

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 – April 2026

DAILY ACTIVITIES

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

TUESDAY: Legal Services for Snrs 9:30-11:00AM,
FREE. Pre-reg. in-person/call ASI for appt., Rm A
Line Dancing 10 to 11:30AM**
Bridge, Noon-3:30PM**
Social dance lesson & live band, 6-8PM, \$9/\$10
Artful Escape **3rd Tues** 1:30-3:30, drop-in, Rm B**
Card Play, **4th Tues.**, 1:30-3:30PM, Rm B**

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

THURSDAY:
Knitting/Crochet (except 2nd Th), 1-3 PM** Rm B
NarAnon family support 12-1PM (not 2nd Th) Rm B
Quilting, **1st & 3rd Th**, 9 AM-12N**
Genealogy, **1st & 3rd Th**, 10-12N, Rm A
Tech Assist., **3rdTh**, by appt.-1-2pm or 2-3pm*
“Singing for Brain,”**4th Th, 2-3:30pm****

FOOD Distribution, April 30, 10:00-12:00 noon.

MEMBERS LUNCH, 2nd TH, 12N, \$15, pre-regis.
Program: From the Audubon Society

FRIDAY: Yoga/Balance/Pilates 8:45-10:00 AM*
Zumba 10:15-11:15 AM* +donat.*
Bridge 12N to 3:30 PM**
Cardmaking, **3rd Fri**, 1:00-3:00PM**+\$5
Western Dance, 1st & 3rd Fri., 7-9PM, \$4/\$8

SATURDAY: Office closed
Hula, Beginning 2nd & 4th 9:30-10:45am** + donat.
Bridge 1st, 3rd, & 5th, 12N to 3:30PM**

Updated 03/25/2026

* \$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.

MAF Offers Financial Aid to Members

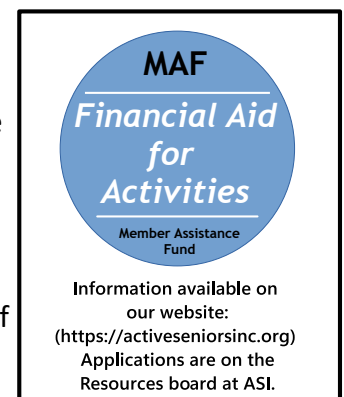
Several generous donors among the ASI community have helped establish the Member Assistance Fund (MAF) at ASI. It is intended to enable ASI Members experiencing financial hardships to attend most of ASI's extensive slate of activities, which can be physically, mentally and socially healthful for any of us.

This link (www.activeseniorsinc.org) will take you to the ASI website home page. From the list of pages at the top, click on Committees. At this time you'll find only one Committee listed, the MAF Committee.

From there you can download a description of Committee's mission and a list of frequently asked questions (FAQs). You can also get the same information from the Feb. 2026 ASI Newsletter.

The Committee encourages you to apply for assistance, which is available now. Application forms are in the Resources Board to the left of the office. Your application, which is confidential, will likely result in the creation of a digital Wallet which will contain \$100. When you sign up for an activity at the kiosk on entering the ASI facility, the activity fee will be deducted from your wallet.

Please check your Newsletter each month to keep informed about MAF. We look forward to making ASI a stronger, healthier and more viable community for ALL Members. Thank you and special thanks to our donors and their visions of a better community.



President's Corner

Gerry Reynolds, 2026 ASI President

Reynolds Rap! got off to a rocky start in March. I baked a dozen prune-bran muffins in lieu of the bagels Bob Whitlock always provided. I arranged the tables and chairs in Room B for a large crowd. I got there early, wore a nice shirt, and coifed my hair. And then....nobody showed up. What the..? And then I realized I had forgotten to send out reminders to everyone about Reynolds Rap! Dope Slap. Bob Whitlock and Linda Evans humored me by chatting for 15 minutes. Bob choked down one muffin with a ginger/citron/honey jam. The next Reynolds Rap! is April 21, Room B. The reminder is scheduled to be sent via email the Monday preceding.

Safety Fair for Board, Staff, ASI Members

By Witold Pietkarski, Safety Committee Chair

On Saturday, April 25, from 9 am-1 pm, ASI will feature a Safety Fair, which will cover invaluable information about signs of stroke/heart attack, CPR/AED awareness, proper use of fire extinguishers, evacuation procedures, and 911 emergency procedures.

