



**FOUNDATION EVENTS**



**Carmel Honey Company does a Wednesday Program presentation to a full house.**  
*for upcoming Wednesday Programs see page 3 for details*

**Caregiver University**

A three part series designed for the beginning informal family caregiver  
*see page 3 for details*

**New Lunch Entrée**

**BBQ Pulled Pork Sandwich with Coleslaw & Sweet Potato Fries. Apple Pie!**  
**Monday, August 13**

**Diablo Ballet’s “A Swingin’ Holiday & More”**

It’s not too early to start thinking about the holidays!  
**Saturday, November 10**  
**9:00am-6:30pm**  
**Del Valle Theatre, Walnut Creek**  
*see Tours, page 5 for details*

**MBV Looking Ahead Wellness Series: New Electronic Health Record System Benefits Montage Health (CHOMP)**

**Wednesday Program**  
**August 29**  
**2:30pm**  
**Diment Hall**  
*see Wednesday Programs page 3 for details*

**Annual Meeting**

The Carmel Foundation’s Annual Meeting, featuring a state-of-the-foundation presentation by the leadership team, will be held on Wednesday, September 26 at 3:00pm at the Carmel Mission Inn. Doors open at 2:30pm. The presentation starts at 3:00pm followed by a wine and appetizer reception and music by Andrea’s Fault. Registration for this free event is required and will be available as of September 4 online at [www.carmelfoundation.org](http://www.carmelfoundation.org) or with member services, 624.1588. The Annual Meeting is open to members and their guests. Looking forward to seeing you then!

**Welcome to the Board**



Jerry Bachecki, a native San Franciscan, is a local CPA/Financial Planner businessman with offices in the Bay Area since 1971 and

Carmel for two years. His board experience includes Archbishop Roirdan High School Board (35 years) and the CPA Financial Planning Board (3 years). He is a 2 year member of The Carmel Foundation and has noted that the Foundation has done great work for seniors over the years and that he would like to assist the board and its mission to continue this work.



Cristy Dawson, 5th generation Californian, is a long time educator and counselor for 25 years. She currently serves on the Pacific Grove Unified School

District board as well as the Monterey County Board of Education. Other leadership experience includes Head of Activities and Camp Diversity Director in Mountain View and Los Altos. She is a member of TCF and currently is involved in the knitting class and expects to participate in other areas at TCF.

“I have the time and expertise in leadership and would greatly appreciate the opportunity to serve.”

**COFFEE WITH THE CARMEL POLICE CHIEF**  
**MONDAY, AUGUST 13**  
**10:30AM-11:30AM**  
**FIELD CAFÉ**

**Comedy at a Reasonable Hour – Save the Date!**

Formerly called the Boomer Humor Comedy Series, “Comedy at a Reasonable Hour” will return to the Foundation for our final show of our 2018 summer series on Friday, September 28. Watch for details in the next newsletter and in your email.

**RSVP now for a delicious Prime Rib Twilight Supper at the Foundation for \$12!**

On Wednesday, September 19, join fellow members for a special treat! A pre-fixe menu of mouthwatering Prime Rib, Duchess Potatoes, Broccoli and Glazed Carrots, Croissants, Chocolate Mousse for dessert and Strawberry Lemonade or one glass of wine will be served by Foundation staff. Diment Hall will be transformed into a lovely setting for you.

Your meal will be served at 3:00pm and seating opens at 2:30pm in Diment Hall. This event is RSVP ONLY for members only, no walk-ins, no saved seating please. If you are coming with a group, come together. Reservations will begin on Wednesday, August 1 and are open until Friday, September 7. Sign up with member services at 624.1588 or register online at [www.carmelfoundation.org](http://www.carmelfoundation.org). \$12 fee must be paid at time of reservation. No refunds after 8:00am on Tuesday, September 18.

**Throwback Summer Films~ Matinée Series**

The Throwback Matinée Series continues in August with films from the 70s from 11:00am-1:00pm in the Seideneck Room on Saturdays.

- Aug 4th, *Play Misty for Me*
- Aug 11th, *Harold and Maude*
- Aug 18st, *One Flew Over the Cuckoo’s Nest*
- Aug 25th, *The Sting*

## FOCUS ON THE FOUNDATION

### CARMEL-BY-THE-SEA CONCOURS ON THE AVENUE

Tuesday, August 21, 2018

**LAST CHANCE!**

The Carmel Foundation is pleased to play an integral part in the CARMEL-BY-THE-SEA CONCOURS ON THE AVENUE event taking place on Ocean Avenue. For 12 years, the Foundation has been the non-profit beneficiary of this prestigious car event.

