

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
[Like us on Facebook](#)

Monthly Newsletter - September 2025

DAILY ACTIVITIES

MONDAY Zumba w/o wts. 7:30-8:30AM* + don.
Zumba 9-10:15AM w/wts* + donation
Hula, 10:30-11:30AM* + donation
Beg. Hula 1:30-2:30PM*, Rm A + donation
Ukulele & Singalong, 12N-2PM**
Mahjong 12:30 to 3:30PM, Rm B**
Yoga/Pilates 2:45-4:00PM*
Bunco 1st Mon, Members First, 5-8PM, \$6.

TUESDAY: Legal Services for Seniors, *free*
9:30-11:00AM Call for appt., Rm A
Line Dancing 10 to 11:30AM**
Bridge, 12N-3:30 PM**
Beginning Dance Lesson 6-7PM &
Social Dancing to Live Music, 7-8PM. \$9/\$10
Artful Escape, **3rd Tues.**, 1:30-3:30PM, Rm B**
Card Play, **4th Tues.**, 1:30-3:30PM, \$2 Rm B**

WEDNESDAY: Yoga/Balance/Pilates 8:45-10AM*
Cribbage, 10:00AM-12:00N, Rm A**
Book Club 10:30-11:30AM*, Rm B
Guitar Circle & Singalong, 11:30-1:00 PM**
EFT Tapping, 1:30-2:30PM*, Rm B +donation*
Tai Chi, 1:30 to 3:00PM**
Chair Yoga, 3:15-4:15PM* + donation
Line Dancing 6:30-8:30PM** + \$1 donation

THURSDAY: Knit/Crochet (not 2nd Th), Rm B, 1-3PM**
Nar Anon family support group, Rm B, 12N-1PM
Quilting, 1st & 3rd Th., 9AM-12N**
Genealogy, **1st & 3rd Th.**, 10:00-12N,** Rm A
Tech Assist., **3rd Th.**, 1-2 or 2-3PM,* request appt.
"Singing . . . Brain," **3rd Th.**, 3:15-4:45PM** + donat.
FOOD Distribution, last Th., 10-12N, *free*.

2nd Th. MEMBERSHIP LUNCHEON, Sept. 11, 12N.
Prog.: Rubén G. Mendoza, PhD, for Mo. Co. Hist. Soc.
Pre-register & pay by Fri before, \$12.

FRIDAY: Yoga/Balance/Pilates 8:45-10:00AM*
Zumba 10:15-11:15AM* +donation*
Bridge 11:45AM to 3:30PM**
Ping-Pong, **2nd Fri.**, 3-4PM*, drop-in
Western Dance, **1st and 3rd Fri.**, 7-9PM, \$4/\$8

SATURDAY: Office closed
Zumba, 9-10 AM *Limit 40**
Cardmaking, **1st Sat***+\$5, pre-regis. 10:30-12:30PM
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.

Volunteer Office Staff—Necessary

If you are a "newbie" or even a veteran Member here at ASI, have you ever considered giving back to our organization?

Most of us enjoy Zumba, a yoga class, Hula, singing for the brain, learning to play the ukulele or the guitar, chatting at book club meetings, or eating a lunch on the second Thursday. But WHO opens the doors? WHO helps with setting up the room with tables and chairs for our activities? WHO collects the fees and signs people in? WHO checks on the replenishment of cookies and turns on the coffee and hot water pots? WHO makes sure there is toilet paper and paper towels, empties the trash, turns on or off all the lights and closes up the shop at 4 PM? WHO keeps the ball rolling? OUR VOLUNTEER OFFICE STAFF!

You too can volunteer to be the *FACE* of ASI. When people come in to inquire about what we offer, an office volunteer steps forward. That same volunteer picks up the ringing phone and announces, "Good morning, this is Karen!" in a cheerful and inviting voice.

Training begins with an introduction to all the duties of a morning or afternoon shift. These are outlined in our "Office Volunteer Guidelines." Two sessions are followed by a real four-hour stint (shifts are 8:30 AM-12:30 PM and 12:15-4:00 PM) shadowing a seasoned office volunteer. Rest assured, you will not be thrown into the "deep end" without support! Volunteers get schooled in procedures like counting petty cash at the beginning and end of the day. Processing cash, checks, and even credit cards are all necessary lessons to learn.