While emergencies can occur without warning, timely and informed responses can save lives! Safety Fair will address existing gaps within ASI's emergency preparedness by empowering Board Members, Activities Leaders and Staff to handle emergencies effectively. ASI Members are welcome also.

We strongly recommend participation in the Safety Fair in order to create a safer environment for the growing community of ASI Members in their respective activities. Registration is now open. Come by the ASI office, call or email us to register.



Active Seniors, Inc., 100 Harvest, Salinas 93906

FOR ASI MEMBERS

SAFETY FAIR

SAT, APRIL 25
9AM-1 PM

Free!
Registration required!

COME AND LEARN

- SIGNS OF STROKE VS. A HEART ATTACK
- CPR RESUSCITATION
- PROPER USE OF A FIRE EXTINGUISHER
- EVACUATION PROCEDURES
- HOW TO USE AN AED DEVICE
- 911 EMERGENCY PROCEDURES
- FIRST AID PROCEDURES
- WHAT TO DO IN A CHOKING SITUATION

The poster features two images: one showing a man performing CPR on a mannequin and another showing a hand using a fire extinguisher.

Faye Russo: A Life in Full Bloom

Faye Russo doesn't get to ASI as much as she would like anymore. She used to come to EFT Tapping, Tai Chi, and last year Faye participated in the Artisan Craft Faire, selling her beautiful watercolor canvases. Faye wants to join in more often, but since she is several months away from turning 100 (even though she looks decades younger), she listens, as she should, to her body's counsel.

Still, Faye walks almost daily with a neighbor and friend--they helped each other find their footing after losing their husbands. She entertains family and friends, tends her flourishing garden, paints when she can.

Faye's paintings, mostly of flowers, grace every wall. Outside, her garden is brimming with more flowers. Even on the hottest day of our March heat wave, it feels cool and serene inside. Faye has been busy this morning making lunch for four of us: A green salad, a crustless quiche full of colorful vegetables, a -chicken-broccoli-cheese casserole, and an apple dump-cake topped with toasted coconut flakes. She thinks of cooking as akin to painting. I am in awe of her energy and hospitality.

Faye was the youngest of nine children born in Monterey to the Sollecito fishing and canning family. An old photo of her family home shows a bare Monterey, full rutted dirt roads. What Faye remembers most is the lovely view of the ocean.

Faye started drawing when she was young and "un-schooled" in art. A pencil drawing of her mother, done at age 12 looks like photos I see in the family album. More than a decade later, Faye's rendering of one of her daughters is moving. I see a beautiful child and also *feel* her mother's love in every stroke.

(continued on next page)



Faye Russo Continues to Paint (continued from P. 2)

One of Faye's best-known drawings is of John Steinbeck's house. This inking was purchased by the City of Salinas and sent to Japan to hang in the City Hall of Salinas' sister city, Ichikikushikino (formerly called Kushikino). She has other equally stunning works. I am especially taken with the pencil drawings about which Faye says, "They're easy; I only use a pencil."

Although Faye has worked in oils, she found that watercolor worked best—especially for florals and landscapes. But of all subjects, flowers have always been her Muse. As a child she remembers sitting in a field of wildflowers, admiring their form and color. Faye talks about her process nowadays. She no longer has to sit and look at the flowers to paint them: "You just put some paints on the canvas and you see a flower here, a flower there," she says.

"Sometimes you need something to balance the whole, so you add; sometimes there's a focal point, sometimes not. The painting really paints itself." Ever inventive, Faye once submerged a canvas in her bathtub. The once sharp edges of petals were made miraculously soft and fragile, as true beauty is. She was delighted with the result, and the piece now hangs in a key spot in the house.

She talks about her strict Italian father (remember, she was his youngest child, and a daughter) who once separated her from a partner, in public, at a dance event ("too close" he said). Of course, that made it unlikely anyone else would ask. Ironically, Faye met her future husband, Salvatore (Sal) Russo while Jitterbugging at school functions. It was obvious to everyone that Sal was smitten, but when Sal proposed after Faye's graduation, she exclaimed, "I'm not getting married. I'm going to art school!" So, Sal joined the Navy, enlisting toward the end of WWII. And Faye went to art school.

