pm  
Monday through Friday  
[asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org)  
831-424-5066



## ACTIVE SENIORS INC.

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# Monthly Newsletter - July 2025

## DAILY ACTIVITIES

**MONDAY:** Zumba 7:30-8:30 AM\* no wts +Instr.  
Zumba, 9-10:15 AM\* w/ weights + donation  
Hula, 10:30-11:30 AM\* except for 1st Mon. + 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\*\*  
Bunco (1st Monday)-5-8 PM, doors close 5:30p, \$6.

**TUESDAY:** Legal Services for Seniors, 9:30-11 AM Call for required appointment. Free.  
Line Dancing 10 to 11:30 AM\*\*  
Bridge, 12N-3:30 PM\*\*  
Artful Escape, 3rd Tues., 1:30-3:30p—drop in  
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, 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, 1-2 PM and 2-3 PM\*  
3rd, "Singing for the Brain," 3:15-4:45 pm + donat.  
Last Thurs., FOOD DISTRIBUTION, 10:00 AM-noon

**2nd TH: MEMBERSHIP LUNCHEON** July 10, Noon, \$12.  
Program: Legal Services for Seniors

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

**SATURDAY:** Office closed  
Zumba, 9-10 AM Limit 40\*  
July 12, Cardmaking, 10:30-11:30 AM\* + \$5 materials  
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.

## June 2025 New Member Orientation "Went Exceedingly Well!"

By Sera Hirasuna, Activities Chair

On Friday, June 27, some 50 new Members signed up to attend an hour-and-a-half orientation about ASI, its history, its activities, and indirectly, its culture. In attendance were "new Members" who have been Members for months or maybe years but had not attended an orientation; others were new visitors who signed up for membership that day.

Also in attendance were Past Presidents Karen Towle (MC), Dwight Freedman (Director of Technology and Membership), Bob McGregor (Director of Finance) and current President Bob Whitlock. Also present were current and former Board Members who now lead various activities. Jim Tripp (current Webmaster) presented a slideshow highlighting key milestones in ASI's history—we *are* 66 years old!



Activity leaders represented different genres: Mary Marvel (Bunco, Bridge, Mahjong), Sylvia Teixeira (line dancing, social dancing, hula), Leslie Wolfson (Ukulele, guitar and "Singing for the Brain"), Linda Fanelli (knitting/crochet, quilting, card-making, "Artful Escape"), and Robert Pettit (Yoga AM and PM, Chair Yoga and Zumba).

Guests were given a 16-page booklet chock-full of schedules, activity lists, and a recent June newsletter. New Members were invited to stay for the free all-Member pizza party.

## Can We Improve on This Orientation?

By Linda Evans

To begin, we did it...thank you everyone. It doesn't "take a village"...it takes ACTIVE SENIORS. I think we all drank from the fountain of youth that Jim titled during the PowerPoint presentation.

What needs to be included in our after-action report? What especially worked? What didn't? What should be added, deleted, massaged? Please respond with **at least three comments/suggestions/observations**. I'll compile everything in our after-action report for both the file (for future years...we have digital copies of most everything : -) and report to the Board. The Board meeting is July 3--so for your comments to be included, I need them no later than July 1st.

The tip of my hat--and my thanks--to all of you. Gratefully.

## Pizza! Pizza! Pizza Extravaganza!

By Sera Hirasuna, Activities Chair

A long-held myth was tested June 27: Seniors don't eat pizza. Wrong! So wrong! About 200 people signed up. We lost count, but every table and every chair were used. Everyone was squished in together but we didn't seem to mind that in the least. With funds from an anonymous donor, Event Chair Gerry Reynolds bought 52 boxes of pizzas, enough to feed 200. He wasn't disappointed.

