

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 - June 2024

DAILY ACTIVITIES

MONDAY: Zumba, 9-10:15 AM* + Instr. Donation
Hula II, 10:30-11:30* + Instr. Donation
Ukulele, Noon-2 PM** singalong/beginners/basic
Mahjong 12:30 to 3:45 PM**
Yoga/Pilates 2:45-4:00 PM
2nd, 3rd, 4th, 5th, Gentle Yoga 4-5 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**
Bridge Lessons 1:00-3:00 PM**
Beginning Ballroom Lesson 6-7 PM
Social Dancing 7 to 8:00 PM, \$9.00/\$10.00

WEDNESDAY: Yoga/Balance 8:45 to 10:00AM*
Cribbage, 10:00 AM-12:00 noon**
Book Club 10:30 AM to 11:30*
1st, 3rd, Karaoke, noon-1:00 PM*
2nd, 4th, Beginning Guitar, 11:45-1:00*
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:
1st & 3rd, Quilting, 9:30-11:30 AM**
1st & 3rd, Genealogy, 10:00-noon**
3rd, Tech Assistance, 1-3 PM**
Knitting/Crocheting by appt; 1-3 PM**
Magic, 4:30-6:00 PM**
Nar Anon family support group, 6:00-7:00 PM

2nd THURSDAY: MEMBERSHIP LUNCHEON
June 13, Noon, \$12. Program: Mark Edward,
Mentalist/Magician. Sign up by 4pm June 7.

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: 1st, 3rd: Bridge# 11:30 AM-3:30 PM**
1st, 3rd, 4th, 5th; Zumba, 9-10 AM *Limit 40**
2nd; Zumba, 10:15-11:15 AM; *Limit 40**
4th, 5th: Hula I, 10:30-11:30* + Instr. Donation

* \$1 Fee for members, \$2 for non-members;
** \$2 for members, \$4 for non-members
Call 831-424-5066, a week prior to reserve Bridge seat.
Office closed Sat. Bring exact change, arrive prior to start.

Dwight Freedman Technology Update

By Sera Hirasuna

Dwight Freedman and tech go together like a wink and a smile. If you have a tech emergency, problem, or question, “who do ya call”? Dwight. That’s how it works here at ASI. Beside the fact that Dwight worked in tech, he still loves it and keeps up researching the “bleeding edge” (his words). It was inevitable he and tech partner Jim Tripp (webmaster extraordinaire), put together 3rd Thursday tech help sessions. On May 23, Dwight gave us a view of the near future. It was both hopeful and worrisome.

Seventy (70!) people filed in, seeming all with notebooks and pens. Dwight addressed the coming widespread use of something called “Passkeys.” A consortium of Big Tech companies worked years to create an unbreakable password-like system—using “Passkeys” instead of passwords is their solution. The system does not require users to “remember” anything, and is thought to be unhackable. That means businesses, utilities, and government agencies also will not have to worry about that either.

It promises to be a huge leap in security, but I learned **only** Windows 11 has the technology to create passkeys as half of the passkey is stored in one’s system while the other half is created by the application. Microsoft will discontinue Windows 10 support in Oct. 2025 which means someone with an older system will have to buy a new computer to get Windows 11. Microsoft’s support is the “iron dome” that helps users avoid constant hacking attacks.

Dwight also talked about the AI revolution. Suffice to say it is changing every part of our lives. The audience (ASI seniors have very active brains) peppered Dwight with questions, which he patiently answered so even I could understand. . . some of it anyway. There are bound to be future lectures. Whenever that time comes, I strongly recommend listening—it’s scary, and yet fascinating—and will engulf us all if we don’t understand it.

Cinco de Mayo--What Did We Just Celebrate?

By Yole Whitlock

We ate tamales, rice, beans and pico de gallo salsa at ASI's May luncheon to celebrate an obscure military victory for the Mexican army which, against all odds, defeated the French on the May 5, or Cinco de Mayo, at the battle of Puebla in 1862. It is not Mexico's Independence Day like our July 4. That celebration is held Sept. 16.

