

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 - September 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 3:00 PM**
Yoga/Pilates 2:45-4:00 PM**
2nd, 3rd, 4th, 5th, Gentle Yoga 4:15-5:30 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*
EFT Tapping Circle, Rm A 1:30-2:30 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 AM-noon **
1st & 3rd, Genealogy, 10:00-noon**
3rd, Tech Assistance, 1-3 PM**
Knitting/Crocheting by appt; 1-3 PM**
Nar Anon family support group, 6:00-7:00 PM
2nd THURSDAY: MEMBERSHIP LUNCHEON
Sept. 12, Noon, \$12. Program: Diane Flesher on
the Peace Corps

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**
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.

Hawaiian August Luncheon—All ASI

In early Spring instructors Wayne McDaniels (ukulele) and Sera Hirasuna (hula) committed both groups to entertain at the August luncheon. Dancers and musicians settled on songs May through June after trying out several.

The ukulele musicians had never played for dancers before nor did they know how to pronounce the Hawaiian language, which was needed for



a few songs, especially "Aloha Oe."

The hula dancers were likewise excited but anxious about dancing to live music--in front of a crowd. No one had performed in public before. One dancer didn't even tell her husband but surprised him instead at the luncheon!



Ukulele players practiced earnestly, their class sessions lasting over three hours. Marilyn Gibbons (lead musician/singer, coach, and herself a hula dancer) wrote out charts and taught Hawaiian, word by word, line by line. Lisa MacFarland (co-singer and hula dancer) was active in drilling, teaching, encouraging as was ukulele activity leader Wayne.

The dancers who insisted on practicing their songs from the earliest mention of a performance knew their hula in their feet, hips, hands, and fingertips but were still concerned about "forgetting"

(continued on next page)

All ASI Luncheon (continued from P. 1)

movements, even with their teacher's reassurances of body memory.

Wayne arranged for visits from Marilyn and Lisa early on and for large rehearsals as we neared the event. It helped. Both groups felt ready and excited. In the hula huddle before the performance dancers spontaneously made a circle and visualized the outcome they wanted. All their "wishes" came true. They were beautiful together with emphasis on *together*, and they had fun.

There were over 25 musicians and 16 hula dancers participating, many more than teachers had estimated. The exhilaration that day was palpable: dancers and musicians exuded "aloha" and felt it come back from the audience twofold. Moreover, the performers felt a pervading spirit of ohana (family) spirit between the groups. We were tightly linked by purpose and appreciation of each other. When you think of it, it is not unlike what we often feel at ASI when we are together for activities—appreciated and included. Mahalo!

Summer, Fall, Saturday, Sunday Events on the Horizon

Sept. 14, Sat. – ASI Pancake Breakfast & Car Show Fundraiser 8-11 AM at ASI, \$15, take out available. **Advance sale tickets only!** We absolutely need to know how many breakfasts to make. What better way to spend a Saturday morning than having a breakfast with friends or making new friends over a full-on pancake breakfast with sausage and/or bacon, eggs, OJ, and coffee—all for \$15, then walking outside to admire some wickedly "tricked out" classic cars and talk with their owners who have agreed to share their knowledge of automotive restoration and conservation with us. Did we also mention this is a fundraiser for your favorite senior center, the place where you actively Zumba, or Yoga (4 different kinds), or pick up books, or read together, or quilt, or knit/crochet, or line dance, play bridge/Mahjong/Cribbage/Bunco, dance hula, practice Tai Chi, learn about the world at our monthly luncheons, learn to play ukulele or guitar, get your technical/legal questions answered, or pick up fresh food at our monthly food distributions? ASI is one of a kind in Salinas, maybe in Monterey County! Come down and make this the best fundraiser/fun raiser you've ever attended!

Sept. 15, Sun. – San Lyon Concert, 1-3 pm (doors open 12:30), \$25 for all. Advance Sale only. Room for dancing. Some tickets still available. San Lyon (San Le' on) is a Los Angeles based Swing Jazz Quartet formed in 2019. Their music is a mix of early 20th century Parisian Gypsy Swing and American Jazz standards from the 1920s-1940s, plus originals. San Lyon's colorful repertoire has gained favor among the swing dance community as well as at event parties and house concerts. *Click on this link for more information about the group and sample videos of the music on website.* <https://www.swingjazzla.com/music>.

