

## 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.

100 Harvest Street  
Salinas CA 93901-3211  
[www.activeseniorsinc.org](http://www.activeseniorsinc.org)  
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# Monthly Newsletter - July 2024

## DAILY ACTIVITIES

**MONDAY:** Zumba, 7-8:30 AM\* w/o weights + Instr.  
Zumba, 9-10:15 AM\* w/ weights+ 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 7-8 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\*  
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**  
July 11, Noon, \$12. Program: Isaac Adams, An immigrant's life in U.S. Sign up by 4pm July 3

**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\*\*  
2nd, 4th: Hula I, 10:30-11:30\* + Instr. Donation  
Zumba, 9-10 AM *Limit 40\**

\* \$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.

## Volunteers Make it All Work

By Sera Hirasuna

Where would Active Seniors Inc. be without volunteers? Nowhere. Absolutely nowhere. We owe it all to a handful of volunteers who, in 1959, imagined and committed to bringing a vibrant senior center to Salinas. From founding to raising money to building a new center in 1981 to paying it off in three years, it was a labor of love and a near miracle.

However, raising a building is one thing. Having it full of happy activities for hundreds of seniors—currently, about 750 of us—is a different. Today, ASI is made possible by 65 years of volunteering.

2020 was a critical turning point. ASI leadership dug deep and became a source of reliable COVID information and a beacon of hope for ASI Members. They maintained contact with Members, many living alone. When ASI reopened some 16 months later, members rushed back hungry for exercise, music, games, home-baked goodies, and each other!

We have had 150% growth in four years. 24 teachers offer classes six days a week: four different kinds of Yoga, Bridge, Bunco, Cribbage, Ukulele, Guitar classes, three different line dance classes, ballroom, hula, a live band, quilting, knitting, and travel.

We have services such as legal advice, Naranon, and food distribution to 250 seniors each month. A monthly 120-seat luncheon sells out—thank volunteer cooks, kitchen and dining room help. It keeps getting better *because of* volunteers.

If you haven't had the pleasure of volunteering don't wait! Call ASI and leave your name for—yes—a **volunteer** to call you back. If you have been or are a volunteer, thank you, mahalo, xièxiè, salamat, cảm ơn, arigato, danke, merci beaucoup, muchisimas gracias! We won't have ASI without you.

Mahatma Gandhi said, "The best way to find yourself is to lose yourself in the service of others." Please join us and be on the lookout for a Volunteer recognition and playday Sat. Oct. 5.

## ***“Five, six, seven, eight...and again...five, six, seven, eight!”***

By Yole Whitlock

And so it begins! Tuesday night’s dance lessons led by Sera Hirasuna\* start promptly at 6 PM with ladies on one side, gents on the other. Facing each other as Sera intones “Now, watch my feet! Slow, slow, quick, quick,” 60-80 feet clad in tennis shoes, loafers, sandals, boots, and even authentic “dance slippers” all move together.

The two lines join at Sera’s urging and foxtrot their way around the cavernous ASI hall in joyful dance! Weekly, with or without a partner, any innate rhythm, any grace, everyone moves to the beat of a foxtrot, a swing, a cha cha, a waltz, a rumba, even a tango. For one hour they give in to the art of dance! The 30-40 would-be dancers are exhilarated, excited, enchanted or just plain exhausted, but satisfied. After, Sera makes her way to a quiet seat, next to her hubby and dance consort, Richard Riele.

Born and raised on a plantation in Hawaii, Sera eventually moved to the mainland. Teaching English at Gavilan College counts as one of her interests along the way. With a BA (English) and two Master’s degrees (English and Psychology), Sera’s lifelong pursuit of knowledge has culminated in her love and teaching of dance.

No one exactly shouts “Strike up the band” but at 7 PM, the sound of a jazz quintet fills the air. Part two of the soiree begins. Earlier, as the dancers concentrated on the voice and movement of their dance coach, Jim Vanderzwan quietly unpacked his drum kit, Ben Herod has unsheathed his Saxophone, clarinet and flute and Craig Jardstrom has set up his lap steel guitar, trombone and cornet.