Mexico was deeply monetarily indebted to France, Spain, and Britain. When Mexican President Benito Juarez asked for a two-year moratorium on the repayment, Spain and Britain negotiated a settlement but France took the opportunity to try to colonize the country. With superior forces of some 6,500-8,000 troops, the French were unexpectedly and soundly defeated by a ragtag army of Mexicans. This one minor victory, at least, gave Mexico hope. But France went on to defeat the Mexican forces across the country and Emperor Maximilian was installed as the ruler from 1864-1867. So that is the history lesson in a nutshell!

What does this celebration have to do with us in Salinas? Here's the score! The Salinas Valley featured a river, originally named Rio de Monterey, that beckoned ranchers and farmers to put down roots in its fertile cradle from one end to the other. The "Mission" period of the Spanish rule from the 16th and 17th centuries produced three missions along the banks of the renamed Salinas River: Soledad Mission, San Miguel Mission, and San Antonio Mission, plus the Mission San Carlos de Carmelo in what is now Carmel.

The Hispanic influence was here to stay through the Mexican government of Alta California to the creation of statehood for California in 1849 when 48 delegates met in Monterey to create a new constitution.

The influence of Spain and Mexico continued and called for all legal documents to be printed in both Spanish and English. Our first bilingual edict! On Sept. 9, 1850, California was admitted to the United States of America!

The Hispanic influence is evident everywhere one looks in Monterey County. The Salinas Rodeo (begun in 1911) is pronounced "Ro-day-o," the Spanish pronunciation. Drive in any direction and you will run into a street of Spanish origin – Pajaro Street, San Miguel Avenue, Alameda Avenue and Rancho San Carlos in Carmel Valley.

We have Taco Tuesday, Taco Bell, taco trucks, taquerias galore and of course, the tamales we ate to celebrate Cinco de Mayo. Very typically in Mexico, the women of an extended family gather and make dozens of tamales for Christmas –akin to a quilting bee gathering of yesteryear. Mexican products fill our supermarket shelves.

While the history of Cinco de Mayo is important, the unexpected triumph has become a reason to remember the Hispanic roots of California, Monterey County, and Salinas.

Bunco Premiere

By Sera Hirasuna

"Houston, we have lift off!" Bunco game night (>>>) was a soaring success. 36 gamesters arrived early at 4:45pm, knowing the 40 seats would go quickly and the doors would close at 5:30 or whenever seats were gone. It was a night full of giggles, frenzied dice throwing, quick score tallying, and dance-like sashaying of pairs to the next table.

Midway, the crowds feasted on platters full of fruit and forbidden sweets. The crowd (who, no doubt, skipped dinner) devoured the food (locusts comes to mind). Then came the cookies-and-fruit induced calm before a burst of more determined activity. Finally, three top scorers and one boobie winner were announced to great hurrahs and jumping. In short, it was a great night to just PLAY and enjoy each other. See you at Bunco next month?



Sassy Quilts Quits for Veterans

By Josie Matsumoto

Sassy Quilters made another donation May 16 for the Veterans who receive services at Salinas Valley Health Medical Center. Some of our quilters made 15 patriotic quilts (>>>) and donated them so the hospital could distribute them to admitted veterans. Vets may use them to help keep warm in a wheelchair, an activity room, or any other situation. Veterans will take the quilt home when released from the hospital.



Witold Piekarski – Citizen of the World

By Yole Whitlock

Witold is a new ASI Board member but his journey from his homeland to his service as a Yoga Instructor and to an active and caring member of ASI, is remarkable. Born in Poland well after WWII, his historical view of his own country was, sadly, as all but as a Russian state. The Soviets were essentially in charge. By the time of the Polish Solidarity movement in the 1980s and subsequent return of power to the people of Poland, Witold was long gone.

At 22 he realized the path set out for him in the Soviet world did not match his inner nature; he did not want to be a builder as dictated by the powers that be, with no chance of the university education he longed for. He had not yet realized his true calling, but knew it wasn't to remain in his homeland.