Sept. 26, Thurs. – Behind the Scenes Wine Tour, leave Park Row 10:30am; return by 4:00pm. \$180/person. We have a stand-by list. 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 wonderful barbecue lunch at a winery. This tour personalized for our Active Seniors group.

Oct. 5, Sat. – Volunteer Recognition Day, 11am -3pm. For members. We are recognizing YOU. We are celebrating YOU. And ASI is 65 years old! **Come** to honor all our volunteers--and stay for a **free lunch**, watch **activity demonstrations**, learn some **ASI history**, win **door prizes** and be a part of our **ASI community**. The event YOU don't want to miss! Call the office, 424-5066, for your no-cost lunch reservation--attendance limited by food and building capacity.

Oct. 24, Thurs., Annual Senior Resource Day and 65th anniversary of ASI volunteering. More info. to follow.

Oct. 26, Sat., 1-2:30pm – Alzheimer's Association's volunteer Barbara Rhoades, returns to discuss "The 10 Warning Signs of Alzheimer's." Free, but but sign up as we'd like a headcount. More info. to follow.

Oct. 31, Flu shots administered by VNA, 1pm-3pm. More info. to follow.



The Sweet, Illusive Butterflies of Monterey County

ASI had a great turnout (>>>) Aug. 10 for the Butterfly Lecture, based on *Butterflies of Monterey County; a comprehensive guide to finding and identifying 91 species of butterflies in Monterey County* with authors/photographers Chris Tenney and Jan Austin. And yes, we learned about butterflies. When they metamorphose from the chrysalis they are full grown and will not grow the rest of their lives—which are short, from a few weeks to sometimes as much as a year.



Ready, Set, Let's Go! Mystery Solved

By Sharon Piazza, ASI Tour Director

A lot of mysteries start on a dark and stormy night. Our mystery trip started on a slightly cool and windy Thursday morning but soon the sun was shining. We left Salinas promptly at 9:00 AM traveling north on Highway 101, through San Jose, and up 280. Tour baker Cynthia handed out homemade muffins. Yummy! With our destination still a mystery, everyone settled in and chatted, read, or rested.

After a two-hour ride we reached Ironwoods Golf Course on the Presidio of San Francisco for lunch at the course restaurant. We had

our choice of Cheeseburger, Club Sandwich, or Caesar Salad and topped off our meal with the most decadent fudge cake we've ever eaten – so tasty that everyone said the cake was worth going on the trip!

Our next stop was the Walt Disney Family Museum also on The Presidio. We were guided through the museum by our very knowledgeable docents. The museum was designed in 2009 by Walt's daughter, Diane. It features the newest technology and historic materials bringing Disney's achievements to life. Included are early drawings and animation, movies, listening stations, awards, and Disney's miniatures collection including his Lilly Belle locomotive. Our ride home (after that!) was uneventful and we reached Salinas with 10 minutes to spare! A great day.



Volunteers Drive Food Distribution

Another remarkable food distribution took place for our members and the community Thurs. Aug. 29 with over 260 bags of food distributed. Our ASI Food Distribution team meets monthly and discusses ways for process improvement. We decided to change the way members and guests pick up food by getting them signed up outside and having our food runners already lined up inside to bring food to our customers' cars. We also changed the traffic path to one way in and out of our parking lot. Thanks to our traffic control team we were able to get people through in record time.

Both these process improvements significantly increased our efficiency. We want to thank Jim Tripp who purchased and donated five foldable carts for our team. This significantly helped get the food off the pallets and into the building and also out of the building and into cars. This would not have been possible without volunteers' unwavering dedication to our seniors and community. The Active Seniors Food Distribution team sincerely thanks you for your time and effort in serving our community. Thank you all for being an essential part of our mission.



Volunteer Free Lunch Winners

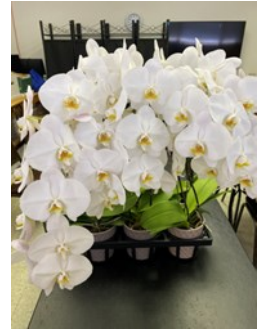
Congratulations to **Debbie Bielsker, Teresa Ortiz, Grace Swarts, Teri Toledo, and Jim Tripp!** These ASI volunteers were lucky winners of ASI free lunch coupons at the August luncheon. Every month more than 120 ASI Members volunteer at ASI--that's how many attend the monthly luncheon! Many Members volunteer in several areas--food distribution, staffing the office, serving/decorating for luncheons, writing and editing this newsletter, etc., etc. It takes us ALL to CELEBRATE, SUPPORT and APPRECIATE ASI. Thank you, everyone.

