

OFFICE HOURS

9:00 am to 4:00 pm
Monday through Friday
asi@activeseniorsinc.org
831-424-5066



ACTIVE SENIORS INC.

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Monthly Newsletter - January 2025

DAILY ACTIVITIES

MONDAY: Zumba 7:30-8:30AM* no weights +Instr.
Zumba, 9-10:15 AM* w/ weights + Instr. Donation
Hula, 10:30-11:30* + Instr. Donation
Ukulele, Noon-2 PM** singalong/beginners/basic
Mahjong 12:30 to 3:30 PM**
Beginning Hula 1-2PM, Room A – starts Jan 13*
Yoga/Pilates 2:45-4:00 PM**
1st, Bunco 5-8 PM, doors close 5:30. \$6, limit 40

TUESDAY: Legal Services for Seniors, 9-11:30 AM
Call for required appointment
Line Dancing 10 to 11:30 AM**
Bridge# noon-3:30 PM**.
Beginning Ballroom Lesson 6-7 PM
Social Dancing 7-8 PM, live band, \$9.00/\$10.00

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

THURSDAY: Knitting/Crocheting by appt; 1-3 PM**
Nar Anon family support group, 6:00-7:00 PM—
on “pause” until 1st Thurs. in Feb. (Feb. 6)
1st & 3rd, Quilting, 9-12** on pause until Jan. 16
1st & 3rd, Genealogy, 10:00-noon**
3rd, Tech Assistance, 1-3 PM**
3rd, Singing for the Brain, 3:15-4:45 PM**

2nd THURS.: MEMBERSHIP SOUP LUNCHEON,
Jan. 9, Noon, \$12. Program: Dwight Freedman,
My Senior Center Software

FRIDAY: Yoga/Balance/Pilates 8:45-10:00 AM*
Zumba 10:15-11:15 AM* + Instr. donation
Bridge# 11:45 AM to 3:30 PM**
1st and 3rd, Western Dance, 7-9:30 PM, \$8/\$10

SATURDAY: Zumba, 9-10 AM *Limit 40**
Bridge 1st & 3rd, 11:30 AM-3:30 PM**
4th Sat. Italian Cooking, 11:15am-12:45pm, “Five
Different Pestos,” \$10 members/\$15 non-mem.

Other Activities with Schedule Changes: “Gentle Yoga”
on “pause” until further notice. Looking for new time slot. Food
Distribution, Thurs. Jan. 30, 9-11 AM.

* \$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 Dwight

Whenever you see Dwight, thank him profusely for all the work he does at ASI. And he does a LOT! Dwight is a complete PC programming, software and hardware guru with extensive experience in all phases of PC system setup, operations and training (he doesn't do much with Apple systems).

His goal now is to bring ASI's computers AND Members right into 2025. You may have already experienced his recent work as you easily checked in to your activity with your key tag ASI ID number. Dwight is now devoting hours and days and weeks and months to seeing those updates happen.

Dwight's journey to becoming a tech expert is interesting. He was born in 1948 in New Jersey to a woman divorcing her husband. Dwight's father's surname was Freeman as he had descended from ancestors who were free men prior to the 1893 Emancipation Proclamation ending slavery.

Out of strong feelings about her divorce and/or husband, she changed Dwight's name to Freedman. He was the third child and only son in the family which, with his mother's remarriage, would grow by four more daughters and two sons. From the young age of nine years old until he was 14 he was responsible for caring for his younger brothers and sisters.

After graduating high school, Dwight entered a one-year program in organic chemistry at a trade school, which prepared students for jobs manufacturing medicines at local pharmaceutical firms, and on completion of the program Dwight was hired.

The day he was hired he was sent to take a pre-employment physical which revealed he had congenital cataracts and would not be able to work in the labs. But the company offered him work in one of three other areas, including Management Information Systems, which appealed to him.

Dwight took a computer science program at night school while working days, eventually in all
(Continued on next page)

Thank You Dwight (Continued from P. 1)

departments of the company. Meanwhile on New Years Day 1972, he met Gaye. They married in October.

After four years in pharmaceuticals he moved to Hollywood in 1975, where as a consulting programmer with a bank, a software firm and an oil company, he built and installed systems and trained employees to operate them.

In 1981 they moved to San Jose where he worked for software companies as a consultant to their clients, primarily banks, installing mortgage lending software and training the banks' employees in its use. Then came the big break. In 1983 Dwight went to work for Intel. Integrated Circuits (chips) were developed in 1980-81, IBM took advantage to bring out its PC (Apple followed soon after) and Dwight was at the forefront of the personal computer revolution. He says he learned a lot at Intel, worked with all sorts of Human Resources related software, and was even sent to Ireland to install software and train staff. He retired from Intel in 2005.