We also have Key Tags to swipe for class participation that enable *My Senior Center* software to record who (plus what, when, and why) has graced our facility. The office efficiency has greatly improved. With over 900 Members to serve, we have had to
(continued on next page)

Volunteer Office Staff—Necessary and Needed (continued from P. 1)

streamline Member operations (not to mention counting non-members who may participate but at twice the fee).

Volunteers are needed Monday through Friday except on holidays. (On weekends activity leaders open and close the building.) Volunteering just one day a month helps spread the burden of running the business end of ASI. Many volunteers sign up for a once-a-week shift on a regular day and time slot. But life, as we all know, can interfere with “the best laid plans of mice and men.” An unexpected dental appointment, a cry to please help with the grandchildren, a plea for help for an overflowing dishwasher, or my car has a flat tire, will generate an email to say, “Sorry I can’t make my shift.” The Office Directors, who currently are Bob Whitlock and Linda Evans, have to scramble around with phone calls to fill that breach. That’s where YOU come in!

In addition to office staff positions, we always need help if your professional skill sets include Excel, Word, or Quicken. Or if you have graphic artist skills – let us know! You may have retired and joined ASI to partake in all we offer, but we also value what YOU have to offer to us! We invite you into our office to become a part of the team that keeps the wheels turning!

ASI Board of Directors Needs New Members Each Year

By Linda Evans

Being one of the 11 members of the Board of Directors is: [a] fun, [b] time consuming, [c] attending “Happy Hours” with 10 other friends, [d] learning leadership, listening skills, *and* [e] growing friendships!

Each year we elect new members to the Board. This year we have four openings on the Board. A Board term is two years...and after the first term there is the option to run for another two years.

Present Board member comments:

Secretary Mike Beck: “Knowing what’s going on gives me an understanding of how ASI operates.”

First VP Gerry Reynolds: “I like knowing how ASI’s “gears and wheels” work.”

President Bob Whitlock: “Getting to know “new friends” AND singing at the luncheons.”

Second VP Linda Evans: “I enjoy stretching my brain and working with a team.”

Laughter and patience are skills helpful to all Board operations. Prior Board experience is NOT a requirement...just a willingness to work together making leadership and policy decisions.

Board member applications can be obtained from the office. Specific questions can be directed to Nominating Committee members: Mike Beck, Donna Elder-Holifield, Linda Evans, Bob McGregor, Loretta Salinas.

Covid Is Literally in the Air

By Bob Whitlock, ASI President

Our Alaska Cruisers have returned and all we have talked with report having had a great time. But a few people from our cruise group have reported testing positive for Covid. A play at Hartnell scheduled for Saturday night was canceled because some of the cast/crew had Covid. So, Covid is still present and a concern for all of us.

ASI will continue to take the Covid precautions we have been taking since Covid first appeared. You may want to wear a mask, isolate yourself when feeling ill, and consult a doctor as needed. The Monterey County Health Department is an available resource for up-to-date Covid information. Its number is (831) 755-4500, 8AM – 5PM, Monday-Friday. The Public Health Department stays abreast of current Covid issues and recommendations.

Member Only Potluck Social

Come to ASI’s All Member Potluck Lunch Social on Sat., Sept. 27, 11am to 1pm, after the Saturday Zumba class. Let’s do lunch together! Bring a dish to share. It doesn’t have to be a main dish—a side dish, your favorite bread, a salad, dessert, etc. is fine. It doesn’t have to be fancy. It’s just us, remember?

Beverages will be provided by ASI. Sign up via email or in person (limited to the first 120—Members only) and tell us what you intend to bring! Free! “Potluck, Potluck - where every dish tells a story - come and share yours!”



Summer Dance a Hit

By Sera Hirasuna

Our Summer Dance was a smashing hit judging by 95% of the room throbbing and stomping together. Best of all, I believe we netted a healthy profit for our Activity Assistance Fund! No numbers are in yet. I want to thank committee volunteers Mary Ellen Parra, Cynthia Tsukamoto, Kathy Giacalone, and Elizabeth Birkeland.