First Dance of 2024 Crazy and Fun

Thanks to all who pitched in to help create our first 2024 dance night on Aug. 17. To the members of the Activity Committee, Mary Ellen Parra, Cynthia Tsukamoto, and Elizabeth Birkeland; to Loretta and the amazing Zumba group who helped set up and especially to Eric (who set up and tore down); to Barbara Guerrero, Kathleen Vo, Brian Birkeland, Bari Roberts, and Reggie Bula who jumped in to help; to Ray Jensen, George Mills, Jaime Eltit, Gene Tsukamoto, and all the guys above who helped break down and clean up—thank you!

Most especially to you crazy wonderful dancers who showed us “how it’s done”—thank you! We love watching you and/or dancing with you! Forgive me if we've missed anyone. Thanks also to our amazing DJ, Ron Soratos and his wife Rachel, who knew how to rock it and took tons of your requests. And to Ms. Teresa Matsui at Matsui Nursery, who donated the six exquisite orchids for our raffle (>>>).

Hope to see you all in December for our NY’s Eve Eve Eve Party!



From the Salinas Public Library

Title: Local Author Talk: Bitisho Mawazo; When: Tues., Sept 10, 5-6 PM; **Where:** El Gabilan Library; **Description:** In her memoir *My Journey to a New World*, Bitisho Mawazo shares her riveting story of survival and unyielding determination. She recounts a challenging childhood in South Kivu, the 1996 civil unrest, and her family’s daring escape from the Democratic Republic of Congo to Tanzania. Through incredible determination, grit, and strength of character, she built a new life with her family in Salinas. *My Journey* highlights the power of the human spirit and offers a profound reflection on hope and perseverance amid adversity. Learn more at her in-person Local Author Talk.

To Register: <https://forms.office.com/g/qi0NaXUTpa>; **Website Link:** [EGL | Local Author Talk: Bitisho Mawazo | Salinas Public Library](#). Questions? Contact Kate at KathrynB@ci.salinas.ca.us.

Title: Cooking Demo with Blue Zones; Website Link: <https://salinaspubliclibrary.org/learn-explore/research-learning/events/egl-cooking-demo-demostraci%C3%B3n-de-cocina-0>; **Description:** Learn how to prepare delicious meals that support longevity. Blue Zones Project, La Casa del Sazón and Salinas Public Library invite you to learn how to make a delicious plant-based dish. **Date:** Tues., Sept. 17; **Time:** 4-5 PM; **Place:** El Gabilan Library; **Register:** <http://bit.ly/bluezoneSeats>. Questions? Contact Kate at KathrynB@ci.salinas.ca.us.

Title: Healthy Living Series- "Mental Fitness: Reap the Benefits of a Sharper Mind!"
When: Thurs. Sept. 19, 4:30-5:30 PM; **Where:** El Gabilan Library; **Description:** Mental fitness is just as important as physical fitness, and shouldn’t be neglected. Mental fitness means keeping your brain and emotional health in tip-top shape! Ana Abril Arias, MD, from Natividad Hospital discusses the importance of brain health and shares strategies to enhance cognitive function and emotional well-being. **Questions?** Contact Kate at KathrynB@ci.salinas.ca.us; **Cost:** Free; **Website Link:** [EGL | Healthy Living Series: "Mental Fitness: Reap the Benefits of a Sharper Mind!" | Salinas Public Library](#)

Title: Virtual Genealogy Work Group; When: Tues. Sept. 24, 6-7 PM; **Where:** Online Virtual; For more information, please contact Cathy: CathleenA@ci.salinas.ca.us; **Cost:** Free; **Website Link:** [Virtual | Genealogy Work Group | Salinas Public Library](#)