Unbeknownst to her, Faye's mother kept in touch with Sal during those years. By the time Faye returned, Sal knew the family well, cousins and all. When he proposed again, the whole household must have held its breath—until Faye finally said "yes."

They were married for 75 years! These were active and eventful years in which they raised four children (including a daughter who died at 47) and enjoyed 10 grandchildren and 10 great-grandchildren! Faye said the most productive time she had in her career was when the kids were in school! She also participated and helped found numerous art organizations including Salinas Valley Art Association, displayed her art, did one-woman shows, entered and won contests. Faye and Sal gardened together, traveled, and supported Salinas and Monterey's arts and community organizations.

Sal, a musician himself, managed Gadsby Music for 30 years and assumed leadership roles in countless local events (the Rodeo, the Air Show, the Kiwanis, Dixieland Monterey). Sal and Faye help create the infrastructure for people to enjoy being a community as well as to grow in their passions in art or music. When Sal fell ill late in life, Faye cared for him at home for years, even though in her 90s herself. It was difficult, but he was her Sal.

Today Faye loves the serenity she finds at home, surrounded by her flowers. Still, life can be full of surprises. Faye had never considered abstract art. A few years ago, on a lark, she entered her first abstract into a Monterey County painting competition. It was a class assignment which stipulated using only 4 colors to produce 3 small paintings. She displayed them as one piece-- and won first place! She was floored. She says it was also her last abstract. She prefers florals.

And now, there is word a grandson wants to paint! For Faye, it's the daily things that really matter—friendship, family, learning, and the host of smiling flowers in her garden and on her walls. Life is good.



Letter Writing Enjoys a Revival

By Cheyanne Mumphrey, THE ASSOCIATED PRESS; Thanks to Margaret Neal

At a time when productivity means optimizing every second and screens blur the line between work and home, some people are slowing down and disconnecting by looking to communication devices from the past.

Tactile activities ranging from writing letters and typewriter clubs to TtkTok communities showcasing calligraphy skills and wax seals are giving retro writing instruments a resurgence. More than quaint throwbacks, the pursuits provide their enthusiasts with opportunities to reduce their technology use, be more intentional with time and build meaningful connections with others.

"I feel as though my pen pals are my friends. I don't think of them much differently than if I were chatting with a friend on the phone, in a coffee shop or at another person's house," said Melissa Bobbitt, 42, a devoted letter-writer who corresponds with about a dozen people from her home in Claremont, California, and has had up to 40 pen pals at one time. "Focusing on one person and really reading what they are saying, and sharing what's on your heart is almost like a therapy session."

From the Salinas Public Library

Title: Virtual Genealogy Work Group; **When:** Tues., April 28, 6-7PM; **Where:** Online Virtual; **Description:** Every family tree holds hidden stories, surprising discoveries, and a few mysteries waiting to be solved. At our Virtual Genealogy Work Group you can discover research tips, explore new resources, and connect with others who love uncovering the past. Whether you're just starting your family search or you've been researching for years, you're welcome to join the adventure! To get the Zoom link, please contact Cathy: Cathleen.Andrews@salinas.gov; **Cost:** Free; **Website link:** <https://library.salinas.gov/learn-explore/research-learning/events/virtual-genealogy-work-group-38>

ASI's Behavior Standards Policy

Consider the following situation: You believe someone is behaving in a sexually inappropriate manner toward you, making you feel uncomfortable and reluctant to participate in an activity you love. Alternatively, you may experience persistent disrespectful communication or bullying, whether directed at you or others within a group. What options are available? There are several—and none require you to leave ASI.

ASI maintains a formal **Behavior Standards Policy** that outlines procedures for addressing situations of this nature. Members may encounter or observe a wide range of inappropriate behaviors, all of which can be harmful. While it is understood that individuals may occasionally face personal challenges that affect their behavior, repeated or ongoing misconduct is not acceptable.

The first step is to speak up. Members are encouraged to seek assistance from their activity leaders. If the issue cannot be resolved at that level, activity leaders may request support from members of the Board to assist in mediation.

If further action is necessary, the matter may be escalated through the submission of a signed incident report to the ASI office. These confidential forms are available at the front desk. Anonymous reports are not accepted; all submissions must be signed. Confidentiality is taken very seriously—leaders and office staff are bound by confidentiality agreements—but it cannot be absolutely guaranteed.