He set out for America, and landed in San Francisco. He enrolled in the City College of SF and after three years he was fluent enough in English and capable enough to transfer from junior college to the University of California, Santa Cruz, where he was welcomed with open arms. Here he paid his own way with scholarships and grants. In 1989 he received his Bachelor of Science degree in Marine Biology and was at a crossroads!

Witold's lifelong balancing act with a scientific left brain versus his creative right brain needed to be addressed before he settled down. Taking time to think things over he took out a personal loan and purchased a worldwide "hop on, hop off" airline ticket with plans to tour many continents! He visited Asia, South America, North America, and Europe, with each stop in his five-month sojourn an eye-opening experience. He became a citizen of the world!

After the months of travel, Witold returned to our neck of the woods to accept a position with the Marine Pollution Studies Lab in Big Sur. He also put in many years with the California Department of Fish and Wildlife, UC Santa Cruz and UC Davis, studying and working on toxicology and environmental issues.

Along the way he married Isabel from Mexico who is a medical interpreter. He fell in love not only with his wife, but the Hispanic culture she embodies. They made a life together in San Francisco, Santa Cruz, Lompico, Castroville and for the past 19 years in Prunedale.

Witold retired in 2018 and in 2019 he discovered ASI. While he doesn't recall the circumstances that brought him here, in 2019 he was recovering from shoulder surgery that left him with a "frozen" diagnosis and complications. He was almost immobile for a year but stumbled into a yoga class taught by Robert Pettit. After almost 40 years with episodes of being bedridden with back issues, five years of intense yoga work, swimming, walking and exercise helped him back to health. Now he too teaches yoga at ASI, with Robert as his instructor and mentor.

Witold has continued to travel during these years. His wanderlust helped him learn about people of our universe and study effects of global warming, toxic dangers on a worldwide scale, and other ecological perils. The desire to travel and learn took him as far south as Raja Ampat in Northwestern Papua New Guinea, exploring parts of the Great Barrier Reef. And if that is not enough for you to say "Wow, Witold, what a life," just take the time to ask him about his newest accomplishment—learning Russian online!



June Birthdays

| | |
|------------------|---------------------|
| Linda Amaral | Mary McCord |
| Diane Bair | Susan McCreight |
| Consuelo Bloss | Jeff McFarlane |
| Elizabeth Burns | Joann McKinsey |
| Jean Chapin | Geraldine Mejia |
| Virginia Cherry | Bob Meyer |
| Lisa Cook | Robert Pendergrass |
| Niki Estrada | Vickie Petree |
| Debby Farmer | Rene' Pledger |
| Paul Farmer | Anna Plymale |
| Tedd Gervais | Gerry Reynolds |
| Aurelio Gonzales | Cynthia Sanchez |
| Ben Hanley | Shirley Silva |
| Helen Haskin | Patrick Stanford |
| Patricia Haynes | Grace Swarts |
| Ann Jaramillo | Tom Thayer |
| Carolyn Jensen | Kathleen Thomasberg |
| Myrna King | Mary T. Viglietti |
| Ingrid Lewis | Adina Walton |
| Janet Lewis | Bob Whitlock |
| Gabriela Lynn | |

Listening Place Readers Theater Performs June 9

Another treat is in store for Readers Theater fans as the company presents *Dear Liar* at 1:00 pm Sunday, June 9, at the ASI "theater." Don't miss it. It's the true story of the stormy romance between the actress Mrs. Campbell and playwright Bernard Shaw.

She first caught Shaw's eye in 1893 with her youth and stunning beauty as she performed onstage in New York. In *Dear Liar* the two duel with each other as they act out the letters they wrote to each other. Richard Boynton and Susan Keenan play the roles.

The performance is free; donations are welcome. Doors open at 12:30.

From the Salinas Public Library

Title: Local Author Talk, ML Barrs; **When:** Thurs., June 13, 5:00-6:00 PM; **Where:** El Gabilan Library; **Description:** Of all the places she's lived, debut author Maria Barrs considers Salinas her hometown. She dropped out of North Salinas High at fifteen, restarted her education at Hartnell College, became student body president, married, had two children, and worked at KSBW-TV8 as reporter and later as News Director. In her debut novel, *Parallel Secrets*, a TV journalist searches for a kidnapped child. As she digs into small town secrets, she faces mortal danger and her own dark past. Maria will read from *Parallel Secrets* before a presentation about the publication process and her transition from Facts to Fiction, followed by Q&A and a chance to win a signed copy of her book!



