

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
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Monthly Newsletter – May 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: “See a Historical Figure Come to Life”

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, 5th 9:30-10:45am** + donat.
Bridge 1st, 3rd, & 5th, 12N to 3:30PM**


Updated 05/02/2026

* \$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.

New Member Orientation Come Join the Fun!

Are you a new member—or even an established member—who would like to learn more about ASI and all the exciting activities we offer? Then our **New Member Orientation** is the perfect place to start!

 **Friday, May 15th**

 **1:30–3:00 PM**

 **Here at ASI**

Come enjoy a fun and friendly afternoon where you'll learn about ASI's history, hear from activity leaders, and discover the many ways to get involved. You'll also have the chance to meet fellow members, make new friends, and get answers to all your questions.

You might be wondering:

- How do I get into Mon. Zumba?
- What exactly is Chair Yoga?
- What's the difference between Tues. and Fri. night dances?
- What craft activities are available?
- What does the Book Club read?
- How does our library work?
- Is Hula/Tai Chi/Yoga hard to learn?
- What is Artful Escape? Genealogy?
- Who's on the Board?
- What is Technology Assistance?

We welcome *all* your questions. Also, since ASI is 100% volunteer-run, we welcome your involvement. This is a wonderful opportunity to explore, connect, and see all the ways ASI can enrich your life. We look forward to welcoming you and helping you make the most of your ASI membership!

Please sign up at the office or give us a call if you plan to come so we can prepare handouts and have plenty of chairs ready.

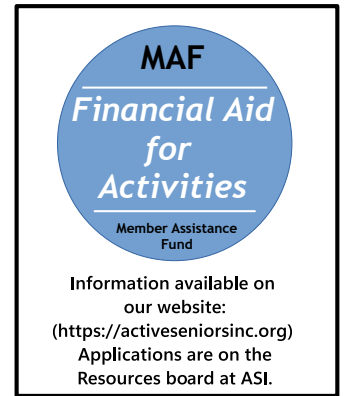
Funds Help You Remain Active

ASI Members! Would you like to be Socially, Mentally and Physically stimulated and challenged? Like to be a part of ASI activities? But your budget's a bit tight? The Member Assistance Fund is there for you.

Filling out a simple and confidential form will provide you a digital wallet you can use to pay the fees to attend most ASI activities—like the Book Club (social and mental involvement), any number of Yoga classes (physical involvement) or bridge (mental involvement).

Generous donors have established the MAF (Member Assistance Fund). As the MAF is still new to us it will continue to evolve as the MAF Committee decides how the fund can best serve ASI Members. Check your Newsletter carefully each month for any new developments in MAF policies, procedures and offerings.

In the meantime, do not hesitate to apply for assistance. Application forms are on the wall to the left of the office door and the office staff will put your confidential application in the MAF Committee mailbox.



From the Salinas Public Library

Title: Simply Zen: A Four Week Intro to Mindful Meditation; Description: Find calm and clarity in the midst of daily life. This four-part class offers a beginner-friendly, traditional approach to Heart Zen meditation to help cultivate mindfulness, even in the busiest moments of life. Charles Meng is a Salinas-based retired educator with more than 16 years of meditation experience. A former instructor at Monterey Zen Meditation Center, Charles is passionate about helping beginners find clarity and balance through simple, effective Zen practices. Bring your own yoga mat! Chairs available upon request. This is not a drop-in program. Attendance is required at all four sessions; **Dates:** Saturdays, May 2, 9, 16, 23; **Time:** 2:00-3:30 pm; **Location:** Cesar Chavez Library; **Register:** <https://forms.cloud.microsoft/g/zMmquMwrR0>; Questions? Contact Magnolia at Magnolia.Coito@salinas.gov.



The Western Stage Seeks Housing for Guest Artists

By John Bridges, TWS Company Manager

The Western Stage is looking for generous people who may have an extra room in their home to house a Guest Artist for our 2026 Season (also, future seasons as well). We use our great local talent for TWS productions but we also bring in new talent from out of the area. To do this, we assist with finding housing for those actors, directors and designers.