Filing an incident report may initiate more formal proceedings. In more serious or persistent cases, consequences may include a formal written warning, suspension from activities, or termination of membership, which may also involve being barred from ASI facilities. If the perpetrator ignores this, police may be called.

ASI strives to ensure that all members can fully enjoy their participation. The Board, its officers, and all volunteers in leadership roles are dedicated to maintaining a community where everyone feels safe, respected, and welcomed. It is, after all, a second home for so many of us!

Food Distribution : New Procedure

By the Food Distribution Committee

The regular last -Thursday-of-the-month Food Distribution will resume April 30 from 10am–12 noon. The procedure for distribution will be a walk-through process from now on. Our ASI Members will have their own entrance from the Pajaro/Harvest street door.

Non-members will walk through the parking lot entrance. No cars will be allowed in the parking lot. Please plan to bring your own bags or carts to collect food items to take to your car as our volunteers may not be available to assist you. Also plan to park on streets nearby.

This new procedure is being implemented to avoid possible safety concerns for our Members and neighbors. It will also minimize traffic impact on neighborhood streets. We hope to see you on April 30.

Camerata Singers Spring Concert

Good News! The Camerata Singers are going to be performing again April 17, 18 and 19! For those of you who had the pleasure of listening to them at the September luncheon last year, you know what an enjoyable experience it will be. The spring concert is titled “Songs in the Night” and will include beautiful American folk songs, a few English and Irish folk tunes, and many others.

Two of the songs put the words of Henry Wadsworth Longfellow to music. This will be a family friendly concert appropriate for all ages. Please consider bringing your entire family for a session of lovely music. Students are free! The accompaniment will include the piano, cello, violin, and oboe.

As always, following the concert will be delicious homemade complimentary treats and apple cider provided by the musicians who will be there to mingle with you. Tickets may be purchased in many ways: Online - camerata-singers.org; In person at VIP Salon, 982 Park Row, Salinas, and Bookmark, 307 Forest Avenue, Pacific Grove, or at the door.

Tickets for the April 17 Salinas venue at 7:30, Saint Paul San Pablo Episcopal Church, are \$20. Tickets for April 18 at 7:30 and April 19 at 2:30 at the Monterey venue, First Presbyterian Church, are \$25. We would love to see there! You won't be disappointed!

Upcoming Events

See P. 2--Safety Fair. April 25, 9am-1pm. Free, but registration required. Sign up by calling the office (831-424-5066) or stopping by the office.

The information given is especially important for Activity leaders, Office volunteers, Board Members, and anyone else interested in helping us all stay healthy & safe. Do you know what to do if someone in your group suffers from a medical emergency? Do you know where first aid and AED kits are stored? Wouldn't you feel safer for yourself and for your friends if you did? Join us.

ASI's Ukulele & Hula May Day Concert! May 1, 4-5 pm

Enjoy ASI's very first May Day celebration with ASI's ukulele and hula classes performing together. In Hawaii, it's a special day full of song (*mele*), dance, and flowers. Feel free to dress in your own Hawaiian gear! Please sign up at the office. Limited seating.

ASI's Ukulele and Hula classes present:



May Day ✨
Uke & Hula Concert
FRIDAY, MAY 1ST
4:00 PM – 5:00 PM

Free to members. \$1 for non-members.
Everyone's invited. Sign up at office to reserve your space. Limited seating.

Brought to you by Active Seniors, Inc.
100 Harvest, Salinas 93901
Website: activeseniorsinc.org Phone: 831-424-5066

Great Opportunities for Events and Travel for ASI Members

Here are ASI's projected trips for 2026-2027. Fliers for Veterans Museum, Hearst Castle, Sound of Music, and our Panama Canal Cruise are on the display rack at ASI. All others will be available within four months of each trip. Thanks. Sharon Piazza, 831-261-8087.



