

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
www.activeseniorsinc.org
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Monthly Newsletter - August 2025

DAILY ACTIVITIES

MONDAY: Zumba w/o wts. 7:30-8:30AM* + donat.

Zumba 9-10:15 AM w/wts* + donat.

Hula, 10:30-11:30* + donation

Beg.Hula 1:30-2:30PM*, RmA + donat.

Ukulele & Singalong, 12N-2 PM**

Mahjong 12:30 to 3:30 PM, RmB**

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

Bunco 1st Mon, Members First, 5-8 PM, \$6.

TUESDAY: Legal Serv. for Seniors, free

9:30-11:30 AM Call for appt., RmA

Line Dancing 10 to 11:30 AM**

Bridge, 12N-3:30 PM**

Beginning Ballroom Lesson 6-7 PM &

Moonlight Jazz Band 7-8 PM. \$9/\$10

Artful Escape, 3rd Tues.,** 1:30-3:30pm

Rummy/Poker Card - 4th Tues., 1:30-3:30pm, NEW!*

WEDNESDAY: Yoga/Balance/Pilates 8:45-10AM*

Cribbage, 10:00 AM-12:00N, RmA**

Book Club 10:30 AM to 11:30AM*

Guitar Circle & Singalong, 11:30-1:00 PM**

EFT Tapping, 1:30-2:30PM, Rm B +donat.*

Tai Chi, 1:30 to 3:00 PM**

Chair Yoga, 3:15-4:15 PM* + donat.

Line Dancing 6:30-8:30 PM** + \$1 donat.

THURSDAY:

Knitting/Crochet. (excpet 2nd Th), Rm B, 1-3 PM**

Nar Anon family supprt group, Rm A, 12N-1PM

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

Genealogy, 1st & 3rd Th, Rm A, 10:00-12N**

Tech Assist., 3rd Th, 1-2 or 2-3PM, appt.*

"Singing . . .Brain," 3rd Th, 3:15-4:45pm** + donat.

FOOD Distribution, last Th, 10-12N, free.

2nd Thurs., MEMBERSHIP LUNCHEON, Aug. 14,
12N, \$12. Prog. Dr. Garfield, Better Sleep. pre-
register & pay by Fri. before,

FRIDAY: Yoga/Balance/Pilates 8:45-10:00 AM*

Zumba 10:15-11:15 AM* +donat.*

Bridge 11:45 AM to 3:30 PM**

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

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

SATURDAY: Office closed

Zumba, 9-10 AM Limit 40*

Cardmaking, 2nd Sa*+\$5 Mtrls * 10:30a-12:30pm

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.

Aloha Õe - Ukulele class

By Yole Whitlock

Aloha Õe, Hawaiian for "until we meet again," is the closing melody as 25-35 ukulele players lifted their voices at the Monday afternoon ASI "Ukulele and Sing Along." Marilyn Gibbons, a professional singer and recording artist, sits at the front of rows of chairs and tables and leads her students of all skill levels on their ukuleles through an impressive repertoire of familiar tunes. (Stanley Sokolow, a noted ukulele teacher from Santa Cruz, started ASI "uke" classes in 2021.)

Marilyn begins the class with simple melodies featuring two to four chord changes and all join in, strumming in rhythm while singing along. One might think the ukulele is a Hawaiian instrument, but students start with anything from country western standards like Hank Williams' "Jambalaya" or Merle Haggard's "Silver Wings," shifting into pop hits such as the Beatles' "Eight Days a Week", or Carole King's "Chains." Of course, the requisite Don Ho mega success, "Tiny Bubbles," is a favorite!

Marilyn suggests the next song or calls out for suggestions this first hour. Barry Tomasini assists with the beginning players. He roams around, sitting for a few minutes here and a few minutes there with those who have "only just begun"!

Rounding out the vibe is Lois Crowell who sits in a chair amid the students. She strums her *guitar* with a soft pick and like Marilyn adds her micro-phoned voice to the mix. Lois prefers to play her guitar rather than the ukulele and a few of the players also show up with their guitars.

(Sadly, Lois passed away in July. She and her contributions to the ukulele class will be missed, including the wide range of hats she wore to class. Her fellow uke players the following week celebrated her full life lived to the end with a full array of hats—see photo next page).

