

**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 - January 2026

## DAILY ACTIVITIES

**MONDAY:** Zumba w/o wts. 7:30-8:30 AM\* + donat.  
Zumba 9-10:15 AM w/weights\* + donat.  
Hula, 10:30-11:30\* + donation  
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 Services for Seniors, free  
9:30-11:00 AM. Call for appt., Rm A  
Line Dancing 10 to 11:30 AM\*\*  
Bridge, 12N-3:30 PM\*\*  
Begin. Dance Lessons 6-7 PM and  
Social Dancing to Live Music 7-8 PM. \$9/\$10  
Artful Escape, 3rd Tues.\*\*1:30-3:30pm, Rm B  
Card Play, 4th Tues.,\*\*1:30-3:30 PM, Rm B

**WEDNESDAY:** Yoga/Balance/Pilates 8:45-10 AM\*  
Cribbage, 10:00 AM-12:00N, Rm A\*\*  
Book Club 10:30 AM to 11:30 AM\*, Rm B  
Guitar Circle & Singalong, 11:30-1:00 PM\*\*  
EFT Tapping, 1:30-2:30 PM\*, 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:**  
Knit/Crochet (except 2nd Th), Rm B, 1-3 PM\*\*  
Nar Anon family support, Rm B, 12N-1 PM (except 2nd Th)  
Quilting, 2nd & 4th Th, 9 AM-12N\*\* (except lunch days)  
Genealogy, 1st & 3rd Th, 10:00-12N,\*\* Rm A-no activity  
Tech Assist., 3rd Th, 1-2 PM or 2-3 PM,\* no activity  
"Singing for the Brain," 3rd Th,--no class in Jan.'26  
FOOD Distribution, Jan. 29, 10-12N.

**MEMBERSHIP LUNCHEON**, 3rd TH, 12N, \$15 pre-regis.  
(3rd Th this month only)

**FRIDAY:** Yoga/Blnce/Pilates 8:45-10:00 AM\*  
Zumba 10:15-11:15 AM\* +donat.\*  
Bridge 11:45 AM to 3:30 PM\*\*  
Cardmaking, 3rd Fri\*\*+\$5, -no class in Jan. '26  
Western Dance, 1st & 3rd Fri.,7-9PM, \$4/\$8

**SATURDAY:** Office closed  
Beginning.Hula 9:30-10:45 AM\*\* + dntn., 2nd & 4th Sa.,  
\$1/\$2 (new time)  
Bridge 1st, 3rd, & 5th, 11:30 AM-3:30 PM\*\*

Updated 01/05/26

\* \$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.

## Thank You ... for the Opportunities, the Experience, and Your Support...

By Bob Whitlock, ASI President 2024-2025

As President for the past two years, I have spent a lot of time at ASI. As I have said before, I just like being there. I feel a sense of belonging. Many of my friends are at ASI and I keep making new friends. And I feel I am contributing to something important.

I so appreciate every ASI Member's caring and willingness to help. Special thanks to the Board for continually making thoughtful and best decisions. We, your leadership team, have accomplished a lot in these last two years. Here are some highlights:

**\*My Senior Center software**—A top achievement! It revolutionized our activity check-in process (and gave us greatly improved management tools).

**\*Enhanced member communication**—Not only the bi-monthly Bob's Bagels but also the Suggestion Box have been excellent sources of Member ideas. Changes and special events have directly resulted from YOUR input.

**\*Facility Improvement/upgrades**--A new security system monitor; updates to the business phone system, new credit card reader, office computers upgrades (hello, Windows 11!), a new gas grill, a convection oven, fresh parking lot striping, the non-slip tile entryway, Room B renovated to reflect our members and activities, an outside bench for chatting and waiting on a ride, etc., etc.—the improvements and changes keep happening.

**\*New activities have been introduced; numerous Special Events have been hosted; focused recognitions of members and activity leaders; planned office organization; and ongoing infrastructure to support the dynamic growth of ASI.**

I want to personally thank the many hands and hearts of those who have pulled together to make ASI our favorite place to find friendship, fun, health and good times. Being your President the past two years has been an honor and privilege. Thank you.