Our need is not as great this season as it has been in the past but there is still a need. A typical stay this season is four to five weeks for directors/designers and eight to nine weeks for actors/technicians. If you have a spare room or an in-law cottage (with access to bathroom, laundry and kitchen), please contact John Bridges at jbridges@hartnell.edu.

Minimal compensation is available (if requested). We also provide complimentary tickets to those who become Patron Hosts (to be used during the 2026 Season). Thank you.

Membership Nametags

This is your last chance this year. Come to the office to order and pre-pay for your ASI name badges (if you want one). Choice of pin or magnet backing. Order will be submitted May 15th.

Second Annual Safety Fair Helps Seniors

As we age, no matter how gracefully, we still find ourselves doing less, moving more slowly, experiencing infirmities, sometimes falling, and so on.

ASI's Safety Fair is there for you to find out what assistance you can tap into and what measures you can take yourself to make your movement, your environment and your community safer and more responsive to your potential needs.

At the same time you learn to do what you can to assist another person in an emergency situation. Attendees at the April 25 Second Annual ASI Safety Fair were able to embark with a wealth of information on safety equipment and procedures at the ASI facility, on intervening in a medical emergency such as choking, a heart issue or a breathing problem, and on making their own homes safer places in which to live and work.

We are all safer if we are prepared for emergencies. Be sure to take in next year's ASI Safety Fair.



How to Heimlich



MTs show off LUCAS – automated chest compression machine for heart attacks

Sound Bath Has Arrived At ASI--My Quest for Excellent Audio!

By Michael Gains

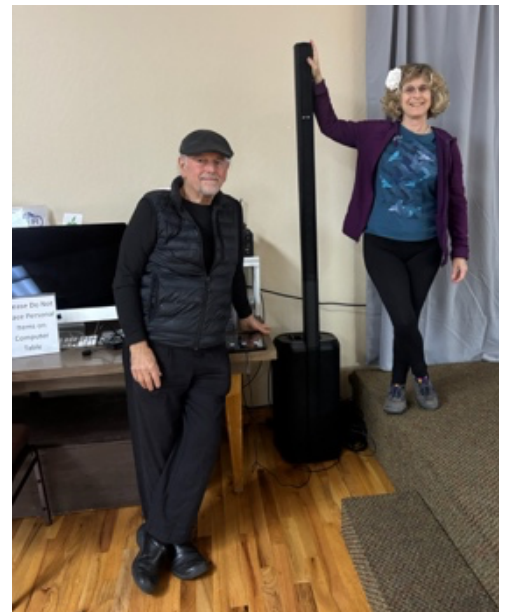
As most of you know, my wife Bari and I co-lead a band called Moon Glow and play for dancers on Tuesday night at ASI. We expanded our musical horizons a few months back when we joined Marilyn's lovely Ukulele Class. We are part-time working musicians with experience in sound production and recording, and we perform at Senior Homes around Salinas and Monterey, so we want great sound.

I have been observing sound quality for the many ASI activities, with tiny boom boxes, desktop computer speakers, Karaoke for Kids systems, a minimal powered speaker, a PA system probably installed when ASI's facility was first built, and a plethora of stuff in-between. The collective sound experience at ASI is inconsistent and it seemed time for an upgrade.

In March I began exploring possibilities. I procured a BOSE PA and some nice auxiliary equipment on a temporary basis. Then I started giving demos to activity leaders who require sound. The responses were overwhelming, from "I can now hear the instructor" and "The music makes me want to dance harder". The last demo was at the monthly Board meeting. I showcased that wireless system—and the Board unanimously voted to keep it.

Here is some basic info. The amplifier/speaker system covers every square inch of the main room. Each activity leader has specific equipment and training to fit their needs--streaming music, mixing instruments/vocals for sing-along groups, speaking through a wireless-headset to teach a dance lesson, Tai Chi or Yoga. If you'd like more technical specs, please contact me.

This was a great way for the Board to support the Activity Leaders for all they do! When you see a Board Member, please thank them for all of us.