Co-leaders of the combo, Michael Gaines and Bari Roberts, come early. Bari puts her guitar in place and joins the dancers; she is regular for the lessons! Michael positions his double bass then tends to greeting everyone as they arrive for the evening. Dancers rise from their chairs and join in the fun.

The Moonglow Band has been a fixture at ASI for the past 12 years. Word has it the “dance” started in 1959 when ASI was founded. The activity ramped up after Nov. 1981 when ASI opened its custom built facility with a great dance floor. Michael has long had a vision for the dance. He brought his many talents as a volunteer to ASI more than a decade ago. He once was a general contractor, but his passion for the culinary arts led him to Pebble Beach as banquet chef, sous chef, and garde manger for 15 years and executive chef of SVMH for 20 years.

Fortunately he headed up the kitchen committee at ASI for the past eight years. He retired at the end of last year to make more time for his musical endeavors. He has focused on the “dance” evenings, increasing attendance through his “Themed Dance Parties.”

At all dances he puts out a buffet of sweet and savory treats, coffee and tea, but for the themed events he, as an honored inductee of the American Academy of Chefs, makes a special dessert to compliment the theme. Decorated tables adorn the room for a convivial atmosphere and with Michael’s touch, a regular dance night becomes a magical affair.

This year, the Valentine’s Day Sweetheart Dance featured a beautiful chocolate cake concoction, Cinco de Mayo had capritada with dulce de leche. Coming up July 16 is a Big Swing Party with cowboy brownies. Oct. 29, look for a Halloween Costume Party with pumpkin cheesecake and Dec. 17, the ASI Christmas Dinner Party with a sit-down gourmet dinner. As Michael likes to say “Musicians and cooks are responsible for the most pleasure in life.” So, please come and join us any Tuesday to see what the fuss is all about!

\* (Sera Hirasuna teaches dance most Tuesdays; Nora McKenna teaches East Coast Swing, once a month; Thiem Do acts as a fill in. All dances are \$9.00 at the door, even on the themed nights, Christmas Dinner excepted.)

## **Singers Welcome at Ukulele Singalong**

By Wayne McDaniel

Several ASI Members have asked if they can join our ukulele singalong without playing a ukulele? YES, we encourage all ASI Members wishing to sing to join us every Monday, noon to 2:00 PM. You’ll know most of the songs and songbooks are available to use. Have fun and we will see you there!



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## Save the Date for San Lyon!...

Join us for an afternoon of dancing and a concert presenting San Lyon. San Lyon (San Le' on) is a Los Angeles based Swing Jazz Quartet formed in 2019. Their music is a mix of early 20<sup>th</sup> century Parisian Gypsy Swing and American Jazz standards from 1920's-1940's as well as originals. San Lyon's colorful repertoire of French, English and instrumental songs is popular in the swing dance community and at event parties and house concerts.

**When: Sunday Sept. 15. Ticket sales begin July 1, to ASI Members only and to Public July 15.** Tickets limited so don't hesitate. **Time:** Doors Open 12:30 PM. **Where:** ASI, 100 Harvest St, Salinas. **Cost:** Only \$25 per person (All Sales Final). Dancers are welcome and there's plenty of room to move! *Click on this link for more information about the group and sample video of the music on their website.* <https://www.swingjazzla.com/>



## And for a Presentation on Butterflies (>>>)

Sat., Aug. 10, 12:30-2 PM. More information in the August Newsletter.

## Activity Committee Adds Zumba Classes

Because of increased summer demand for Zumba, Loretta has decided to add a second Zumba class—but only on Mondays. **(Thank you, Loretta!).** The first class goes **from 7:30-8:30 am without weights**; the second is **9-10:15 am and includes weights**. This schedule is anticipated to run **only for the summer**. Stay tuned for further announcements in August.

Note--there is only 30 min. between classes. **Please give Loretta breathing room** to prepare for the next class, and **please vacate class promptly**. This is true for all classes, but especially large classes. We like to socialize, but it's not fair to others who may have to park blocks away because we are busy chatting. Thanking you ahead of time.