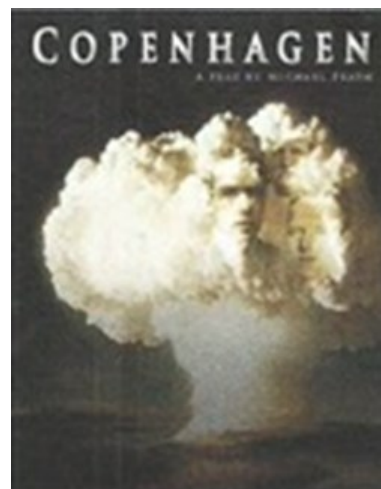
Investigate Genealogy at ASI

If you enjoy watching *Finding my Roots* on TV? What do you know about your ancestry? Did your ancestors fight in the Revolutionary war? How about the war of 1812? Which side did your forefathers fight on in the civil war? Did you know that part of their compensation was that they were given land? Let us help you discover your roots. We meet in room A on the **first & third Thursday each month at 10 AM.**

Listening Place Readers Theater Performs at ASI Sunday Oct. 6

The Listening Place Readers Theater is most pleased to present *COPENHAGEN*. Set in 1941 in German occupied Denmark, this intellectual thriller captures an electrifying and dangerous period in history.

Michael Frayn has written an ambitious, fiercely intelligent and explosive reimagining of the 1941 meeting between Niels Bohr and Werner Heisenberg. Two Nobel Prize-winning physicists on opposite sides of WWII debate the dire implications of the imminent creation of the atomic bomb with the fate of the entire world hanging in the balance.



Cast: Ron Genauer as Niels Bohr, Richard Boynton as Werner Heisenberg, Suzanne Sturn as Margrethe Bohr. **Producers:** Linda Hancock and Susan Keenan. **Directed by:** Suzanne Sturn. **TLP Staff:** Maryann Rousseau, Pat Horsley. **Sunday, October 6, 1-3PM.** Free admission, Donations welcome. Doors open: 12:30PM. Also showing Saturday, Oct. 5, 1-3 PM, at Carmel Foundation, corner 8th and Lincoln; and Sunday, Oct. 13, 1-3 PM, at Meals on Wheels Community Center, 700

Jewell Ave., Pacific Grove

"Singing for the Brain"—a New ASI Activity

By Sera Hirasuna

TIME: Every Third Thursday, 3:15 - 4:45 pm until further notice;

COST: \$1 members, \$2 non-members plus optional tip for instructor;

REQUEST: Email a request for one song that's been transformative for you by Oct 10 (reply to this email).

Dr. Chris Hasegawa is a Science Professor who specialized in teaching complex scientific concepts and who was also a Dean at CSUMB until his retirement. Before becoming a professor, Chris conducted biochemical research in Neuropharmacology at the NIH (National Institute of Health). He holds a BS in Biochemistry, an MA in Education and a PhD in Curriculum & Instruction. He also has conducted singing sessions for OLLI (Osher Lifelong Learning Institute) for several years.

Chris has always loved music; however, he credits his focus on the effects of music on the brain starting "when my mother started her long slide into dementia." He has performed for patients in

various memory units and has seen amazing responses that led to a lot more research, which he shares with other researchers. We are fortunate to have him at ASI!

Chris will lead our series "Singing for the Brain" on third Thursdays starting Oct 17. **This is a schedule change.** Many could not make a second Thursday, so with Chris' blessings, we switched.



September Birthdays

Maria Alameda	Virginia Knutson
Yolanda Almanzar	Ravi Kulkarni
Bonnie Alvarado	Yoriko Kuramura
Susan Aremas	Mary Laffin
Teresa Arie	Debbie Langley
Edward Armstrong	Therese Ledesma
Ann Atkins	Arnold Leonardo
Patricia Barr	Leroy Martella
Esther Bench	Jannita McCarty
Elizabeth Birkeland	Mary Lea McDaniel
Annette Brannon	Teresa McFarlane
Donna Bruhn	Sharon McQueen
Clara Bunse	Diane Middaugh
Flora Chong	Scott Miller
Michele Collins	Linda Monteith
Amy Dawe	John Ow
John Dick	Rosa Paglinawan
Lorraine Dick	Maria Pallavicini
Helga Dresser	Mary Ellen Parra
Donna Elder-Holifield	Barbara Perry
Marc Eldridge	Pamela Phillips
Jim Ezell	Carolyn Pierce
Linda Fanelli	Cheryl Pirozzoli
Tom Forgette	Bill Prunty
Jackie Gash	Barbara Pybas
Lionel Gill	Mary Rogers
Rita Goel	Marilyn Rover
Raquel Gonzalez	Anne Schivo
Noelle Griffin	Laurie Singer
Mercedes Grissom	Loyann Stoneburg
Josie Hancock	Larry Tack
Jeanne Hayashi	Harriet Whiteaker
Gwen Jensen	Carole Wild
Roseann Kalich	Robert Williams
Carolyne Karnofel	Liz Wilson
Gary Kelly	Grace Wood
Rose Kershing	Delia Ybarra
Scott Kirk	Helma Zeuge
Margot Klepar	