A Life of Skill and Service: Jim Tripp's Journey

By Sera Hirasuna

Jim Tripp, a longtime ASI member, is our first—and still our *only*—webmaster. He created our website from scratch and continues to maintain and improve it. Thanks to his steady attention, the site reaches not only people in Salinas but visitors around the world. Jim can quote you the exact stats at any given month.

Jim also regularly updates content, monitors usage, and protects the site from security threats. While many webmasters struggle to manage a single website, Jim oversees five: ours, one for his antique radio collection, and three for Ham radio clubs in which he is active!

Jim grew up in Jackson, Michigan. After high school, he served three years in the Army during the Korean War era. When he returned home, he worked for six years as a railroad telegrapher. Already familiar with American Morse Code through his Ham radio hobby, he went on to learn International Morse Code as well. He notes that those fluent in both, “bi-lingual” as he puts it, are quite rare.

During this time, Jim married Lavon, his wife of 63 years this June, and together they welcomed their first child, Eric. Two more children, Laura and Ryan, would later complete their family.

After graduating from Lansing Community College in 1966, Jim moved his family to Southern California to be closer to his sister and to pursue better opportunities. As he recalls with a smile, “I wanted to earn more than the \$2.50 per hour max that I would have made in Lansing.”

Earning his bachelor's degree took longer than expected. Because colleges did not standardize their curriculum in certain science and math courses, and as Jim moved frequently, he often had to repeat courses even though he had already passed them previously!

Despite these setbacks, he persisted and ultimately earned a degree in MSEE (Master's in Electrical Engineering) at San Jose State. It was a critical milestone that opened many professional doors. (It didn't hurt that he had finished at least half of an MBA either.) In Southern California he worked for Autonetics, a division of North American Aviation, working on accelerometers for spacecraft. Because weight and size are critical in space, Jim says the components were “so micro minimized I had to use a microscope to do my soldering!”

It was the era of the semiconductor boom in Silicon Valley, and bounties were put out everywhere to find new talent. Knowing Jim's abilities, a former colleague encouraged Jim to interview at National Semiconductor in Northern California. He so impressed his friend's boss that Jim was hired on the spot! He remained there for 14 years!

Later, his engineering colleagues would fondly nickname him “Magic Fingers” because he had a remarkable ability to troubleshoot and fix complex software issues—often with just a few keystrokes. When one is under the stress of a production deadline, that kind of skill is highly treasured.

Jim's work also took him abroad. From 1979 to 1981, he served as a plant manager in Singapore. The assignment was a positive experience for his family. The company provided generous support, including annual trips home. His children flourished in Singapore's well-structured schools, where behavior standards were straightforward and consistently applied. Eric even played baseball for his high school team. Jim particularly appreciated the country's green spaces, and he made it clear he had little interest in relocating to Hong Kong when the option arose.

Later, Jim joined Cypress Semiconductor, led by its brilliant and brash Founder and CEO, T.J. Rogers. As Worldwide Test Engineering Manager, Jim played an important role in the company. Anyone who has had that kind of job knows how much it takes out of you. This is especially true if one is responsible for the burden of anything “worldwide.”

When he chose to retire at age 58, Cypress made strong efforts to retain him, offering higher pay, a private office, and additional perks. Jim declined--“it was no fun anymore.” He wanted time to travel while he could. He added, “It's funny. You don't know your worth to a company until you are about the leave.”

(continued on P. 5)

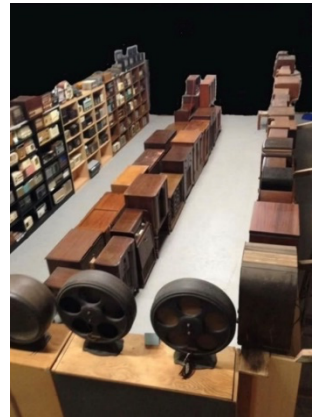


Jim Tripp's Journey (continued from P.4)

Jim and Lavon did get to travel, visiting every continent except Antarctica.