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Aloha Õe - Ukulele class (continued from P.1)

Also on the mic is Elaine Koppany adding her dulcet tones to the sounds of the ukuleles, guitars, and varied voices of the class. As more players drift in to take their seats, other ASI members staffing the front desk or on their way to Room A or B, add their voices to the “sing along”. It is an infectious first hour! The second hour is for more difficult tunes with multiple chord changes.

The final song of the day is always Aloha Õe, a nod to Queen Liliuokalani who in 1878 penned the famous Hawaiian folk tune. It’s a cultural symbol for Hawaii and an ode to the ukulele. Interestingly, the uke came to Hawaii via Portuguese immigrants in the late 19th century.

The *braguinha* was a four-stringed instrument, shaped like a guitar, but much smaller in size, that was common on the island of Madiera (“Have some Madiera, my dear, it's ever so much nicer than beer” crooned the Lime-lighters in the 1970s). Three immigrants, Manuel Nunes, Jose do Espirito Santo and Augusto Dias, began playing on street corners. Hawaiians were enthralled.

When King Kalakaua promoted the the *ukulele* at royal performances, the newly Hawaiian-nicknamed instrument (“jumping flea,” combining Hawaiian “uku”, a flea and “lele”, to jump) began to symbolize Hawaiian music.

In addition to the Ukulele and Sing Along offered for just \$2.00 for Members, guitar lessons are also offered on Wednesday at 11:45-1:00 PM for only \$1.00 for Members. Come on down and try your hand at either, or both.



ASI Members Need to Become Aware of Safety Practices

The incident with one of our members at the July 10 ASI luncheon is opening the eyes, ears, minds and hearts of many of our ASI Members. Our hearts go out to Margaret Martinez and her family. Our minds and senses are trying to process the event.

The takeaway from Nick Martinez’s demise is that many more of us need to learn and understand the basic response to a choking. We need to know the universal choking sign and we need to share the sign with others when we are choking. When no one is around, we need to know how to perform the Heimlich on ourselves.

Knowing the Heimlich maneuver can save our lives and other’s lives. Safety Chair Witold Piekarski organized a safety session for ASI Activity Leaders with a presentation by ASI member Rosalyn Lambert, RN, with an overview plus three short videos on choking. We encourage every ASI Member to view and learn from the videos below.

Swallowing Animation <https://youtu.be/k4FOGogOk4E?si=FpRFEYo-dQrAO8-f> (0:15)

Conscious Adult Choking Practice <https://youtu.be/XOTbjDGZ7wg?si=K1jqJn-ohT8pV3tE> (4:44)

Unconscious Adult Choking-Lay Rescuer https://youtu.be/AEFI18mCWHk?si=7V8oUI1Et9ObrE_M (2:54)

How to administer the Heimlich maneuver on yourself if you are alone and choking

https://youtu.be/y6HkuwqS_Dk?si=J_h9wbf93s_KVRsP (3:02)

Precautions in a Food Service Environment

By Dr. Don King

The Heimlich maneuver is used to free objects such as large food pieces from the airway when a conscious person is unable to breath. If a person is observed to lose consciousness and is not breathing, traditional CPR should be started while someone calls 911.

In a food service setting, servers should be alert to people suddenly in distress. An obvious sign may be choking but frequently people believe they can solve the problem themselves and then leave the area. In that case, someone/anyone should follow that person to assure their safety.

If distress of a serious type becomes obvious, screaming for someone to call 911 and asking the victim "can you breathe?" followed by "I will give you abdomen thrusts" if it is clear they can’t breathe. Anyone should feel authorized to do this maneuver if physically able.

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Precautions in a Food Service Environment (continued from P. 2)

In the recent situation at ASI described to me, a person was un-attended for a period of time (maybe 5-10 minutes) then found to be unconscious and not breathing. CPR in this situation without a successful clearing of the airway would likely not be successful.

Statistics indicate severe tissue damage starts after more than 5 minutes of not breathing. Observers of this ASI incident in retrospect should not be feeling failure so much as a need to learn to act differently in the future by taking "observer action". In a professional setting where EMT arrives quickly, CPR is continued until a licensed medical doctor determines to stop all measures.