Life With ASI Member Donna Elder-Holifield

By Yole Whitlock

Every ASI luncheon Donna Elder-Holifield steps forward and offers all of us a prayer, or thought for the day before we begin our meal. Donna has found her niche among us. After all, she was ordained as a Deacon in the Episcopal Church in 1996 and knows how to pray!

Donna has been a member of ASI for five or six years and serves on the Board of Directors. She is also on the Sunshine Committee and along with Christine Higgins, will send out a card to those in need of comfort or encouragement with good wishes from all of us at ASI. As Chairman of the Nominating Committee, she is a busy volunteer.

But the overarching theme to a well lived life is her 43-year commitment to education. After majoring in English, French and Spanish, she dipped her toes in academia, teaching at Mott College not far from the University of Michigan where she had just graduated *cum laude*. After completing her degree, she polished her French at the Sorbonne and later in Strasbourg in the Alsace region.

On her return to the U.S. she taught expository writing and British Literature for six years at Mott. She was granted tenure and elected to the Faculty Senate. Then along with her husband, she moved lock, stock, and barrel to Monterey County. Donna had never been west of the Rockies in her life, but she gamely found a position as an adjunct professor at MPC. The part-time role did not keep her fully or gainfully employed. So, with a Master's degree and a Secondary Teaching Credential in English, French, and Spanish, she jumped to Salinas High School and--the rest is history. She was *the* French teacher at SHS for over 30 years.

Highlighting her tenure at SHS, she personally led a group of her "French" students to the Commune of Gif-sur-Yvette, just a short jaunt from Paris. In return, *étudiants* from that community traveled to Salinas to experience the American way of life. Superintendent Lekander even found funds to bus "host parents" to SFO to greet the new scholars as they arrived. The Mayor of Salinas presented the "Keys to the City" to all of them at a city council meeting. *Vive la France!*

Donna was amazed with accolades that befitted her service to Salinas High, the community, and most of all her students. During her tenure she served as Foreign Language Dept. Chair, was selected as a Mentor Teacher, and was named by one SHS valedictorian as her most valued teacher.

If ever there were a tale of life coming full circle, this is it. Of her youth growing up in Chicago, Donna says she is most grateful for many teachers along her educational journey. She remembers feeling "tamed" by her kindergarten teacher. She learned two powerful ideas from another.

First, she was to put on her thinking cap when needing to focus and second, she was to realize not everyone thinks as she does. These revelations were, and still are, important to how she navigates our complicated world.

Donna was exposed to all sorts of diversity as her attorney father and registered nurse mother made sure she experienced varied cultural, racial, and ethnic events. She was a young activist and young scholar. At age 16 she entered those hallowed halls of the U. of Michigan.

Donna and her husband began their family in Monterey County. Daughter Erin was born and raised locally and now lives in Pacific Grove with her husband and the two lights of Donna's life – her twin grandchildren who just began Middle School in PG!

Donna divorced in 1992 but in 2002 a long-time friend came into her life. Instead of a grandiose wedding, she and Dick Holifield treated the unknowing gathering at the 10 AM service at St. Paul's Church to the liturgy of their marriage with the entire congregation serving as witnesses!

Immediately after they flew to Paris where again they affirmed their wedding vows, at the American Cathedral. They rented a farm house in Normandy and Dick, a retired history teacher, gave Donna a personal description of the events of D-Day, June, 1944. Their time together turned out to be a brief but fulfilling five years. Dick passed away in 2007.

All the years of instructing students and giving of herself as a Deacon only reinforced the idea that all of life is a lesson. She enjoys learning daily and especially thrives on being kind.

ASI 2024 Holiday Closures:

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 reopen Jan. 2.