We had the Maui Zau, Guinevere's Garden Delight, Mt. Veggie-more, the Robbers Roost, the Garlic Tuscan, the Pineapple Luan, the Chicken Club, the Margarita and even the Anchovies & Onion (anyone hungry?). We had vegan, veggie, cauliflower crust selections (gluten free), and much more. Beverages included sodas, water, and beer--Sapporo, Modelo, Corona, Heineken, the good stuff.

When everyone was fed (note the full house >>>), there were 10 boxes of pizza left, so people came around for their second or third time or to stockpile dinner. At 4:30 pm people still wanted to hang out but were "encouraged" to go home so volunteers could clean up. Whew.

It seems that we LIKE to be together, in one big group, newcomers and veteran ASlers alike, everyone--talking and chewing the fat, so to speak. We are seniors. We have time to listen to each other. Hey, when's the next event?

## Pizza Party a Huge Success—Thank you Volunteers

By Gerry Reynolds, ASI 2025 1<sup>st</sup> VP

Thank you, everyone attending the Pizza and Beer Party last Friday! A **VERY SPECIAL THANK YOU** to our anonymous patron who provided the funding to celebrate camaraderie and service among the ASI Membership.

More thanks are due to our Board of Directors for jumping in wherever needed, to the volunteer kitchen help and pizza servers, and the ubiquitous cleanup crew! We used **every** table and chair on the property to seat approximately **200 diners**, and it was great! And didn't the variety of pizzas and beverages please most folks?

WE had a GREAT time! If you have photos to share, send them to [asi@activeseniorsinc.org](mailto:asi@activeseniorsinc.org) with PIZZA PHOTOS in the subject line.



Leslie Wolfson serves it up—song for the New Member Orientation and pizza after





## Big Week Tuesday Dance

By Sera Hirasuna

Please Note: Registration for the July 15 Big Week Western Dance Party is open. Pay in advance to reserve your spot for the once-a-year Tuesday Night Dance or stop by the ASI Office. I don't expect Chef Michael to do very many more parties like this this year. (Maybe, a big one at Christmas as he did last year.) So you will want to join Big Week festivities! We'll be doing ECS (East Coast Swing) although as always, the band will cover a range of dances.

I heard the WCS lesson on June 17 was a blast and I even know of one person who used his/her newly-acquired skills it at a recent party! That's the very thing I hope for all of you. You need to "use it or you lose it." Steps are ephemeral, just theory, unless you plant it deep into your muscle memory. You never see basketball players learn a shot, do it for an hour and say, "I know it now, I don't have to practice."

No. You *have* to practice; it has to become part of you. And besides, it's fun to practice. Find music on YouTube and put it on when you practice. It's a whole different thing when there's a beat! And it's a whole 'nother thing when you have a partner. Ladies, ASK the guys to dance. It's totally democratic here at ASI. Have fun on Tuesday!



## The Western Stage Rolls On

*Honk!* Is up and running for two more weekends, so make plans to see this heartwarming musical adaptation of the classic story, *The Ugly Duckling*. ASI activity leader Bari Roberts says of *Honk!*. "It was a great production. I loved the Cat character. Well acted, well sung. The staging was amazing. Lots of characters, lots of costumes. And it's a good story. Be sure to see it for yourself."

*Humble Boy* opens the following weekend (July 19). As Cambridge astro-phycist Felix Humble explores the universe, family issues make him realize he also needs to explore his own life.

Tickets and more information are available on-line at [westernstage.com](http://westernstage.com). Tickets are also available at the box office in building K (The Performing Arts Center) on the Hartnell College campus.



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

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

ASI will be sponsoring its first ever Craft Fair on Nov. 8 from noon-4:00 pm--just in time for the holidays. Items will be home-made and created lovingly by ASIs and/or their families. Items will be designed with seniors in mind. Members may share a six-foot table. All ASI members are invited, as well as the general public.

If you are a crafter, potter, jewelry maker, etc. and would like to sell your items, contact ASI and leave your name/phone number at the office, for Sera or any one of the committee members in the byline above. Our first priority will be to offer a diversity of crafts. We may have to curate the list of applicants via interview with product samples.