He and Gaye then downsized and moved to Las Vegas where he established his own certified minority-owned business, selling products and services primarily to governments and government agencies where he had a minority business vendor advantage. During this time (2006) he experienced another technical revolution from Cathode Ray (tube) screens to LCD flat screens. Unfortunately the 2010 recession hit Dwight's business hard and he had to declare bankruptcy and they lost their home. In 2012 they moved to Florida where he worked as a program analyst for Goodwill. And in 2017 they moved back to Salinas—and they joined ASI.

Dwight was elected ASI President in 2020 only to be faced a few months later with the COVID epidemic. He says it was a "challenging" period and his intent was to "keep ASI going". He did. But at the end of his two-year term in January 2022 he declined to run again.

Since then Dwight has been totally absorbed in all phases of technology at ASI, recommending the \$10,000 purchase of a My Senior Center suite of software, which he says is worth every dollar. ASI Member Margaret Neal wrote a successful grant application to the Harden Foundation to cover the cost.

In his "spare time" Dwight also conducts technology workshops at ASI and assists with ASI's monthly food distribution. So again, thank him when you see him.

(Ed. Note: I chose to run the above article because Dwight is our featured speaker for this Thursday's—Jan. 9—luncheon. If you're not signed up for the luncheon you can still join us—about 12:45—to hear Dwight's presentation about ASI's new software. You can also check out his article below about what the program does.)

Important Notice: My Senior Center (MSC) Software Update

By Dwight Freedman, ASI Technology Chairman

We are excited to announce we have been upgrading our management system software with new software, My Seniors Center (MSC). MySeniorCenter is a Senior Center management and reporting system that includes a barcode scanner, touchscreen computer, keytags, web-based staff system, and online registration.

The system is integrated with many features and functions and is designed specifically for Senior Centers and their members. If you have attended any of the ASI activities recently you may have been given a member keytag or signed in from our new Touch screen kiosk at our front desk.

We are replacing our sign-in sheets with a state-of-the-art swipe station that allows our members to check-in for activities on a touchscreen monitor. A Short List of Capabilities:

- Track each person for a safer environment;
- Eliminate the long hours spent tabulating sign-in sheets and creating reports;
- Provide accurate counts of members and the activities;
- Schedule resources (people and rooms) for events and classes;
- Track Medical Equipment lending;
- Generate mailing labels, Reports and Statistics;
- Track fees and payments; generate invoices and receipts;
- Send voice, text or email messages to any list of Members (trip reminders, cancellations, weather alerts, etc.);
- Online registration and payments from any device;

Please note that we will be implementing many of the above capabilities to automate and streamline our processes over the next few months. Thank you for your patience.

ASI/Alliance on Aging Valentine Project Under Way

Share your heart this Valentine's Day. For years, ASI has partnered with Alliance on Aging, giving Valentine's cards to some 3,000 people living in care facilities, nursing homes, assisted living, hospitals, and private homes.

In the past, we have, as a community, created and delivered more than 8,000 cards in a season, almost all hand made by artists ranging from pre-school students making sweet scribbled notes, to seniors making fancy cards. They are all made with love and they all transmit love.

Remember your elementary classroom, with construction paper and paper doilies? Please help spread the love as you can. You may sign your name on the cards if you wish (first name only or pen name). NO ENVELOPES please. Staff at the units hand out the cards. When you are "carded out" you may deliver your cards to Active Seniors or the Alliance on Aging (by Feb. 5 please). We can't wait to give a heart to those who may be alone or ill.

Election at January Luncheon

By Bob Whitlock, ASI President

This is a reminder that on January 9, 2025, we will not only be having our regular monthly luncheon, but will also have our annual general Membership meeting. At this meeting, those Members present will vote to elect our leadership for 2025. The Nominating Committee will present a slate of Members up for election to the ASI Board.

We at ASI hope you have had a wonderful Christmas and New Year holiday. With Best Regards, Bob Whitlock.

Next ASI Cooking Show

What: Italian Cooking Demo: "**5 Pestos: Come for the Pestos, Stay for the Stories**"; **Who:** Chef Dale Presson; **When:** Saturday, Jan. 25, 11:15-12:45pm (doors open at 11am); **For:** ASI members (30 maximum); **Standby lists:** For both members and five non-members; **Suggestion:** Bring a notepad and pen and/or your phone (for photos only); **Where:** ASI; **Cost:** \$10 for members, \$15 for non-members; **Other info:** If you register and cannot make it, please call Sera at 831-262-0653 so we can take a person from our stand-by list.