Upcoming First Aid Training

By Witold Piekarski

We agree that cardiac arrest can happen anytime, anywhere. Since most events occur at home or in public spaces, our quick action could save a loved one or a stranger. Let us take the next step by enrolling in a CPR/AED training course and encourage others to get trained.

Sept. 6, ASI will offer the course for \$30/person which will include certification. Early registration/payment required to participate. "You don't have to be a doctor to save a life, you just need to be prepared."

A perspective from ASI Board Pres. Bob Whitlock

ASI has been an all-volunteer organization since its very beginning...for more than 65 years. The Activity Leaders, the Office Staff, the Tech Gurus, the community volunteers, the Kitchen Cooks and Servers—all the people who keep ASI open as a place to be with friends, make connections and have a good time, are VOLUNTEERS!

The 11-person Board of Directors are all volunteers...who usually serve a 2-to-4-year term guiding the direction of ASI. As President for the past two years, I've spent a lot of time at ASI. I like being here. It makes me happy. I feel a sense of belonging. Many of my friends are there and I keep making new friends. And I feel I am contributing to something important. I've learned new ideas, been challenged to get out of my comfort zone and am a part of future planning for ASI. I am continually amazed to see such a high level of caring and willingness to help by everyone on the Board to make ASI a better place for all of us. It has made my job so much more interesting. I am very proud of our Board, and the many others that step up to help.

It's the time of year we need to identify potential new Board Members. You can ask at the office for the Board candidate application. You can also "test out a Board meeting" by attending one at 1:00 PM on the first Thursday of the month. It takes a TEAM to lead ASI. It takes people with differing opinions. It takes people who know how to laugh and have fun. It takes SENIORS with life experience. What does ASI mean to you? Is this the time you have the time to give back to ASI? Consider volunteering.

Humble Boy At Western Stage Through Aug. 10

Humble Boy is at The Western Stage through Aug. 10. As Cambridge astrophysicist Felix Humble explores the universe, family issues make him realize he also needs to explore his own life. Tickets and info available at westernstage.com.

August Birthdays

Angelika Abbott	Joan Madden
Maricela Alonzo	Tolan Maust
Marie Amaral	Laura McCord
Richard Avila	Shelley McFadden
Burns Baker	Robert McGregor
Michael Beck	Teresa Mendez
Jane Black	Angelo Micalizio
Barbara Brown	Kay Micalizio
Mary Ann Cain	Kathy Moon
Maria Cariaga	Dalia Palazzo
Rebecca Carpenter	Debra Panelli
Byron Chong	Mark Panelli
Claude Constant	Jeannie Pedersen
Joseph Donahue	Aldo Peluso
Robert England	Roger Pich
Gary Falkoff	Mary Potter
Esther Fernandez	Sue Ramos
Marilyn Foos	Nancy Ravizza
Elia Freeman	Russell Regester
Kathie Grab	Christopher Reynolds
Jeanette Green	Cindy Robison
Emiko Greer	Connie Rondez
Jeanette Hansen	Susan Ross
Susan Healy	Sharon Rowe
Elma Hernandez	Susan Ruiz
Ricardo Hernandez	Ellie Satow
Simone Jackson	Molly Smith
Betty Johnson	Kim Steger
Daniel Kaplan	Daniel Towle
Kristine Kaprielian	Karen Towle
Gigi Kiama	Lavon Tripp
Kathleen King	Katie Troya
John Kubik	Barbara Urciuoli
Janet Lewis	Yolande Whitlock
Michelle Liang	Yoshie Wong
Connie Macias	Sachiko Yokota



August Luncheon Program: “Better Sleep--How do we make that happen?”

By Laura Ruggieri

Presenter Dr. Garfield graduated from Stanford and earned his MD at UC San Diego. While his training at the U. Wisconsin is Internal Medicine, with Fellowship training in Pulmonary Diseases and Critical Care at U. of Arizona, he has been seeing Sleep Medicine patients in Monterey for 10+ years.

As a member of Montage Medical Group’s Sleep Medicine Dept., Dr. Garfield chose this path because the diagnostic challenges and hands-on procedures are compelling and professionally satisfying. He is passionate about making a difference and strives to help his patients understand their conditions to optimize healthcare outcomes.