Today, Jim remains active as ever. He continues his involvement in Ham radio, woodworking, and collects model cars and telegraph keys. If you want to see him really excited, ask him about his collection of 1,000 vintage radios, dating back to a Crystal set with a "cat whisker" from 1915! He currently dedicates a 4,000-square-foot space to organize and pursue these interests!

In his spare time, Jim loves to sing, and is a member of the Salinas Senior Singers. This is where Karen Towle and Robert Pettit discovered Jim and persuaded him to join ASI years ago. (Jim's antique radio collection) ----->



Within ASI, Jim continues to contribute in many ways. In addition to managing the website, he has served on the Board, headed the Nomination committee one year, and is a Board committee chair (website). He also provides technical assistance, along with Dwight Freedman, every third Thursday. Jim is a modest man, who keeps a low profile, but if you see him, say, at a luncheon, a simple thank-you would mean a lot.

Senior Peer Counseling Loses Funding

By Nicki Pasculli, Alliance on Aging Development Director

Due to the passage of Proposition 1, Monterey Behavioral Health will experience an overall reduction of 35% to its budget. As a result of this cut, they've made the decision to discontinue funding several programs, one of which is Alliance on Aging's Senior Peer Counseling Program.

Older adults have historically faced considerable barriers to accessing mental health services, leaving them chronically underserved. Barriers include finances, transportation, minimizing symptoms as "a part of getting old" and mental health status not meeting the clinical criteria for higher level standardized treatment.

The Senior Peer Counseling Program has successfully addressed these barriers by providing services to the older person who traditionally has "fallen through the cracks" as evidenced by its success and longevity in Monterey County. Senior Peer Counseling is not therapy; it is therapeutic.

Volunteers, 55 and older, are trained by mental health professionals in issues of aging and community resources. They provide one hour, once a week of emotionally supportive counseling in the client's home or the Alliance on Aging offices. With early intervention, clients who are depressed, anxious, facing medical challenges, grief and loss find that talking to someone who cares can be a path out of a dark place.

There is no cost to the client. Feedback from clients and the success of the program demonstrate that access to this early intervention can prevent symptoms from escalating and requiring a higher level of care. Senior Peer Counseling provides the scaffolding often needed to decrease isolation, find meaning in the third act of life and address chronic loneliness.

Traditional mental health services are critical. However, for the many older adults who do not meet their criteria or are physically unable to access them the Senior Peer Counseling Program is a lifeline. It provides quality interaction for clients and volunteers alike.

Book Club News

By Holly Mikkelson

The ASI Book Group meets every Wednesday from 10:30 to 11:30, and all are welcome. Each week we read a certain number of pages of the book we've selected and discuss it.

For the next couple of months, we will be reading the following books: *The Berry Pickers* by Amanda Peters; *The Lager Queen of Minnesota* by J. Ryan Stradal; and *The Correspondent* by Virginia Evans.

After we've completed these books, we'll have another round of nominations and vote to choose the next three books to read and discuss. Come join us!

Holly Mikkelson, hmikkelson@gmail.com, 831-261-2590

June 13th, Sat. Pancake Breakfast and Car Show Fundraiser

SAVE THE DATE: Special Events Coming Up!

June 2 – (Tues.) Primary Election - Monday night (June 1) and Tuesday activities cancelled.

June 13 (Sun.) - Pancake Breakfast & Car Fair Fund Raiser, 8am-10am

August 15 (Sat.) – Summer Dance, 5-8:30pm

Nov. 7 (Sat.) – 2nd Annual Artisan Craft Faire, 10am-4pm

President's Corner

By Gerry Reynolds

ASI President 2026

Reynolds Rap! fared better in April than in March. Three members showed up to offer suggestions and get my take on a few of the things going on at ASI. The muffins were again hardly touched, what is it about my baking that makes attendees so fearful?

The May luncheon program is very poignant, considering that this year is the 250th anniversary of the founding of our nation. The live program will be a history lesson of the trials and travails of George Washington's Continental Army and the Lord Cornwallis' British Royal Army, as seen through British eyes. You won't want to miss it, please come, sign up for the luncheon now.

I want to give a big shout-out to all of our ASI volunteers who help make our second home so wonderful.