Title: Healthy Living Series--Monarchs: Small Size, Big Impact!; **When:** Thurs. June 6, 4:30-5:30 PM; **Where:** El Gabilan Library; **Cost:** Free; **Description:** As requested, the Pacific Grove Museum of Natural History is coming in with a program for adults! Monarch butterflies are beautiful and play a vital role as pollinators in our ecosystem. Here in the Salinas Valley, pollinators make a difference in our ag-based economy and our everyday lives. Plants depend on pollinators, and we depend on plants for food, clean air, supporting local wildlife, and more. We are delighted to have the Museum present "Monarchs: Small Size, Big Impact!" Questions? Contact Kate at KathrynB@ci.salinas.ca.us; **Website Link:** [EG - Monarchs: Small Size, Big Impact! | Salinas Public Library](#)

Nominating Committee Progress

By Donna Elder

The ASI Nominating Committee is chartered with creating a set of Policies and Procedures that describes and codifies the process of identifying, selecting, and recruiting candidates to serve on our Board of Directors.

What has been an informal process in the past is now being formalized and documented. The committee is in the process of reviewing draft language, with the goal of presenting a formal Policy and Procedure chapter to the entire Board of Directors for discussion in June.

Each year three or four Board vacancies need to be filled via a Membership vote at the January luncheon. Please let me know of Members who might work effectively on the Board. We are looking for people interested in helping us plan and carry out a number of goals and activities. We need to begin work now so we can seek and get to know potential Board candidates in time for the election. Thank you.

NOMINATING COMMITTEE

| | |
|-----------------------|--------------------|
| Donna Elder-Holifield | Board Member-Chair |
| Sera Hirasuna | Board Member |
| Gerry Reynolds | Board Member |
| Wayne McDaniel | Member at large |
| Robert Pettit | Member at large |

The Western Stage's 50th Year Is Here!

If you've contributed to The Western Stage by being on stage, a techie, a manager, part of the orchestra, etc., please notify TWS of your involvement by going on the TWS website (check out the events while you are there) or call Cheryl at The Western Stage box office or Pat at 831-818-8214. Love to have you attend events if you can. Hope to see you at the theater.



Wineries Are Latest Tour Offering

Sit back, sip and savor wine, and explore Monterey's wineries, vineyards, and tasting rooms safely while experiencing unmatched comfort and convenience. Unravel the mystery of your favorite wines and learn about the wine making process. Enjoy a great barbecue lunch at one of the wineries. This tour is personalized for Active Seniors. **DATE:** Thursday, September 26; **TIME:** 10:30 AM to 4:00 PM; **COST Per Person:** \$180.00 (Includes transportation, tour, and lunch).

Visit the ASI office to complete registration forms (flier attached) and make payment. Our office volunteers will be happy to assist you. For more information call Tours Director Sharon Piazza, 831-261-8087, check in at the Active Seniors Inc. office, or go to the website, asi@activeseniorsinc.org.

The CEO of Ikea was just elected Prime Minister of Sweden. Now he's assembling his Cabinet.

Once upon a time, there lived a king who was only 12 inches tall. He was a terrible king, but he made a great ruler.

ASI 2024 Events, Holiday Closures:

JUNE 9, Sunday, 1:00 Readers Theater presents *Dear Liar*, by Jerome Kilty
JULY 4 & 5 Closed for Independence Day
SEPTEMBER 2 Closed for Labor Day
NOVEMBER 5 Closed for Election
NOVEMBER 11 Closed for Veterans Day
NOVEMBER 28 & 29 Closed for Thanksgiving
DECEMBER 23 through January 1, 2025
Closed for Christmas, New Year's Eve and New Year's Day. We will open January 2.

Everything will kill you



so choose something fun

Instead of a sign that says 'do not disturb' I need one that says 'already disturbed proceed with caution'