Volunteer Now!

By Kay Wallace

ASI needs office volunteers. Please call us to talk about how you can help. Here's a quote from current volunteer Cynthia: "Volunteering is a way to give back to our organization. I attend classes almost every day. Join us in giving back to the organization that gives us so much." Our office volunteers are always ready to accept your payments for activities, luncheons, trips, events, etc. But they remind you they cannot accept bills larger than \$20-- nor change of course.



Listening Place Readers Theater presents *Proof* by David Auburn

By Susan Keenan

The story is about Catherine, a young woman who has inherited her now deceased father's genius and mathematical prowess. Did she inherit his mental illness as well? Who wrote the newly discovered brilliant proof? This four-person cast is directed by Nancy Bernard and *Proof* will be performed **Sunday, Feb. 16**, at Active Seniors, Inc., 1:00 to 3:00 pm. Doors open at 12:30. No reservations necessary. Donations welcome.

From the Salinas Public Library

The Salinas Public Library is presenting a fun event. Title: **Virtual Genealogy Work Group**; When: Tues., Jan. 28, 6:00-7:00 PM; Where: Online Virtual; Cost: Free. Description: Researching family history can be exciting, as well as challenging. Working groups are a chance to share ideas, resources, and support. We'll use Zoom to meet, and all experience levels are welcome. For more information, please contact Cathy: CathleenA@ci.salinas.ca.us. Website Link: [Virtual | Genealogy Work Group | Salinas Public Library](#).

Thank you, Matsui Nursery!

By Sera Hirasuna

We at ASI are honored to have Matsui Nursery donate their beautiful orchids to our Summer and Christmas gatherings. They surprised us with six giant phalaenopsis for our raffle prizes (three very happy recipients pictured >>>) and then gifted 120 beautiful orchids for the attendees at our Christmas Holiday party on December 17! Our guests were overwhelmed with the exquisite beauty of Matsui's gorgeous orchids!



Tolan Maust

Anka Hepper

Marilyn Foos

Matsui Nursery Founder, Andy Matsui, was born in Japan in 1935, but came to the US to participate in a farm program in Mt. View CA. In 1969, he bought 50 acres in Salinas to grow roses and chrysanthemums. But in 1998 when South American roses joined the competition, Mr. Matsui at age 63, switched to orchids.

He traveled the world learning orchid growing and is now the largest potted orchid farmer in the world. He started the first potted orchids program sold via grocery stores (see links below).

Today, Matsui Nursery grows millions of orchids (hundreds of varieties) annually. Each orchid plant takes two to three years to grow from sprouts. The Nursery has 10 million potted orchids continuously in production on 2.4 million square feet of greenhouses (42 football fields). Matsui orchids are shipped across the US and around the world.

In 2004 Matsui Nursery started an educational foundation to make grants to students among the company's workforce and their families. From 2004-2012 the Matsui Foundation gave scholarships to students throughout California.

In 2013 the Foundation donated \$1 million to the CSin3 program, developed to help farm worker children attain a BS in Computer Science in three years, each cohort attending the Hartnell college and CSUMB program year-round for three years.

The program won the Governor's award (\$5 million) for Innovation in Higher Education programs in 2015. The Foundation paid the full tuition for all students in the program—more than 240 students now.

In 2017-2019 Teresa Matsui (President) gifted Matsui's 215 acres of strawberry fields to Hartnell, which generated \$500,000 in income annually. The land is valued at \$20 million and is largest gift the college has received.

This is a company that has truly helped "grow" the talented students in this Valley. We thank you, Matsui Nursery, for all your good work and thank you for your amazing gifts to our community. <https://www.hartnell.edu/news/hartnell-and-csumb-earn-5-million-innovation-award-csit-3.html>
<http://www.matsuinursery.com/about.html>