## Robert Rossi, ASI Guitar Workshop Instructor, Has Died

ASI Member and Instructor Robert Rossi passed unexpectedly but peacefully on Dec. 27. His full obituary is on the Struve and Laporte website (<https://www.struveandlaporte.com/obituaries>). Robert's life was chock full of sports, music, education and entrepreneurship.

His love of music benefited ASI as he began working with Barry Tomasini teaching Ukulele and guitar on Wednesdays. Uke Instructor Marilyn Gibbons announced his passing in class today (Monday, Jan. 5) and she and Barry sang tribute songs.

Barry, in a brief tribute, said Robert was an exceptional teacher and an immense help to him and the students. Barry said that Robert, during his last workshop at ASI, sang five songs and seemed well and in full voice. His students, as well as the rest of us at ASI, will greatly miss Robert.

Visitation is 3-6pm Monday, Jan. 12, at Struve and Laporte, 41 W. San Luis, Salinas. Rosary is 6:00pm Monday, Jan. 12, at Struve and Laporte. Mass is 1:30 pm Tuesday, Jan. 13 at Sacred Heart Church, 22 Stone St., Salinas, with burial following at Queen of Heaven Cemetery. Please make contributions (for Robert's sons' education) to The Robert M. Rossi Trust, 531 San Vicente Circle, Salinas, 93901.

Robert left big shoes to fill, but we need to say that if any ASI Members who play guitar and or uke are out there and would be interested in assisting Marilyn and Barry, please step up. Thank you.

## ASI Board Elections at Jan. 15 Luncheon

ASI's January Luncheon is established as the time for ASI's annual Membership meeting to elect new Board Members. The Nominating Committee this year has selected Laurie Gerletti, Dan Ipson and Kay Wallace to run for office. Members may nominate other candidates from the floor at the January meeting, but anyone nominated must agree to serve on the Board.

New 2026 Board Members are then elected by the Members attending the luncheon, which fulfills the quorum requirement of 10% of the Membership (barely, given ASI's growth this year) or about 95 Members. We will also vote to accept/reject the amended Bylaws.

Following the election, during the luncheon, the electees join continuing Board Members in the first Board meeting of the year, during which the old Board seats the new members and the new Board elects from among its Members the ASI Board President for the ensuing year. The Board adjourns, introduces the new President to the Membership and the new President closes the formal annual meeting of the Membership. Newly elected Board members will introduce themselves.

The January luncheon is sneaking up on us. If you haven't made your reservation--especially if you wish to vote--please do so immediately. The menu is a return to the pre-pandemic and Member favorite Soup luncheon, featuring a real variety of Members' great soups plus breads.

## Bylaw Revisions Also Up for Vote

By Bob Whitlock, ASI President

Bylaw revisions are far too numerous to include in the Newsletter. The Bylaws, with revisions in red and deletions lined through, will be on the ASI web site. Here is a link to the document: <https://activeseniorsinc.org/proposed-by-law-changes>. If you are interested in how ASI is governed, please take the opportunity to review the Bylaws and the revisions in their entirety. The document is a pdf file and you will have to allow a download in order to read it.

Many hours of meetings and deliberations were spent before the recommended changes were accepted by both the Executive Committee and the Board of Directors. We believe these Bylaws will serve our organization well both in the present and the foreseeable future.

My thanks to Bob McGregor and Michael Beck for bringing these suggested amendments to fruition within our bylaws. ASI is in good standing due, in part, to their efforts. Questions can be directed to ASI via email, telephone message, or in writing via a comment given to the office staff.

## It's a New Year and Our Volunteers Are Ready for It

It's doubtful anyone at ASI has any idea of the number of Members who volunteer—either regularly or for events and emergencies—to help keep ASI running, growing and the lively place it is. To get 2026 off to a great start for ASI we are going to try to thank ALL of our volunteers, group by group. If you are a volunteer, consider yourself hereby thanked for your caring and dedicated service.

So thanks to all committee and activity leaders; the kitchen staff, especially Margaret Neal and Lionel Gill; the office staff, especially Office Co-Directors Linda Evans & Bob Whitlock; Director of Finance Robert McGregor; Technology Director Dwight Freedman; Webmaster Jim Tripp; in-house decorator Elizabeth Birkeland; the food distribution team headed by Loretta Salinas, Dwight Freedman, and Tina England and supported by Mary Ellen Parra, Gerry Reynolds, Elizabeth Birkeland and Linda Evans; Tour Director Sharon Piazza; Activities Chair Sera Hirasuna; newsletter editor George Niesen and all the folks who send in bits and blurbs and substantial articles.