Living a Life of Purpose

By Sera Hirauna

The Japanese word *ikigai* combines the characters for “living” and “value” or “living in a way that provides pleasure for you and value for those around you” according to T.R. Reid. The concept of having a purpose for living seems to be a deep human need, especially as we age. Reid cites an example: older people are more active politically, more likely to contribute to and work on campaigns.

Needless to say, there are a multitude of avenues for finding purpose including helping the next generation find themselves or enriching the lives of our fellow human travelers by creating beauty, teaching a skill, or providing opportunities to exercise, learn, grow. Many senior volunteers prefer hands-on or activities that directly benefit peers—like 501 (c)(3) non-profits. Did you know ASI holds this status?

We at ASI are dedicated to providing a space where seniors can gather, find friendships and inspire each other to be actively involved (intellectually, socially, emotionally, physically) in life. We learn together, appreciate music together, practice yoga, we dance, we make beautiful items together, we eat lunch together monthly, travel together, play games together.

The “together” part is important. How many seniors do you know who sit at home waiting for a call, a visit, or their children to come home from work?

You are wanted and needed! If you are lost as to how to find your *ikigai*, check our newsletter and email blasts. We are in constant need of additional hands whether it’s a biennial stint during elections (we are a polling place), making burritos for a homeless shelter, serving lunch, packing food for distribution, or doing a rotation helping in the office. Call us. We can help you find your *ikigai*!

Developed from article by T.R. Reid in AARP The Magazine, April/May 2024, p. 31.

An Introduction to EFT

By Bari Roberts

EFT stands for Emotional Freedom Techniques, commonly referred to as “tapping.” Tapping is a safe, easy and effective stress management tool that is based on [principles of modern psychology and acupressure](#).

During an EFT session a person taps with their fingertips on acupressure points on their body while bringing their attention to a stressful part of their life and using an affirmation to eliminate the stress. The body points tapped on are the same points an acupuncturist uses on the meridians of the body, where chi energy--the vital energy that animates the body internally--gets blocked when one is stressed. During the EFT session, the blocked energy flows. The result: calm and peace to the body and mind.

Some studies and research available at the [eftuniverse.com](#) site have shown the effectiveness of tapping in reducing difficult emotions, stress in the body and mind, as well as physical pain. Tapping works because once we start tapping on the endpoints of the meridians and focus on a stressful issue or challenge in our life, we actually send a calming signal to the amygdala in the brain. EFT also reduces the stress hormone cortisol, improving immunoglobulins which help boost your immune system.

EFT Tapping Circles are offered at ASI on Wednesdays, ongoing weekly, from 1:30-2:30. The Tapping Circles begin with a short calming meditation, followed with a small group EFT Tapping session. Bring water to drink during the session. I look forward to tapping with you!

Caution from Bari: EFT is not used to diagnose, treat, cure or prevent any physical or psychological illness or mental health disorder. Consequently, Bari’s EFT sessions do not provide medical diagnoses nor do they offer cures. While EFT is a technique that has produced remarkable clinical results and has gained scientific support, EFT is meant to complement, not replace, psychiatric, psychological or medical treatment from healthcare professionals.





ASI's Yoga Community Meets YOUR Needs

ASI has **four** different Yoga classes now. Robert's long-standing traditional yoga workout (including balance and Pilates) meets Weds. and Fridays 8:45-10 AM; Witold's yoga/Pilates meets Mon. 2:45-4:00 PM; Paula's Chair Yoga meets Wed. 3:15-4:00 PM; and "Gentle Yoga" now meets 2nd-5th Mondays 4:15-5:30 PM. The extended time will give you more time to relax into your postures without feeling rushed. We thank Paula for her alertness to your needs. Yoga has something for every "body.

President Welcomes New Technology

By Bob Whitlock, 2024 ASI President

The ASI Secretary, ASI Committee Chairmen, Activity Leaders and any other person at ASI who would like to have an ASI meeting recorded, then transcribed and summarized, are more than welcome to use the new technology available to us with a new device called Plaud Note. It is perfect for written minutes of any meeting with little effort, except setting up the software on your phone.

The Plaud Note recorder is a credit card sized device with a simple user interface. It is the world's first AI voice recorder powered by ChatGPT, combining recording, transcription and summarization. I have written instructions on how to use it. It is kept in the office. If anyone is interested in using it, please let me know. Bob Whitlock, 831-484-9922 home, 831-277-6809 Cell.



"My superpower is turning anything I don't understand into a conspiracy theory."