Scheduled Tours for 2026-2027



May 16, 2026 (Saturday): Veteran's Museum (SLO)

June 25, 2026 (Thursday): Hearst Castle (San Simeon)

July 25, 2026 (Saturday): "The Sound of Music"

August & November 2026: To Be Determined

September 18, 2026 (Friday): Mystery Trip



October 10, 2026 (Saturday): Fleet Week (SF)

October 17, 2026 (Saturday): "Phantom of the Opera"

December 2026: Mt. Hermon Christmas Concert

January, March, June 2027: To Be Determined



February 6, 2027 (Saturday): "Mrs. Doubtfire, the Musical"

April 3-19: Panama Canal Cruise

May or June 2027: "South Pacific"

July 10, 2027 (Saturday): "Hamilton"

The above tours and/or dates may be subject to change.

Contact Information: Active Seniors, Inc. / Sharon Piazza 831-261-8087
sharonpiazza43@gmail.com



April Birthdays

Kenneth Allen	Bonnie Low
Josie Avila	Natalie Lujan-Silva
Sue Brockett	Barbara Manning
Mary Bumgarner	Patty Marlow
Jan Burnett	Carol Marquez
Kathleen Callahan	Diana Martella
Zonelle Cantu	Josie Matsumoto
Theresa Carbajal	Linda Mayr
Jayne Carolan	Barbara Mitchell
Humberto Carrillo	Margaret Neal
Robert Cathrein	Sandy Nee
Bernard Cleyet	Van Nguyen
William Clune	Brenda Orr
Veronica Cordoba	Sazanne Pelkey
Junebug Cummins	Neva Petersen
Sidney Delarosa	Paula Petrosky
Warren Denbow	Kevin Philbin
Fernando Elizonpo	Connie Reader
Jan Escobar	Cindi Reeve
Caroline Estrada	Susan Riddoch
Mary Figueroa	Ralph Sanchez
Renee Fowler	Connie Sapien
Nancy Garza	Vicki Sauer
Karen Gervais	David Schott
Rory Gomez-Aarons	Machaele Serasio
Crispina Gonzalvo	Mike Shipsey
Martha Grooms	Sondra Singh
Dee Ann Gruenewald	Patsy Soares
Betty Gularte	Mary Stanley
Linda Hall	Jim Storm
Lucy Hansen	Suzanne Stormon
William Henderson	Mary A. Surber
Sera Hirasuna	Lisa Tegtmeier
Lonnie Hoffington	Maggie Torres
Daniel Ipson	Carmelita Turner
Barbara Johnson	Lila Vezzolo
Diana Keith	Kathy Weimer
Rosemarie King	Beverly Williams
Pat Kinn	Leslie Wolfson
Elaine Koppany	Noriko Yamaguchi
Roselyn Lambert	Martha Zappavigna
David Larison	

ACTIVE SENIORS, INC.
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Serbian Sausage Soup--Contributed by Linda Evans

In large pot, place 1.5 lbs. frozen ground beef*, 12 oz. pepperoni slices, cover with water. Cook on medium heat until hamburger is cooked and separated.

Add 1 can (6oz.) tomato paste, 1 jar chili sauce (prefer Heinz) and simmer 2 hrs. more.

Add 1 can French-style green beans and *another* jar chili sauce. Simmer 30-40 minutes.

Like all soups, this is best on the second day. Serve with crusty bread/rolls.

*Broth develops best when meat is frozen.

"This is my take off of the soup from a Yugoslavian restaurant in Augsburg, Germany. Sometimes I add a can of Ranch style beans and a second can of the green beans.

It's a hearty soup - and freezes well as there is no milk, dairy, or potatoes in it." L.E.

TheWesternStage



HOUSING NEEDED

HELP US PROVIDE A WARM WELCOME FOR WESTERN STAGE GUEST ARTISTS

Local housing needed for guest professionals joining us from outside our tri-county area.

- Average stay per show for the 2026 Season: 5-6 weeks (directors, designers) or 8-9 weeks (actors, technicians)
- Locations near Hartnell College preferred, but many guests have transportation and commuting 25-mile radius from Salinas is common.
- TWS Company Manager serves as liaison/contact for Patron Hosts & Guest Artists
- Application form allows pre-screening / matching
- Patron Hosts will be eligible to receive complimentary tickets (to be used on any 2026 production) for hosting.

If you have an in-law unit or spare room with access to bathroom, kitchen & laundry available, please let us know!

Please contact John Bridges, TWS Company Manager at jbridges@hartnell.edu.