*(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.*

Email your Editor George Niesen at [gniesen@redshift.com](mailto:gniesen@redshift.com) or text/call 831-595-3165. Thank you.

## It's Boogie time, Y'all!

By Sera Hirasuna

This year's Summer Dance is a fundraiser for the ASI Activity Scholarship Program. (Look for more info in a couple of months.) It is also the **only** DJ'd dance planned for this year. So, be there or miss a good time for a worthy cause! We'll eat early and dance until closing at 8:30pm. In between sets, you can bid on lovely "baskets" ASIs have donated.

Ron Soratos, our favorite DJ, an expert at keeping us dancing, will be our MC again! You can dance in your chair, solo it on the floor, dance as a couple--or as we are apt to do, join a circle as we dance as a group. We're like that. We enjoy being together! Save the day: Sat., Aug. 9, 5-8:30 pm. Casual dress. Extra parking at Swenson & Silacci.

## Next San Jose Theater Trip Announced

By Sharon Piazza, Tour Director

You can sign up any time now for the recently announced trip to see the musical version of *Some Like it Hot*. The flyer (>>>) and registration form is now available at the ASI office. The classic comedy is sure to be a hoot. Lunch included.

## Many Hands Make Light Work

By Bob Whitlock, 2025 ASI President

We have more than 850 members...and so many members keep us vibrant and functioning... and we are all aging...so we need some additional member help. We need people to refresh the kitchen's daily needs, to stock coffee and beverage supplies, wipe counters, and set out cookies, etc.

Please reply to this email letting us know how often (weekly, monthly, whatever) you could help. ASI continues to thrive--as we have since 1959--because WE ARE ALL VOLUNTEERS.

## 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



### July Birthdays

Diane Bair	Joann McKinsey
Elizabeth Burns	Geraldine Mejia
Samuel Choi	Bob Meyer
Lisa Cook	Carman Moya
Joseph Culp	Debbie O'Conner
Elvira Diaz-Infante	Robert Pendergrass
Niki Estrada	Anna Plymale
Paul Farmer	Tanya Raven
Aurelio Gonzales	Cynthia Sanchez
Ben Hanley	Marilyn Shostak
Helen Haskin	Shirley Silva
Patricia Haynes	Grace Swarts
Minda Iwankovitsch	Kathleen Thomasberg
Carolyn Jensen	Mary T. Viglietti
Myrna King	Adina Walton
Janet Lewis	Robert Whitlock
Mary McCord	Mary Wilborn
Susan McCreight	

# A Journey from Sales to Service

By Yole Whitlock

Laura Ruggieri is an ASI board member, but most importantly, she is a woman who has found her path in life to be of service to others. You may have seen her at our monthly luncheons. With her vibrant brunette mane and youthful appearance, I was convinced she was someone's attentive daughter, guiding her parent through our welcoming doors for an hour or two of socialization, all while making our guest speakers feel comfortable before their presentation. She is after all, our program chair. Not done, she flits back to the kitchen to help out with the luncheon service. She is a woman of constant movement.

Laura is home-grown in Monterey County. She is a proud third generation member of the Swiss Italian community. After graduating from Monterey High School, she married her high school sweetheart and started a family at a very young age. Nevertheless, despite her youth, Laura marched right out into the sales force of our hospitality industry and began staffing the front desk at the Monterey Beach Hotel. Promotions soon followed.

Moving up the corporate ladder, she led the sales force for BayView Hotel, Inc. which also included the Hotel Pacific and the Carmel Mission Inn. She circled back to the family business at Jet Stream ATM providing her more time to be with her young daughter, Jessica. It also, fortunately allowed her to spend valuable time with her deeply loved parents.

Soon after, she jumped to real estate sales which, again, allowed her to be flexible with her work hours. As the years went by, she shifted gears again to be the Business Development Manager for the Monterey branch of the San Jose Construction Company for eight years.