Thank you to raffle donors who contributed to our fundraising efforts: Evie Bolante, Tina England, Clippers Hair Salon, Prudencia Garnica, Kathy Giacalone, Kathy Gill, Jeanette Hansen, Betty Johnson, Yoriko Kuramura, Mary Linzer, Essie Martin, Teresa Mendez, Mary Ellen Parra, Vickie Petree, Theresa Riley, Loretta Salinas, Karen Towle, Cynthia Tsukamoto, Kathleen Vo, Kay Wallace, Margie Vargas and to Elizabeth who masterminded the whole operation (and thank you, Brian for supporting us). Thanks as well to those of you who generously bought raffle tickets!

Special thanks to Dale Presson (appetizers), Mary Ellen Parra (pasta & green salad--yum!), and especially to Lionel Gill who shopped all over town for bargains and hauled 95% of the food for us. Thanks also to his kitchen regulars--Susan Gibbons, Laura McCord, Asayo Esterly, and Juliette Le--for making and serving our supper. Also, thank you to Mary Marvel, Darlene P., Jen Rivers, and Kay Wallace for jumping in to help. To the volunteers who helped us set up/break down/clean up--Bob Whitlock, Gerry Reynolds, Michael Gaines, Witold Piekarski and the Friday Zumba gals, we couldn't have done this without you! If I've mistakenly left out anyone, you know who you are, and we thank you with all our hearts!

Lastly, thank you, Matsui Nursery for the gorgeous orchids! These lovely tropicals always elevate our event. Finally, thank you to Star Supermarket for the hefy fruit basket and to the Salvation Army of Salinas for loaning us the perfect backdrop.

The best part, friends, is that we celebrated summer t-o-g-e-t-h-e-r. Aloha.

How I Re-learned to Knit and Crochet with Harriet—ASI Success Story

By Kathy Norton

Let me start by saying that it had been decades since I held knitting needles or a crochet hook, so I would definitely call myself a beginner. I found a simple crochet project and I thought I'd just look at a few YouTube videos and I'd go merrily on my way. But I got stuck right from the get go.

A little while later I noticed there was a Knit & Crochet class offered at ASI taught by Harriet Whiteaker. So I just showed up one Thursday and she patiently helped me figure it out. I thought I would go to the class every so often when I had questions or got stuck again, but I found myself looking forward to going back week after week.

Why? Because Harriet is a treasure! She has 60+ years of experience and can fix any problem with your project and answer any questions you can think of. She does it with grace and a good dose of humor. If you just want to learn and start a simple project she has a zillion ideas and the patterns to go with them. Also the other ladies (and a gent) are all so congenial and I love the company. We're sharing and laughing while our hands are busy working.

I encourage anyone, novice or pro, to consider stopping by sometime. You can get started on your handmade Christmas gifts! Harriet helped me make this knit cap (>>>). As you can see, I'm very proud of it.



Second Information Session on Choking Scheduled

For Activity Leaders who missed the first session (July 24) here are the particulars: Information on Choking by Roselyn Lambert, RN. An overview of swallowing and what you can do for others or yourself when confronted with a choking episode. When: **Fri., Oct. 3, from 1-2pm**. Where: ASI main room. Cost: Free but registration needed. Who: Open to Members and caregivers of Members. There will be time for general questions from the floor.

Note: There is no hands-on training. This is an informational session designed to educate you in various aspects of the choking phenomenon and what can be done to prevent or recover from it. Attend Sept. 6 hands-on training to practice specific techniques.

Shirley Jones Honored

By Sera Hirasuna

At the August 14 luncheon Shirley Jones was honored by Margaret Neal, Chef Michael Gaines, and President Bob Whitlock for her devoted service to ASI since 2009 when Shirley and husband Howard joined. Chef Michael articulated via a written testimonial how much he had grown to depend on and respect Shirley, and how proud he was to be her friend. He spoke for scores of people who know and love her.

Shirley has been instrumental in organizing the kitchen and stocking ASI's enormous pantry (in Room A), not only for essential supplies (cups, plates and take-home cartons of all sizes, foil, gloves, cleaning essentials, etc.) but also of food stuffs we all take for granted—coffee, creamers, sugar, tea, cookies. Shirley can tell at a glance which supplies are low and how long they will last. When Shirley retired recently, two members, Karen Towle and Mary Parra, were needed to cover her duties.