Most of all, thank you to the Board of Directors, its executive committee and special committee members. Special thanks to President Bob Whitlock for guiding ASI through an amazingly active and productive two years!

## ASI's First Ukulele Holiday Concert!

By Sera Hirasuna

Leader Marilyn Gibbons and singing partner Lisa Kaleiwa'imaka McFarland led the 20+ group of ukulele musicians in an hour's long holiday ukulele concert Sat., Dec. 13. Lisa also danced a hula to "Winter Wonderland," a beautiful and much appreciated surprise. (Marilyn is also an accomplished hula dancer—but someone has to sing, right?) Backup singers Elaine Koppany and Leslie Wolfson helped pace the group as it is NOT an easy task to play a new instrument *and* sing on key.

The appreciative audience was made up of family, friends, and ASI members who love to sing. There was much joyful noise made. Endorphin filled brains were evident everywhere in the shining faces, especially audience members who received bells to jingle.

This was the group's first concert, and they spent many hours practicing songs not included in their usual HUGE repertoire. Kudos to Leslie Wolfson who acted as concert organizer for the group. Good job to everyone who participated—and even baked holiday treats for the audience.

If you think you might be interested in learning the ukulele of "my-dog-has-fleas" fame (the tuning for ukes) or might just like to sing along, the Ukulele group meets Mondays from noon to 2PM.



## Valentines Project in High Gear Now

Please refer to the P. 6 article in your December ASI Newsletter for a full description of the Alliance on Aging/ASI Valentines Project. Basically the AOA is planning to deliver some 3,000 valentine cards to all residents in assisted living and nursing homes. It's a huge project but it happens every year now thanks to the involvement of so many caring people in our community, from kindergarten students to long-retired artists and creators.

It's 2026 now. So start making your cards like you were a fourth grader (especially if you are) and get them to AOA (247 S. Main St., Salinas) or to the drop box at ASI by Feb. 4 (so the wonderful AOA Ombudsman staff can sort out 3,000 cards for delivery). Thank you Salinas, especially all its involved and caring residents.

## Luncheon Speakers and Programs

By Laura Ruggieri, Program Chair

As 2025 draws to a close, what people and topics interest you? Email your program suggestions or leave your ideas in the suggestion box at the sign-in table. Thank you for your luncheon attendance and program appreciation during 2025.



# Thank You, Food Distribution Team

By Sera Hirasuna

Every month 35-40 volunteers come together to unpack pallets full of food delivered by the Monterey Food Bank. Volunteers unload pallets of food, load carts, and haul everything inside where it's stacked on separate tables and re-sorted into grocery bags.

Canned goods, frozen protein products, and dairy bags are often pre-packaged. Greens, fruit, bread, and other foods are "loose" so they can be collected into shopping bags. All foods are loaded onto grocery wagons and placed into cars by "runners" who load them.

Outside, volunteers direct traffic (which can be a harrowing experience when drivers don't cooperate). Other volunteers distribute and collect paperwork and hand out tickets for the number of bags a car will get; some members collect for housebound neighbors. This paperwork needs to be tallied later by other volunteers. This work starts about 7:00 am and ends around 1-1:30pm. Much of it is physically hard. One pre-packed bag (carrying rice, beans, and canned goods) can weigh up to eight lbs. One such bundle is handled at least four times.

If a volunteer at a table lifts all of the bags on the table into distribution carts, that's carrying 8 lbs. 3,200 times. And that's just the history of one bag. Many volunteers say that on food distribution days, they just go home and collapse. But they also say they love contributing; it gives them a sense of purpose.

In order to thank these resolute volunteers, Lionel Gill and his kitchen volunteers (again, the word "volunteers") prepared a special lunch on Dec. 18 (see photos above) to thank the food distribution team members for their work. What would we do without our food distribution volunteers--or any of our volunteers?! Thank you to everyone involved at ASI!