## Summer Events on the Horizon

### July

*Tues., July 16, 6-8 pm--Big Week Swing Party* with cowboy brownies, ice cream, toppings, \$9, \$10 for non-members.

### August

*Sat., Aug. 10, 12:30-2 pm--Butterfly Lecture*, "Getting to Know the 91 Species of Butterflies in Monterey County" by authors Chris Tenney and Jan Austin. Call office to reserve your space.

*Third Sat., Aug. 17, 5-8 pm--"Summertime Dance,"* with DJ-Ron Soratos, finger food, charcuterie board—buffet style. Advance tix only \$15, advance sales only. 100 people limit. Buy your tickets now to save your space.

*Sat., Aug. 24, 1:30-2:30 pm--1st of series, Alzheimer Assn., "Healthy Living to Prevent Alzheimer's,"* Register with the office.

*Thurs., Aug. 29, Alaska Cruise* information session, 1-3:30 pm.

### September

*Sun., Sept. 15, 1-3 pm--San Lyon Band Concert*, tix \$25 each, advance only. Theatre style seating, only beverages.

*Thurs., Sept. 26--Wine Tasting Trip* with Sharon Piazza, leaves 10:30 am, returns 3:30 pm, includes lunch. Advance sales only. \$180.



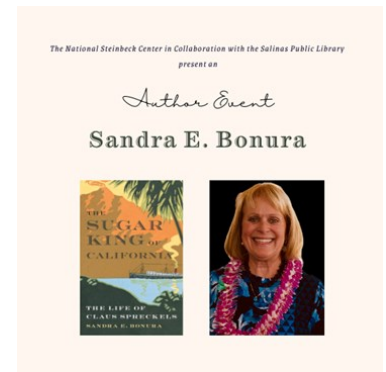
### July Birthdays

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	Tanya Raven
Aurelio Gonzales	Gerry Reynolds
Ben Hanley	Cynthia Sanchez
Helen Haskin	Shirley Silva
Patricia Haynes	Patrick Stanford
Jared Ikeda	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	Mary Wilborn

## From the Salinas Public Library

The Salinas Public Library is partnering with the National Steinbeck Center to present an important event as author Sandra E. Bonura discusses her book.

**Title:** Author Event--Sandra E. Bonura, *The Sugar King of California: The Life of Claus Spreckles*; **Date:** Friday, July 12; **Time:** 5:30-7:00 PM; **Place:** The National Steinbeck Center, 1 Main Street; **Register for free tickets:** <https://bit.ly/Author-Night>. No tickets available at door; **Description:** Sandra E. Bonura's book is a compelling biography of Claus Spreckels' role in developing the sugar industry in California and Hawaii, in a time rife with cronyism and corruption and transforming farming, industry, and labor in the Salinas Valley and beyond. Sandra is a historian, researcher, and retired professor of education and school counseling. Join us as she presents a colorful, interactive slideshow on the life of Spreckels and signs purchased books. **Website Link:** [EGL - Author Talk: Sandra E. Bonura- "The Sugar King of California: The Life of Claus Spreckels" | Salinas Public Library](#). For more information contact Cathy at [CathleenA@ci.salinas.ca.us](mailto:CathleenA@ci.salinas.ca.us)



## Sassy Quilters Show Up at Artichoke Festival

By Josie Matsumoto

Three sassy quilters entered a fabric project for the 2024 Artichoke Festival held at the Monterey County Fairgrounds the first weekend of June. These ladies, along with all other entrants, had to use a specific piece of fabric provided by the Festival, a print with all vegetables.

The task was to create an entry using as "much" of the piece of fabric or as little as an "inch" of the fabric. The challenge was to create any theme they wanted with the fabric. Sassy Quilters left to right (>>>): Brenda Orr, very sassy, said she "Got it Done"; Linda Fanelli won "Honorary Mention"; Suzi Stormon awarded "Best Use of Fabric".