#### Event Patron Package

Enjoy what many may never be able to experience: a 30 minute ride in a car from a range of collector vehicles new and old; a car you might find at CARMEL-BY-THE-SEA CONCOURS ON THE AVENUE in any given year. Enhancing your event day experience, an automotive consultant and historian will be your personal guide providing you with proprietary insight and introduction to car owners via your private tour for two. Experience this prestigious event first hand by riding in a collector car many only dream of and by sharing the event with some of the most knowledgeable and respected individuals in the industry.



You and your guest will enjoy:

- Ride in a vehicle from days gone by or a modern exotic (1 person for 30 minutes or 15 minutes each if 2 people)\*
- A private tour with your personal guide on event day
- Preferred parking for one car at The Carmel Foundation on event day
- Lunch for two at Grasings restaurant on event day
- Luxurious gift from Tiffany & Co. (one per couple)
- Membership to The Carmel Foundation

\*To take place at a pre-determined time (not on event day)

The cost of this exclusive opportunity is \$2500 for two people.

To reserve your Event Patron Package, please contact:

Kimberly Willison, Director of Development, 620.8701 or [kwillison@carmelfoundation.org](mailto:kwillison@carmelfoundation.org)

## WORKSHOPS

Sign-up for workshops & classes online at [www.carmelfoundation.org](http://www.carmelfoundation.org) or with member services, 624.1588

#### Benefit Checkup

Thursday, August 23

9:30am-11:30am, Blanchard B

No Fee

Call 646-4922 to make an appointment

Are you 60+??? You may be eligible for senior benefits. Whether you need to apply for assistance or you just have questions, contact the Benefit Specialist today to make an appointment.

#### Brown Bag with Brian Ellinoy, Pharm D.

Thursday, August 9

9:00am-1:00pm

Thursday, August 30

1:00pm-5:00pm

Blanchard B

\$20/30 minutes, payable at appointment

Register by calling 644.8487 or by email [rxbrian@yahoo.com](mailto:rxbrian@yahoo.com)

Bring your medications & herbal supplements. Brian will review them with you to make sure that there are no possible contraindications in what you are taking on a daily basis.

#### Memorial Gifts

**Maria Van der Wal;** The Carmel Foundation Needlecraft Group

**Toni Hutchinson;** Maxine Hoag

AGING.  
BETTER.

#### Village Movement California

Monterey Bay Village joined Village Movement California in July 2018! There are 30 and growing member Villages of this coalition of grassroots community organizations. Village Movement California seeks to revolutionize the experience of aging and believes in the power of community to achieve society-wide change in the way we age. Every day, we lead the way with the proven tools, connections and visibility so that villages - and in turn Californians - can thrive. At Monterey Bay Village, we believe a better experience of aging is possible when we can grow with and rely on each other. Our members and volunteers come together to provide support services and create new possibilities for what's next as we age.



Celebrate with us in joining Village Movement California. For additional information on becoming a member or volunteer of Monterey Bay Village, visit [www.montereybayvillage.org](http://www.montereybayvillage.org) or contact the Director, Kristine Ware, at [kware@carmelfoundation.org](mailto:kware@carmelfoundation.org) and 831.620.8717.

#### Notice to Members

##### Guests

Please note that all classes, programs and activities are for CURRENT MEMBERS only. Your guests are welcome to accompany you to enjoy lunch service, tours and specific events that are publicized as open to non-members.

##### Pets

Please note that there is only one building on campus that your furry friends are allowed to access: the Administration Building. Please note, however, the Library and Field Café are off limits for all animals.

#### Senior Resource Guide

The 2018-2019 Senior Resource Guide published by Monterey County Weekly is out. The publication has a plethora of resources available to seniors in the area. Pick up your copy today at The Carmel Foundation.

# ACTIVITIES • EVENTS • PROGRAMS



**90's Party**

## Step into the flow of SoulCollage®

Join Lisa Handley, SoulCollage® facilitator and artist for “Pathways & Portals” Wednesday, August 8 and Friday, August 31 for “Guardians & Protectors,” 10:00am-12:30pm in the Seideneck Room. Both new and experienced are welcomed. \$30 per individual class. For more information and to register call Lisa at 512.9063 or [plumeriapapercraft@gmail.com](mailto:plumeriapapercraft@gmail.com).