## January Birthdays

Bruce Adams	Christine Jones
Kazuhito Aihara	Sammie Kelley
Stephanie Ancheta	Honor Knight
Soyla Andrade	Stella Kumagai
Betty Angel	Ron Ludes
Anne Arii	Kris Machado
Ilona Bate	David McQueen
Maria Benitez	Yvonne Mraule
Joan Bennett	Al Pedersen
Virginia Bose	Jacque Pendergrass
Pracia Branagan	Beverly Poulton
Sandra Breeden	Eric Quigley
Pam Cassady	Connie Raya
Eloise Cavazos	Richard Riehle
Elva Cavazos	Claire Rock
Janet Coyne	Emma Rodriguez
Nanci Crompton	Robert Rossi
Tom Crompton	Margie Sarver
Liz Crooke	Mary Schapper
Peggy Davis	Edla Schneider
Jesse DeLeon	Janet Souza
James Dermody	Shirley Souza
Nancy DeSerpa	Joann Stanion
Lori Ducoing	Jean Steinbrenner
Douglas Eike	Marcy Taganas
Norma Fragoso	Cathy Thompson
Leslie Gheen	Chong Tiliaia
Dorothy Griffin	Diane Tingey
Eleonore Gutierrez	Khanh Tran
Patricia Haggard	Kay Wallace
Mitsuko Hagihara	Vicki Ward
Vera Hanquist	Barbara Wilborn
Carol Hart	Lynn Wilde
Gloria Henry	Carolyn Wylie
Nancy Hulak	Jack Wylie
Gordon Jackson	Virginia Yeater

## One-Time Schedule Changes for January

**Week of Jan. 5-10, 2026!**

**Happy New Year and welcome back!** Because the 1st Thurs. was a holiday, Thurs. events are impacted and rescheduled:

- **Board Meeting will take place on Jan. 8th.**
- **ASI Lunch to be held Jan. 15th (annual homemade Soup/Bread fest).**
- **Quilting will meet on Jan. 8th and Jan. 22nd.**
- **Tech Assistance will be moved to Jan. 22nd.**
- **Singing for the Brain is cancelled for Jan.**
- **Genealogy - no activity for Jan.**
- **Food Distribution - back to the last Thurs. of the mo.**
- **Knitting/Crochet will meet on Jan. 8th (since the luncheon will not be held then)**

**Other changes:**

**Friday Cardmaking is cancelled for January.**

**Sat. Zumba no longer meets.**

**Sat. Beginning Hula will meet at 9:30am, 2nd and 4th Sat.**





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## Spring Tour Schedule Set

By Sharon Piazza, Tour Director

Greetings ASI Members! Start planning trips for this year! Fliers for trips through May 2026 available at ASI.

**Table Mountain Casino:** Thurs., Feb. 5. Leave Park Row at 8:00 AM; return 6:00 PM. Cost per person is \$75. Lunch on your own. Casino offers a free "Player's Card" with \$40 to get you started. Plenty of seats available.

**"The Book of Mormon":** Sat., March 7. Leave Park Row at 10:15; return by 6:15 PM. Cost is \$208. Cost includes transportation, lunch, and theater ticket. There are about 10 seats available.

**Central Coast Veterans Memorial Museum:** Sat., May 16 (Armed Forces Day). Leave Park Row at 8:00 AM; return at 4:30 PM. Cost per person is \$95.00. Cost includes transportation, museum tour, and buffet lunch at Woodstock's Pizza. This trip will fill up fast!

**"The Sound of Music":** Sat., July 25. Leave Park Row at 10:15 AM; return at 6:30 PM. Cost to be determined. Fliers available sometime in April.

**Mystery Trip:** Friday, Sept. 18. Leave Park Row at 8:00 AM; return at 6:00 PM (approximate times). Cost to be determined; lunch on your own. Fliers available sometime in May.

Contact Sharon at 831-261-8087 if you have questions. Happy travels from your ASI Tour Committee.

## Assistance with Apple Systems Available

By Wayne McDaniel

Ted Wilder is a member of my church as well as a member of Active Seniors in Salinas and he helps with our technology services on the normal third Thursday on the month. A former consultant for Apple, he is starting a new consulting business. If you, or your friends, have Apple questions and need Apple support, please contact him. He is willing to come out to your house and he charges whatever you think is fair.

Contact him via text or voice at (831) 229-5129, or via email at [tedwilder@comcast.net](mailto:tedwilder@comcast.net). If he can help you, you'll be helping him. Thank you.