## Rosie the Riveter 1942 to 1944

By Michaele S. Serasio

Rosie the Riveters were ship builders during and after WWII. Many of these female defense workers were Riveters and so the name "Rosie the Riveter" was coined. Their motto was "We can do it." Many came from back east, leaving their families at age 18 to work in the California Bay Area shipyards and factories to produce munitions and war supplies, some traveling days on trains. Some rented rooms and spent six months training to be a Welder.

On June 14 Active Seniors with leader Sharon Piazza toured the Rosie the Riveter Museum in Richmond's WWII Home Front National Historic Park. We met "Rosie" Jeanne Gibson (100 years young) and were told her story of becoming a Rosie. I was happy to hear she also became a Private Pilot and was at that time a member of her local Ninety Nines Chapter.

The Museum is a must see for all to reflect on our WWII history and what the men and women of the time had to face. Memorabilia and stories filled the Museum. The movie "Home Front Heroes" is a must see as it features first hand interviews of the original Rosies. We finished with some pictures from April 2024 where current President Biden recognized WWII Veterans and the Rosies for the 80<sup>th</sup> Anniversary of the D-Day Normandy attack. These Rosie the Riveters were awarded the Congressional Gold Medal.

ASI members and guests also watched a movie called "Blossoms and Thorns" which profiled and interviewed Japanese Americans interned shortly after December 7, 1941. We heard one Japanese American in the film answer questions after the movie was over. Her family was interned. She was about five years old. She had one sister and two brothers. Her Mother had to raise them alone as her husband was arrested and placed in prison. They never knew why. We also heard that Salinas residents were interned at the Rodeo grounds.



ASI travelers with "Rosie" Jeanne Gibson (middle, front), Rosie the Riveter Museum, Richmond, CA

These women and many more paved the way for women today! Yes, "We can do it!"

# ASI Welcomes New Member Frank Renteria

By Sera Hirasuna

Frank Renteria doesn't carry himself like a celebrated athlete--more like a Zen monk with his quiet demeanor and intense presence. This unassuming ex-Marine and ex-sailor has earned over 80 medals and trophies that fill a room, mostly, but not limited to, running. At age 77 he's still at it--competing fiercely. Frank runs three days a week, bikes two and swims two. He eats carefully and weighs the same as when he was 17! His athletic record is stunning, but wait, there's more!

Frank didn't know he was good at running until Marine boot camp (which came after his stint in the Navy). His talent may lie in his Taràhumara (or Raràmuri) background, the largest indigenous Native tribe in North America, inhabiting the harsh deserts of Chihuahua. A Harvard running expert says the Tarahumara run differently. They touch down so quickly and gently they seem to fly. Taràhumara legend says when you run, your ancestors run beside you. Frank smiles; he's had that experience.

Frank served three tours in Vietnam as a Sailor and as a Marine, serving a total of 12 years in various service branches. That's why the National Veterans Golden Age Games mean so much to him. He says, "It's a new era for all of us veterans because it gives us a second chance at life. . .[it gives] us purpose again. We train hard and want to win but are there to support and push each other."

In 2007 at the National Veterans Golden Age Games, Renteria crashed during a bike race resulting in a concussion, four broken ribs, and a badly bruised hip and knee. He was unconscious before the paramedics arrived, but refused their help and talked his way into competing in that same bike race--where he won a gold and a silver medal! And the next day he won gold in the 25-yard swim and bronze in the 50-yard swim!

How does one do that with four broken ribs? When asked about his injuries, he says "I do it for them (comrades who didn't make it home). What is *my* pain? It's nothing." Frank has competed every year for nearly 20 years.

Frank says he is grateful for the discipline the Marines gave him. It helped him earn a BA and an MA from Fresno State in Social Work while battling transition into civilian life. During that "battle" Frank says he found his roots almost by accident while being introduced to a Native sweat lodge ritual. He says he saw a figure in the smoke that invited him to participate, and he did from then on. "It grounds me," he says of his spirituality.

Later, Frank became a college counselor, specializing in at-risk students, especially foster kids. He championed their cause. He also worked with students in a women's prison. One of his most moving memories is of closing his eyes and chanting a Native goodbye blessing to his small group of students in the prison courtyard. When he opened his eyes, the courtyard was filled with other inmates. Apparently, they wanted to be blessed as well.