We have some 950 Members now, and last year we counted over 1,900 Members who participate in ASI activities per month. How many of them take cups to drink water or coffee? How many help themselves to cookies? It turns out quite a lot do! Think about all that purchasing, all that *schlepping* of supplies and food “back to the ranch,” organizing, getting on ladders to shelve, inventory, etc.

Shirley also spent more than a decade decorating our luncheon tables until she turned over that chore to Elizabeth Birkeland last year. And speaking of beautifying, there are two benches in the ladies room decorated by Shirley and her Tole painting class. It's that kind of almost invisible old-world, folk-art touch that makes ASI such a familial, cozy and friendly place. More love from Shirley.

For her 16 years of generous, devoted service Bob Whitlock and the ASI Board gifted Shirley a lifetime ASI membership, a special silver pendant with an ASI emblem, and of course, a bouquet of flowers. It's a token, Shirley, of our gratitude and love for you. Thank you.

Fri., Sept. 26 Safe Driver's Program

Sponsored by ITN Monterey and CHP, 1-3pm, Free! Last offered at ASI in 2023, this Age Well, Drive Smart senior driver education class was developed to help drivers 65 yrs. and older continue to drive safely. CHP officer Perez will review the Rules of the Road, Driver License Requirements, Distracted Driving, Driving Retirement, and Driving Strategies. Topics such as aging and its effect on safe driving will be covered.

Email, call in, or sign up at the office to save your spot. According to Jessica McKillip, Exec. Dir. at ITN, “Completion of this workshop is recognized by most insurance companies, resulting in a good driver discount on your premium for two years.”



**AGE WELL,
DRIVE SMART**
SENIOR DRIVER
EDUCATION CLASS

Take part in the California Highway Patrol's (CHP) Age Well, Drive Smart senior driver education class developed to assist senior drivers, 65 years of age and older, to continue driving safely. This FREE class taught by CHP Officer Perez, along with community resources that offer services that support senior drivers. The curriculum addresses such topics as aging and its effects on safe driving, maintaining good physical health, self-assessment, and more. Space is limited! Call 831-424-5086 to save your spot today!

NEXT CLASS
September 26th 2025
1:00 pm to 3:00 pm
Active Seniors Inc.
100 Harvard St.
Salinas, CA 95001
831-424-5086

GET ADVICE
- Rules of the Road
- Driver License Requirements
- Distracted Driving
- Driving Retirement
- Driving Strategies

CONTACT INFO:
RSVP TODAY! Call
831-424-5086



September Birthdays

Maria Alameda
Delynn Anderson
Susan Aremas
Teresa Arie
Edward Armstrong
Ann Atkins
Patricia Barr
Esther Bench
Virginia Bennett
Elizabeth Birkeland
Annette Brannon
Clara Bunse
Robert Campbell
Flora Chong
Michele Collins
Cindy Davis
Charles Dillon
Helga Dresser
Kathleen Drobnick
Donna Elder-Holfield
Marc Eldridge
Linda Fanelli
Tom Forgette
Jackie Gash
Lionel Gill
Rita Goel
Noelle Griffin
Mercedes Grissom
Jeanne Hayashi
Gwen Jensen
Roseann Kalich
Carolyn Karnofel
Rose Kershing
Ravi Kilkarni
Scott Kirk
Theresa Kuepfer
Yoriko Kuramura
Mary Laffin

Debbie Langley
Therese Ledesma
Cindy Lumsden
Teresa Mallory
Leroy Martella
Sarah Martin
Mary Lea McDaniel
Teresa McFarlane
Diane Middaugh
Scott Miller
Linda Monteith
Olivia Negrana
Carmen Nunez
Rosa Paglinawan
Mary Ellen Parra
Barbara Perry
Alyce Petruti
Carolyn Pierce
Cheryl Pirozzoli
Bill Prunty
Barbara Pybas
Mary Rogers
Marilyn Rover
Christina Schlough
Frances Shidler
Laurie Singer
Rick Statham
Loyann Stoneburg
Larry Tack
Judy Tollefson
Elena Torres
Priscilla Toy
Harriet Whiteaker
Robert Williams
Liz Wilson
Grace Wood
Delia Ybarra
Helma Zeuge