## NEW in the Field Cafe!

Freshly baked cookies from your Foundation chefs, Kelly and Chloe, are now available in the Café! Come and check out what we have--Snickerdoodles, Oatmeal Raisin, Peanut Butter, Chocolate Chip... the list goes on. Cost: 2 cookies for \$1.



## Caregiving University: The Journey of Caregiving for Beginners

A 3-part series workshop designed for the beginning informal family caregiver caring for a loved one with Alzheimer's disease or related dementias. Workshops are Saturdays, September 8 & 22 and October 6, 10:00am-3:45pm in Blanchard A. Workshops can be taken as a series or individually depending on your needs as a caregiver. Presented by Del Mar Caregiver Resource Center ([www.delmarcaregiver.org](http://www.delmarcaregiver.org)) a program of Health Projects Center.

Sign up online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624.1588. Free class! Lunch included!

## Reflections on Women's Sexuality; A Women's Discussion Group

Curious? Women have so much in common and yet rarely share their thoughts and feelings about issues in female sexuality. We will create a safe, accepting environment to discuss these topics Fridays, August 10 - September 14 1:00pm-3:00pm in Blanchard A. Facilitator is Joni Caldwell, a sexuality educator and coach who teaches Human Sexuality at Monterey Peninsula College. Sign up online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624.1588. No fee.

## Ballroom Dance Class with Michell

It's fun, easy & everyone can learn! “Walk in, dance out!” Thursdays in September, 3:00pm-4:00pm in Diment Hall. \$40 per person for the 4 week series.

September 6: Swing  
September 13: Rumba  
September 20: ChaCha  
September 27: Foxtrot

Sign up online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624.1588.

## Artist Within

Painting: Painting, the expression of ideas and emotions, with the creation of certain aesthetic qualities, in a two-dimensional visual language. Explore your personal artistic language with these on-going painting classes at the Foundation.

### Acrylic Art Classes

1:00pm-4:00pm, Wednesdays this fall  
Instructor Melissa Bispo  
\$100/series, \$15 drop-in  
Instruction is individualized to each student's level of expertise, personal goals and choice of subject matter. Students are taught methods, materials and principles of art through mini-lectures, instructor demos, group and personal critiques.

### Fine Arts Lab

1:30pm-4:00pm, Tuesdays, on-going  
Instructor: Carolyn Harrison  
Facilitator: Darlene Berry  
No fee  
Join members for an open lab session and paint with acrylics. Bring your table top easel and supplies and imagination.

### Watercolour with Julia Harnett Harvey

1:00pm-4:00pm, Fridays, on-going  
Instructor: Julia Harnett Harvey  
Fee: \$20/session  
When watercolor paints meet watercolor paper, MAGIC CAN HAPPEN! Each weekly class will demonstrate some different ways that the "English Method" can be applied. Coaching will be available to those working on their own subjects and all skill levels welcome. Easy assignments for beginners.

## Wednesday Programs

2:30pm, Diment Hall  
Refreshments Served

**August 1-** Rescuing Whales from Life-threatening Entanglements, The Whale Entanglement Team - Join Peggy Stap, Executive Director of Marine Life Studies with her one-of-a-kind presentation about saving entangled whales. The Whale Entanglement Team (WET)® was founded by Peggy along with Mary Whitney, Founding Director of Fluke Foundation. WET® is the rapid response team when an entangled whale is reported. Learn how this highly trained team uses specialized equipment to rescue whales from a slow, painful death due to life-threatening entanglements.

**August 8 -** The Complete History of Humor in Art by Will Bullas - Will takes the audience on a hilarious visual history of his search for the origins of humor in art through the ages beginning with the earliest cave paintings to his most recent fine art humorous paintings. Will is current President of the Carmel Art Association and has been a member since 1980.

**August 15 -** Everyone has a story. Share yours! – Join Christine Winge current ED of AMP Media – AMP is a community not-for-profit media broadcast organization, funded in part by local communities including the Cities of Monterey, Marina and Seaside to provide television broadcast and production services to public, educational, and government organizations. Christine will share the history of AMP Media, what it does in our region, why it is so important and the impact it has in our community.