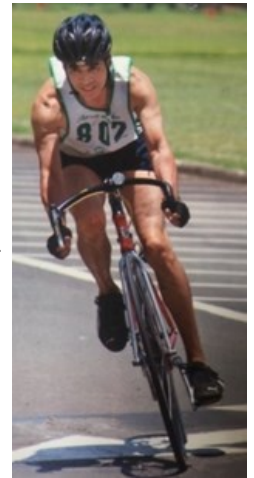
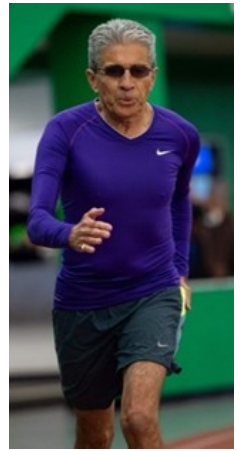
Frank has that strange, magnetic effect on people. It works on animals too. His grown daughters call him the animal whisperer. He laughingly says his guard dog is a cat, a feral cat, who snuggles at his feet each morning as he does his Sudoku.

Frank has marched in Fresno's Veteran's Day Parade for 35 years. During the pandemic, the city cancelled the parade. But Frank thought respect had to be paid, and so he marched the parade circuit alone in his Marine uniform. What surprised and moved him were the cheers and shouts of joy from passersby.

Today, Fresno boasts the largest Veteran's Day Parade in the country. These days Frank marches with an Eagle staff presented to him by his tribe. The staff signals his status as an elder and a person held in high esteem.

Of all his accomplishments, Frank is most proud of his daughters, Sarcee and Tonalla, now accomplished professional women. He ran with them when they were toddlers. In fact, they ran a district race at ages three and four and won first place!

As they grew, they accompanied him to sweat lodges and five-day fasts ending in vision quests; they still participate in rituals. He was determined to be a positive influence on his girls. He has accomplished that. Now he is experiencing a new level of joy in welcoming his infant grandson, Lucakai. Welcome, Lucakai. Welcome, Frank! We look forward to knowing you.





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## Beware “DMV” Scams

*How it Works:* A text message from your state’s DMV requests payment for an overdue fee and threatens license suspension if you do not pay immediately; Alternatively, the message may say you are due for a refund from an overpayment or—this is especially timely--it may say you are entitled to a fuel rebate to offset high gas prices. A web search for your state DMV lands you on what you think is your state’s official DMV site.

*What You Should Know:* In some states, DMVs do send text messages, but only to consumers who have signed up to receive them. At any rate, government agencies, including the DMV, will not ask for personal or private data by text message. Criminals buy online ads to lead web searchers to fake DMV pages with the goal of capturing a payment method or sensitive data that can be used for identity fraud.

*What You Should Do:* Carefully scrutinize DMV text messages for misspellings or unusual grammar. Avoid clicking any links in an unsolicited text message or email, even if it claims to be a government agency. Know your state motor vehicle office’s correct name. Crooks often use the generic “DMV” in scam messages, even in states with different agency names. Confirm that a DMV website is genuine by looking for a .gov suffix in the address, which every state motor vehicle agency uses (except Wyoming). Report DMV scams to the Federal Trade Commission, online or by calling 877-382-4357 and to your state’s consumer protection office.

## Success Stories

We would like to publish occasional success stories in our ASI newsletter regarding ways ASI programs have helped YOU! The stories can be anonymous if you wish. Has an ASI exercise program helped you through a period of rehab? Has socialization at lunches provided support and reassurance through a tough episode in your life? Has a dance class offered you a renewed sense of joy? Does volunteering at ASI provide a sense of accomplishment and fulfillment? It’s likely many Members can learn a lot from your experiences. Please let us know how ASI works—especially if it works well. Contact newsletter editor George Niesen to share your stories—call or text 831-595-3165 or email [gniesen@redshift.com](mailto:gniesen@redshift.com). Thank you.