Engaging Speaker for Sept. 11 ASI Luncheon

Rubén G. Mendoza, PhD, is an archaeologist, author, photographer, and a founding faculty member, professor Emeritus, and former chair of the School of Social, Behavioral & Global Studies at CSU Monterey Bay. He was principal Investigator on four California missions and the Spanish Royal Presidio of Monterey, where he discovered the Serra Chapel (1770-72). He has co-edited books on indigenous warfare, anthropology, and social complexity, and authored books on California missions and Spanish-style architecture. His latest work is *Ritual Human Sacrifice in Mesoamerica* (2024). He has published over 250 articles on various topics, including Amerindian and Spanish Colonial cultural histories, Mission archaeology, and Amerindian science and medicine. After retiring from CSUMB in Dec. 2022, he returned for a six-month appointment as interim CalNAGPRA Coordinator and adjunct research faculty. He is currently Board Pres. for the Monterey Co. Historical Society/Boronda Adobe History Center. He is a frequent speaker in both the US and Europe.

Join Dr. Mendoza for a lively visual presentation on an exciting new way to experience local history! The Historical Society has created unique exhibits—called “selfie stations”—at the Boronda Adobe. Real artifacts and recreated scenes let visitors step into the past and take memorable photos. It’s a fresh, interactive approach that helps bring our community’s heritage to life in fun and meaningful ways. Come learn how this “Selfie Museum” idea is turning history into an engaging, hands-on experience for all ages!

Upcoming First Aid Training

By Witold Piekarski

CPR (Cardiopulmonary Resuscitation) and AED (Automated External Defibrillator) training is crucial because it empowers everyday people to act decisively in life-threatening emergencies—especially cardiac arrest.

Why CPR and AED Training Matters:

1. Cardiac Arrest Can Strike Anywhere

Over 350,000 out-of-hospital cardiac arrests occur annually in the U.S. Most happen at home or in public places, not in hospitals. Immediate response is critical—survival drops by 10% for every minute without CPR or defibrillation.

2. CPR Can Double or Triple Survival Chances

CPR maintains blood flow to vital organs until professional help arrives. Hands-only CPR is simple and effective, even for untrained bystanders.

3. AEDs Restore Heart Rhythm

AEDs deliver a shock to correct arrhythmias during sudden cardiac arrest. When used quickly alongside CPR, they significantly boost survival rates.

4. Most People Aren’t Prepared

Surveys show that many employees don’t know CPR or where the nearest AED is located.

Training increases confidence and readiness to act in emergencies.

5. Everyday Heroes Save Lives

Trained bystanders have saved lives in schools, sports events, and homes. Examples include teens saving teammates and children rescuing parents.

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.

On Sept. 6, ASI will offer the course for \$30/person which will include certification (\$20 without certification). Early registration and payment are required in order to participate. "You don't have to be a doctor to save a life, you just need to be prepared."



Active Seniors, Inc., 100 Harvest, Salinas

CPR/AED TRAINING

FOR ASI MEMBERS

**SAT, SEPT 6,
9AM- 1PM
(BRING YOUR LUNCH)**

**\$30 reduced price
includes certificate**

TRAINING INCLUDES

- CPR (Cardiopulmonary Resuscitation)
- AED Training
- Choking

REGISTER AT
ASI office M-F,
9AM-4PM.
Cash or check only.



4th Annual

Health & Wellness Senior Resource Day

Connecting you with local resources and support!

**Thursday,
October 23rd, 2025
1:00pm - 3:00pm**

Active Senior Inc.
100 Harvest St.
Salinas, Ca
93901

Free Admission:
The first 100 guests received a gift card upon entry!

What to Expect:
VNA Flu Shot Clinic
Complimentary snacks
Blood Pressure
Massage

For more information: Call Laura Ruggieri @ (831) 402-9909

Supported by:

- ASI
- CalPERS
- VNA
- MISSION
- Salinas

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.