Dr. Garfield will highlight: What is “normal” sleep for a Senior?; Is snoring a problem?; When should I see someone about my sleep?; What are some “Do’s and Don’ts” for better sleep? His talk will be followed by a brief demonstration on choking responses.

There are still openings for the August 14 luncheon, which celebrates the Portuguese tradition of Holy Ghost Festa. It began in Portugal in the 1400s as Queen Isabel fed the poor from her table during famine. The Festa consists of community meals, parades, and religious ceremonies. It includes music and dancing, and today is celebrated mostly by Portuguese communities in the Central Valley, to maintain their heritage and connect with their faith.

Our meal highlights Sopas; roast beef and juice, cooked cabbage, and a large piece of French bread. Dessert will be *pasteis de nata*, an egg custard. Vegetarian entrée will be Portuguese white bean, potato and kale soup.

Summer Dance August 9 (Coming Right Up)

You are cordially invited to Summer Dance 2025 on Aug. 9, 5-8:30pm. You’ll get the best DJ in Monterey County, DJ Ron Soratos; Lionel’s homemade sandwiches; three different salads (two by Mary Ellen); chips & salsa, various beverages *and* ice cream. Friends will be dancing together in pairs or going solo and *going rogue!*--but we usually end up in big groups because that’s what we do!

Here, we dance like we mean it! What more could you ask for—friends, music, dancing and food to sustain us through three hours of fun? Say hello to summer at our *only* DJ’d dance this year! There are door prizes *and* our 2025 Fundraising Raffle headed by Elizabeth.

\$15 Members, \$20 non-members. **Limited to about 70 people** (not counting kitchen/registration help) to give us *spa-ce to pah- t-y!* Doors open at 4:30 pm. No tickets at door.



Book Club Schedule

The ASI Book Group meets every Wednesday, 10:30 -11:30. We are reading *Trinity* by Leon Uris (1976, available at used book stores, libraries and Amazon). That will take us into next month. Next on the list is *Together Tea* by Marjan Kamali (2013), followed by *Nineteen Minutes* by Jodi Picault (2008) and *James* by Percival Everett (2024).

We spend three-four weeks on a book. Selections result from member voting near the end of each series of books. Each time we finish a book we all go out to lunch at an appropriately themed restaurant. Come join us--we'd love your contributions! For information, contact Holly Mikkelsen at hmikkelsen@gmail.com or 831-261-2590.

Meeting Rooms in Heavy Use—Reservations Required

We recently had a double booking of one of our meeting rooms. It was resolved but you need to know this has happened before. I created a process last year for reserving rooms that would make double booking more difficult.

This is the process: Anyone wanting to reserve time in rooms A or B needs to email a request to ASI (asi@activeseniorsinc.org) or hand a written request to an Office Staffer, who will place it in the Director of Office Operations inbox or, if urgent, text it to the President at 831-277-6809. The President/Director of Office Operations will place the reservation on the Google calendar and notify the requesting person it is confirmed or unavailable.

What We Don't Know Translated For Us

We all know we *should* know more about the technological changes around the corner. But sometimes, we don't know what we don't know! Thank goodness we at ASI have Tech guru, Dwight Freedman, our Technology Chairman to explain it to us in English. July 24 Dwight offered a lecture and question/answer session to a group of 70+ ASlers (>>>). The focus was Passkeys, Artificial Intelligence (AI), and this year's end of Windows10.

Here's the severely abridged version. **Passkeys:** Will replace passwords. They are a form of encrypted authentication that uses two digital keys. One is stored in your computer (which needs special hardware to produce said "key"). The other key is provided by the application you are accessing. You need both parts to sign in. Passkeys are being used at major online retailers now: Google, Amazon, Apple, etc. and others will follow. If you have a PC, only Windows 11 compatible computers can provide a passkey. Windows 10 can't.

Artificial Intelligence (AI) is already with us. If you have a virtual assistant like Alexa, Siri, or Cortana, you know what I'm talking about. The "assistant" not only provides published information, but can do wide-ranging complex research, compile and synthesize information on a wide range of topics *and* analyze it. Industries using AI include healthcare, finance, entertainment, and intelligence services—and more will follow. We must keep up with this field as innovation doesn't always provide ethical solutions. Check here for more Dwight talks.