From activity leaders, committee chairs and members, office staff, kitchen and luncheon staff and servers, Officers and Board of Directors, and anyone else who makes being at ASI such a welcoming and rewarding place, it all couldn't happen without YOU! So, we salute and celebrate everyone who gives time and interest to ASI. Without you, ASI wouldn't be all that it is, a GREAT place to be a part of. **Thank you, thank you!**

ASI PANCAKE & CAR FAIR FUNDRAISER



8-10 AM
SAT., JUNE 13TH
\$15



100 HARVEST & PAJARO, SALINAS

ASI's Political Activities Policy

We are continuing our coverage of Board Policies.

As the primary election nears (June 2nd), a little more than a month away, it's good to know that ASI actually has a policy regarding politics. In short, we are a nonpartisan corporation and we "[do] not endorse or oppose political parties, candidates or [engage in] partisan campaigns."

Of course you can personally get involved with politics *outside* of ASI, but as an organization, we remain neutral to be fair to all concerned. That includes taking this policy into account for programming purposes (luncheon speakers, special lectures, etc.).

The rule applies to all members. Should we meander from the rule, we risk losing our tax-exempt status! So, we prohibit "lobbying" and seek to "maintain transparency and accountability to ensure compliance with relevant reporting requirements." Comments or concerns regarding this policy can be addressed in writing to the President and/or the Board of Directors.

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



May Birthdays

Elizabeth Alexander	Florencia Montalvo
Hoku Ayers	Deborah Norman
Brian Birkeland	Jan Overwaser
Dawn Brenton	Renata Payne
Geralyn Budenholzer	Rebecca Pieken
Suzanne Burns	Veronica Polovneff
Elizabeth Costworth	Maria Pritt
Paula Falkoff	Elsa Quezada
Felipe Fierros	Jo Ann Reynolds
Laurie Gerletti	Violet Rodriguez
Peggy Goldman	Carol Rogers
Debra Grado	Ginny Rouch
Kris Hadley	John Sempek
Patricia Hatchett	Joseph Shammass
Thuytien Hoang	Janet Silva
Candice Jansen	Claire Smith
Susan Joens	Scott Steves
Mindy Kang	Tim Swick
Robert Kasavan	Di Ann Tarhalla
Monica Kim	Sylvia Teixeira
Jacqueline Kramer	Laura Thayer
Tad Kumagai	Cary Tremewan
Roberta Legg	Marjorie Trigg
Sue Lelievre	Jim Tripp
Alicia Lerma	Patricia VanLaarhoven
Guadalupe Lopez	Hank White
Lori Mack	Michael Wichert
Gayle Maldonado	Nina Wolff
Michael McFadden	Kate Wright
Fran McGrew	Anna Young
Jane Mead-Roberts	

ACTIVE SENIORS, INC.
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ASI Members--How You Can Help the Salinas Community

You may have noticed a big collection barrel near the entryway to ASI. Many individuals—particularly men—are very much in need of clean and gently used clothing.

ASI Member Ben Hanley is asking ASI Members to check their closets and consider bringing rarely worn and no longer needed clothing into the donations barrel. Ben, in turn, will regularly pick up the clothing and deliver it where it's needed. Regular drop-off sites include the Veterans Transition Center, Soledad Street agencies such as Dorothy's Place and A Closer Walk, the Victory Mission, and the Cancer Society.

Thanks to Ben's dedication we can collectively make a big difference in the lives of many less fortunate Salinas citizens. If you have questions or concerns you may contact Mr. Hanley directly at benhanley123@gmail.com.

Thank you Ben and special thanks to anyone who can contribute to the ongoing clothing drive!

Kay's Chili Beans by Kay Wallace

1 yellow onion, chopped	3 cans S&W Chili Beans
2 cloves garlic, finely chopped	1 Tblsp. Chili Powder
1 Tablespoon Olive Oil	2 Tsp. Garlic salt
1 ½ lbs. Ground Beef	Salt and pepper to taste
1 can Tomato Sauce	

Saute onion and garlic in oil. Add ground beef and brown. Add tomato sauce, beans and season to taste!