Tables have all been booked, but cancellations are occurring. If you are interested in participating, check with the ASI office and sign up on the wait list.

Ed. Note: This is our Artist's Corner for this month. The event will showcase art created by numerous ASI artists. Be sure to check it out Nov. 8. Please submit your art work to be featured in a future Artist's Corner.

Premiere Session of Card Play

Don't these people (>>>) look like great card mates? Would you believe that one of them had never played Rummy before, and yet she was beaming?! Come join in the fun—every 4th Tuesday from 1:30-3:30PM in Room B.



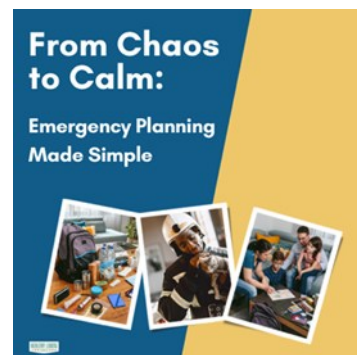
From the Salinas Public Library

Local Author Talk: Mary Smathers. Meet author and educator Mary Smathers, a storyteller with deep California roots and a lifelong passion for Latin America. A former teacher and administrator in the Salinas High School District, Mary brings history to life through unforgettable characters and rich historical detail.

Her new novel, *Unfamiliar Territory*, continues the journey begun in her debut novel, *In This Land of Plenty*—a sweeping family saga rooted in California's dramatic past. This latest chapter follows one woman's grit and perseverance through the chaos of the Gold Rush and Civil War eras. Mary will share insights from her novel and offer a fascinating window into California's untamed early years at our Local Author Talk. Date: Th., Sept. 4; Time: 5:00 - 6:00 PM; Location: El Gabilan Library. Register: <https://forms.office.com/g/jezUM3kfEE> For more information on this or other offerings below, contact Kate at KathrynB@ci.salinas.ca.us

Cooking Demo. When: Tues., Sept. 16, 4:00-5:00 PM; Where: El Gabilan Library; Join us for a sizzling cooking demo featuring a healthy alternative to traditional tacos! Whether you're a seasoned chef or a beginner cook, these tacos are sure to satisfy. Bring your appetite, grab a seat, and start your journey to a healthier you! Brought to you by the Salinas Public Library and Blue Zones Project. Register here: <https://bit.ly/3UoBwCl>; Cost: Free; Website Link: [EGL | Cooking Demo | Demostración de Cocina | Salinas Public Library](#).

From Chaos to Calm: Emergency Planning Made Simple. Disasters can strike without warning—but with the right plan, you can be ready. You will learn about making a useful home emergency kit, protecting and caring for your pets, recovery tools and assistance programs, and resources for before, during, and after an emergency. Experts from the Monterey County Department of Emergency Management will share practical tips and community connections to help you prepare, respond, and recover. Date: Th., Sept. 11; Time: 4:30-5:30pm; Location: El Gabilan Library. No registration required



Resume Fundamentals. Whether you're entering the workforce or changing careers, get the tools to create a resume that gets noticed and gets you past the first screening! Career Readiness Facilitator Gaye Freedman, Ed.D., is skilled in inclusive, hands-on learning which helps your resume rise to the top. Date: Th., Sept. 18; Workshop: 4:00-5:30 PM. An in-depth look at resume formats, tailoring content to job descriptions, and what employers really look for. Lab Time: 5:30-6:30. Participants can get personalized support. You must attend the workshop to attend the optional lab. Location: El Gabilan Library. No registration required.

A Time Capsule Generation

From Facebook thanks to Kathy King

If you were born between 1930 and 1946, you belong to an incredibly rare group: only 1% of your generation is still alive today. At ages ranging from 77 to 93, your era is a unique time capsule in human history.

Here's why: You were born into hardship. Your generation climbed out of the Great Depression and bore witness to a world at war. You lived through ration books, saved tin foil, and reused everything—nothing was wasted. You remember the milkman. Fresh milk was delivered to your door.

Life was simpler and centered around basics. Discipline came from parents and teachers, with no room for excuses. Your imagination was your playground. Without TVs, you played outside and created entire worlds in your mind from what you heard. The family gathered around the radio for news or entertainment.