Windows 10 operating system "dies" on Tuesday, October 14, 2025; that means Microsoft will not upgrade your system to take care of "bugs" or viruses. Notifications are being sent to PC users to upgrade as we speak. You have four options. You can do nothing. You can upgrade to Windows 11 for free—but only *if* your computer is Windows 11 upgradeable. If your computer is three to five years old, it's important to check if it is upgradeable; it may not be. A third *temporary* solution is buying Microsoft's recently-offered \$30 subscription to an Extended Security Updated (ESU). Or finally, you can purchase a new Windows 11 computer.

Questions? Contact Dwight at WEBSITE: <https://DFREEDMANITSOLUTIONS.COM>, email him at help@dfreedmanitsolutions.com, or phone/text at 831-512-1352.

San Jose Theater, Fleet Week Trips Announced

By Sharon Piazza, Tour Director

You can sign up any time now for the recently announced trip (Oct. 25) 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.

San Francisco comes alive celebrating all things Navy (Oct. 11)! We go out into the middle of the bay on the San Francisco Belle feasting on a great buffet with mimosas, champagne, and orange juice flowing. When the Blue Angels perform (>>>) you'll see them over, around, and in front of you. Plan on enjoying all your line dance moves on the return trip to the pier. It's one fun day!!

From the Salinas Public Library

Virtual Genealogy Work Group; When: Tues., Aug. 26, 6:00-7:00 PM; **Where:** Online Virtual; **Description:** Discover family connections faster with Ancestry's Matches by Cluster! This smart new tool groups some of your DNA matches into color-coded clusters, helping you identify people who may descend from the same ancestor or ancestral couple. Instead of looking at matches one at a time, Matches by Cluster helps you see relationships between your matches, explore shared family lines, and break through tough genealogy brick walls. This new feature is available for AncestryDNA Pro Tools subscribers. To get the Zoom link, please contact Cathy at CathleenA@ci.salinas.ca.us; **Cost:** Free; **Web Link:** [Virtual | Genealogy Work Group | Salinas Public Library](#)



Active Seniors, Inc./Silver Kings & Queens Present

"Some Like It Hot"

SATURDAY
October 25, 2025

Leave Park Row parking lot at
10:15 AM / Return by 6:15 PM
SJ Center for Performing Arts
with
Lunch at Old Spaghetti Factory

RESERVATIONS NEEDED BY SEPTEMBER 12, 2025
\$219.00 Per Person

Active Seniors and Silver Kings & Queens Present

FLEET WEEK SAN FRANCISCO



SATURDAY
OCTOBER 11, 2025

Leave Park Row parking lot at
11:15 AM / Return by 7:15 PM
Lunch aboard the San Francisco Belle
Two-hour cruise on board the
iconic San Francisco Belle
\$175.00 Per Person
Reservations needed by September 17, 2025



Bureaucracy...even at ASI

The ASI Board, Activity Leaders, key Members, Office Workers, and others have been busy developing Policies and Procedures which help ASI operate more professionally and consistently. And though many of us bemoan the “red tape” we also understand the need. ASI has become a large organization. Ultimately a larger organization needs consistency in its operations among many more staff which, in the case of ASI means more volunteers. Please consider ways in which you can use your skills to help ASI operate more effectively. Thanks.

EFT Tapping Group Participants Report Many Benefits

By Bari Roberts, EFT Certified Tapping Practitioner

Below are comments from participants who choose to remain anonymous:

“I decided to attend the EFT Training because I needed to connect with other people and wanted to practice slowing down my mind and emotions to center on a calm space. This has been a very positive experience for me. Bari has a calm spirit and facilitates each person to share in a safe space. She gently reinforces the rules about cross talking when a person is sharing personal needs.”

“She guides us through the steps to quiet our soul and to practice EFT Tapping with appropriate statements, which we repeat. These statements address our individual concerns while we are tapping. They affirm the reality of our daily struggles and lead us to a calmer state of being.”

“Right now, we are a small group and we have grown together. I always leave feeling calmer. I need the support of a group to help me focus on finding that place of stillness within myself. The sharing is also healing. We are not alone in our daily stresses or worries.”

“I look forward to our time together and the calm that heals through Bari’s guidance and gentle spirit while she is leading the EFT Tapping. Hope this inspires you to try EFT Tapping!”