However, after almost 30 years in the work force, she knew she had not yet found a "purpose" for her work. Yes, she was good at what she did, but she wanted something more. One of her sales positions led her to "fill" the beds at Merrill Gardens, a community for assisted living and memory care services. By this time, Laura had become the caregiver for her father until his passing at age 94 (her mother had passed years before).

Shortly after, the new owner of Madonna Gardens (formerly Madonna Manor) called for her help. Laura knew she was on the right path to her true calling. Several ASI members came to the grand opening of Madonna Gardens and chatted with her. Intrigued, Laura came to see for herself what ASI was about. Almost immediately she joined and started volunteering her services.

She is probably the "youngest" senior to ever grace our membership. She sponsored the desserts for the monthly luncheon for a few years, and was instrumental in establishing the "sit down" service. Instead of 120 ASI Members and guests lining up for lunch, a cadre of volunteers now delivers lunches to our tables.

In 2021 at the age of 48, she proudly opened her own advisory service, Elder Placement Professionals Monterey Peninsula (EPPMP.com), which helps clients who find they can no longer provide parents the care they need with answers to their questions about what to.

She has made an effort to visit every care and assisted living facility in the county and her experience and concern for clients and their families shine through in her outgoing, empathetic, high-energy personality. She is devoted to her work!

Laura now owns and lives in the family home where she grew up. She is also devoted also to her two daughters (Jessica, child of her marriage, and Gina, daughter of her heart) and three grandchildren. She happily lives with her best friend Michael and her 13-year-old fur-baby, Bixby Brady.

You will find her most weekends either going to the beach, getting some hikes in around the area or spending time with friends and family. On some occasions she'll navigate a golf cart around local golf courses while Michael hops out to blast his way out of a sand trap or to hit a sterling shot 300 yards down the fairway! Even at leisure she finds herself providing assistance and support for another's benefit – "service" suits her.



ASI  
Active Seniors, Inc.

## Technology Training Event

July 24, 1 PM to 3 PM

### Training Agenda

- ▶ PC & Internet Security - Passkeys
- ▶ Artificial Intelligence (AI)
- ▶ Windows 10 End of Life - October 14, 2025

Call Us Today and Register

(831) 424-5066  
ASI@ACTIVSENIORSINC.ORG  
100 HARVEST ST SALINAS CA

Register by Email, Phone or in person. Cost \$2 per person





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## July Luncheon Program

Legal Services for Seniors is a non-profit law firm providing legal services in civil law to seniors over 60 years old who live in Monterey County. The office is in Monterey and staff includes five attorneys, five legal advocates, and an intake specialist. They are funded by the government, private grants, and private donations.

At our July Luncheon Vicky Canepa, legal advocate and outreach coordinator, will provide information about general services and will speak in more detail about estate planning, financial elder abuse and housing.

## Save the Date for CPR/AED Training (Sept. 6)

By Witold Piekarski, Safety Committee Chair

Cardiac arrest can happen anytime, anywhere. Since most events occur at home or in public spaces, quick action could save a loved one or a stranger. ASI will offer CPR/AED training on **Sept. 6** and will encourage Board Members and Key Volunteers to take the training.

Remember, "You don't have to be a doctor to save a life, you just need to be prepared."

Further details and signup information will be provided in the August Newsletter.

## Success Stories

We would like to publish occasional success stories in our ASI newsletter regarding ways ASI programs have helped YOU! The stories can be anonymous if you wish. Has an ASI exercise program helped you through a period of rehab? Has socialization at lunches provided support and reassurance through a tough episode in your life? Has a dance class offered you a renewed sense of joy? Does volunteering at ASI provide a sense of accomplishment and fulfillment? It's likely many of our members can learn a lot from your experiences.

Please let us know how ASI works—especially if it works well. Please contact newsletter editor George Niesen to share your stories. Email to [gniesen@redshift.com](mailto:gniesen@redshift.com) or text/phone 831-595-3165. Thank you.