Technology was in its infancy. Phones were communal, calculators were hand-cranked, and newspapers were the primary source of information. Typewriters, not computers, recorded thoughts. Your childhood was secure. Post-WWII brought a bright future—no terrorism, no internet, no global warming debates. It was a golden era of optimism, innovation, and growth.

You are the last generation to live through a time when: Black-and-white TVs were cutting-edge; Highways weren't motorways; Shopping meant visiting downtown stores; and Polio was a feared disease.

While your parents worked hard to rebuild their lives, you grew up in a world of endless possibilities. You thrived in a time of peace, progress, and security that the world may never see again. If you're over 77 years old, take pride in having lived through these extraordinary times. You are one of the lucky 1% who can say, "I lived through the best of times."

(Ed. Note: Facebook says "Credit goes to the original author." Similar patterns may apply to other generations. I think of my grandmother who grew up with horses and buggies and experienced the invention of the auto and the airplane, two World Wars, the atom bomb and jet airliners.)

Another ASI Success Story

By Mimi Niesen

Years ago I was contacted by a friend who wanted to give away her new sewing machine since she didn't have the time or skills to use it. I told the ASI Quilt group about the scenario and one of the members mentioned that her granddaughter had wanted a machine for years but couldn't afford one. Bingo! She got the big door prize.

After familiarizing herself with the machine and honing her sewing skills she eventually won two blue ribbons at local events and has been an avid quilter ever since. I dropped by the Quilt group recently and the proud grandmother brought me up-to-date on that heart-warming and memorable journey. I was beaming the rest of the day thanks to her account of "the rest of the story."

(Ed. Note: Full disclosure: The author is your Editor's wife. In the July Newsletter I included a request for success stories about how ASI activities and programs have helped you. This is not a direct success story but it shows what ASI Members can bring to their community.)

Monterey County Historical Society Open House

The annual MCHS Open House on Sat. Sept. 27 (>>>) is well worth your time and interest. Music, food, crafts, tours of exhibits and participation by community organizations all support the fascinating exhibits you can visit (and take photos of) throughout the MCHS complex.

**RANCHO DAYS
AT THE ADOBE**

SATURDAY, SEPTEMBER 27, 2025
10am-4pm

All-Day Activities

- Country Music Band
- Food Trucks & Root Beer Float Stands
- Non-Profit Museum & Library Tables
- Early California Crafts

Scheduled Activities

- Casa Boronda Tour
- Charros Exhibition

Boronda Adobe History Center
333 Boronda Rd., Salinas, CA 93907

FREE to the PUBLIC

Donations Appreciated



Upcoming Special Events

(details to come--check your ASI email weekly!)

Sept. 6: Saturday: Safety Committee's CPR & AED Training (hands-on) plus an informational session on choking to help yourself and those around you. Time, 9AM-1PM (see P. 5)

Sept 26: Friday, Safe Driving Program for Seniors, 1-3PM (see P. 4)

Sept 27: Saturday, Potluck Lunch for Members, 11AM-1PM (see P. 2)

Oct. 11: Saturday, Fleet Week San Francisco trip, 11:15AM-7:15PM

Oct. 23: Health and Wellness Senior Resource Day, Thurs. Oct. 23, 1:00-3:00PM (see P. 5)

Oct. 25: Saturday, *Some Like it Hot* trip, SJ Center for Performing Arts, 10:15AM-6:15PM

Loaves and Fishes Offers Comprehensive Tech Training

If you could not attend the ASI Technology Class in July (see article in August Newsletter, P. 5), there is an opportunity to participate in free technology training provided by our partner, Loaves Fishes & Computers. Learn about Internet Scams, Artificial Intelligence, Phone Basics and more.

You must call Loaves Fishes & Computers to register. There will be eight two-hour training sessions. Please note that this is not an ASI sponsored event. When: Thurs. starting Sept. 4 through Oct. 23; Time: 10 AM to noon; Where: 830 Park Row, Salinas; Phone: (831) 393-9260. Space is limited so register soon.

Nametag Orders Accepted Until Sept. 10

Nametag orders will be taken in the ASI office until Sept. 10. And they are just \$10. The order will be sent to the manufacturer on the 11th.