January Birthdays

- | | |
|--------------------|------------------------|
| Bruce Adams | Jody Lyons |
| Soyla Andrade | Calvin McGuire |
| Anne Aarii | David McQueen |
| Esther Barba | Yvonne Mraule |
| Ilona Bate | Linda Nall |
| Maria Benitez | Al Pedersen |
| Deborah Bielsker | Jacque Pendergrass |
| Dolores Billman | Beverly Poulton |
| Frances Bonifacino | Eric Quigley |
| Sandra Breeden | Connie Raya |
| Pam Cassady | Pat Rego |
| Eloise Cavazos | Richard Riehle |
| Nanci Crompton | Claire Rock |
| Tom Crompton | Emma Rodriguez |
| Liz Crooke | Robert Rossi |
| Peggy Davis | Sylvia Santos |
| Jesse Deleon | Mary Schapper |
| Nancy Deserpa | Edla Schneider |
| Lori Ducoing | Janet Souza |
| Marlene Eaton | Shirley Souza |
| Douglas Eike | Donelle Squires |
| Beverly Gatliff | Joann Stanion |
| Kathy Gill | Jean Steinbruner |
| Dorothy Griffin | Cathy Thompson |
| Susan Guzman | Chong Tiliaia |
| Mitsuko Hagihara | Diane Tingey |
| Vera Hanquist | Mary Jane Vonnegut |
| Carol Hart | Kay Wallace |
| Raquel Herold | Vicki Ward |
| Nancy Hulak | Barbara Wilborn |
| Gordon Jackson | Lynn Wilde |
| Christine Jones | Carolyn Wylie |
| Sammie Kelley | Jack Wylie |
| Honor Knight | Virginia Yeater |
| Stella Kumagai | Mary Regina Zalazowski |
| Ron Ludes | |

Casino Trip Scheduled—A Reminder

By Sharon Piazza, Tour Director

Join us on Thursday, Feb. 27, for a one-day trip to Table Mountain Casino near Fresno. TIME: Leave Park Row at 8:00 AM, return at 6:00 PM; COST: \$89.00 per person. Lunch on your own.

Ready, Set, Let's Go! Tips for Traveling With ASI

By Sharon Piazza, Tour Director

1. All one-day trips must have at least 30 attendees for the trip to take place.
2. Individual transportation cost is based on 30 attendees.
3. Trips are planned four-five months ahead to get tickets, make reservations, reserve a bus, and promote the trip.
4. Attendees must complete registration (on the ASI website or in the office) with full payment to be "signed up".
5. No phone reservations.
6. Cash or check only. No credit cards.
7. Attendees do not have to be an ASI member in order to go on a trip.
8. As a group we usually get a group discount.
9. Make reservations early. Some trips sell out in just a few days.
10. Once we reach the maximum for a trip, we will start a waitlist.
11. All waitlist sign-ups must complete a registration form and make full payment.
12. No refund for cancellations within 30 days of the event unless we can find a replacement, i.e. Waitlist.
13. If you can't attend an event and there's a replacement, we can shred your check or you can pick it up at ASI.
14. If you are on the Waitlist and do not get called, we can shred your check or you can pick it up at ASI.
15. If you have questions about a trip, please contact the Tour Director, Sharon, at 831-261-8087.

Mt. Hermon Christmas Celebration

By Sharon Piazza, Tour Director

A group of 56 ASI Members and guests celebrated this past holiday season with our first trip to Mt. Hermon in the Santa Cruz mountains. Chilly and slightly wet weather greeted us as we got off the bus at the Conference Center. Some of us visited the bookstore, some went to the Craft Boutique (>>>) for shopping, and some relaxed with a cup of hot chocolate in the lounge.

At 5:00 PM we headed to the dining hall for a huge buffet that included an appetizer station, salads, vegetables, fish, steak, ham and a dessert station (>>>). The concert with Tim Zimmerman and the King's Brass started at 7:30 and entertained us for almost two hours. Everyone had a great time and we look forward to returning next year.

ASI Continues Food Distribution Program

By Loretta Salinas

Another remarkable food distribution took place for our Members and the community Thurs. Dec. 19 with over 250 bags of food distributed. Our drive-through food distribution is a total success. It would not be possible without participants dedication to our seniors and the community.

The Active Seniors Food Distribution team sincerely thanks you for the time and effort you invest in serving our members and the community. Thank you for being an essential part of our mission. We would like to wish everyone a happy holiday season and a healthy and happy New Year.

With heartfelt thanks from Loretta Salinas, Dwight Freedman Sr., and the ASI Team.



Visiting the Gift Shop



Enjoying Dinner



Did You Know.....

By Yole Whitlock

In 1959 when Active Seniors, was just starting, the Victory Mission on Soledad Street opened its doors to feed and house the homeless in our community. Coincidence? Maybe, but coincidentally **YOU** can volunteer to make “Mother’s Burritos” for the Victory Mission right here at the ASI kitchen.

An email goes out to our ASI Members asking for volunteers. The first six who respond become a part of a team that meets to make these burritos. Under the direction of Bari Roberts, who has financed this project since 2017, and with the culinary skills of Chef Michael Gaines who provided the recipe, 108 of these little “donkeys” (English translation of *burrito*) are made at each session.

They are picked up by the Victory Mission that same evening and served the following day to men in need of a hot and nourishing meal. Interestingly, when one volunteers to help others, an increase in hope and happiness in oneself is a serendipitous by-product. Be of service when you can!