**August 22 -** No Wednesday Program

**August 29 -** Monterey Bay Village Looking Ahead Wellness Series – New Electronic Health Records System Benefits Montage Health (CHOMP) Patients - Starting August 1, Montage Health with the launch MyChart, a free, secure, online portal to access personal health information. MyChart will enable people who have had services at Montage Health or its entities to view their medical records and test results, update their information, pay their bills, have greater portability with their health information, and more. Patients will be able to communicate with their care team by email and manage prescriptions and appointments online. Join Dr. Steven Cabrales to learn how MyChart is part of the Epic electronic health record system.

# ARTIST OF THE MONTH

**Lisa Schumacher**



Lisa Schumacher has been riding horses since she was 12. She has a lifelong passion and appreciation for animals, views, and clean air. She loves to paint. While she was in school, her favorite subjects were calligraphy, art, music and skiing in Tahoe any way she could get there. Lisa is a creative gourmet chef for her friends and family.

A spirited and adventurous woman Lisa moved to Carmel Valley three years ago with her husband who adores her. She owns and rides a champagne Rocky Mountain gelding. With all animals, she has an unusual bond on an emotional level. Lisa has an extraordinary ability to paint her love of the soul of the animal and the heart of landscape.

Lisa is a severe dyslexic. She has an uncommon ability to see many shades of colors and does well with visual puzzles. She has all the traits of a tetrachromat; her son Jack exhibits the red/green color blindness typical of a son who carries the tetrachromat gene alleles.

Lisa began her formal art education in oil painting on her 61st birthday. She has a lovely studio with afternoon light and fresh air. Her views from the Carmel River towards the hills of the Valley bring her a sense of peace when she paints.

People from this and other countries have commissioned her to paint their special animal friends.

## AUGUST • LUNCH • PROGRAMS • MOVIES • 2018

Mon	Tue	Wed	Thur	Fri	Sat	
			<b>1</b> Wednesday Program Rescuing Whales from Life-threatening Entanglements 2:30pm Diment Hall Refreshments	<b>2</b> Jambalaya Peach Cobbler  Weekly Salad Special Taco	<b>3</b> Salmon Fillet with Hollandaise Brown Rice & Vegetables Key Lime Pie	<b>4</b> Cinema Loving Vincent PG-13, 2017 Animation 1 hr 35 min Douglas Booth 1:00pm, Blanchard A
<b>6</b> Rosemary Lemon Chicken Rice & Vegetables Brownie à la mode  Weekly Salad Special Nicoise	<b>7</b> Meatloaf Mashed Potatoes & Gravy Apricot Custard Pie	<b>8</b> Wednesday Program The Complete History of Humor in Art by Will Bullas 2:30pm Diment Hall Refreshments	<b>9</b> Fettuccine Alfredo With Pesto & Grilled Chicken Breast Ice Cream	<b>10</b> Fish & Chips Butterscotch Pie	<b>11</b> Cinema Chappaquiddick PG-13, 2018 Drama 1 hr 47 min Jason Clarke 1:00pm, Blanchard A	
<b>13</b> NEW BBQ Pulled Pork Sandwich, Coleslaw & Sweet Potato Fries Apple Pie  Weekly Salad Special Cobb	<b>14</b> Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie  Bring a guest to lunch for member price	<b>15</b> Wednesday Program Everyone has a Story. Share Yours! 2:30pm Diment Hall Refreshments	<b>16</b> Beef Bourguignon Mashed Potatoes Birthday Cake	<b>17</b> Sole Florentine; Fillet of Sole with Spinach & White Sauce Ice Cream	<b>18</b> Cinema The Leisure Seeker R, 2017 Drama 1 hr 52 min Helen Mirren 1:00pm, Blanchard A	
<b>20</b> Chicken Cacciatore Banana Cream Pie  Weekly Salad Special Greek	<b>21</b> No Lunch Service  Enjoy CONCOURS ON THE AVENUE	<b>22</b> No Wednesday Program due to Car Week	<b>23</b> No Lunch Service  Enjoy the Tour d'Elegance	<b>24</b> Sand Dabs with Asian Citrus Sauce Pecan Pear Tart	<b>25</b> Cinema All the Money in the World R 2017 Thriller 2 hr 12 min Mark Wahlberg 1:00pm, Blanchard A	
<b>27</b> Pot Roast Red Potatoes Vegetables Ice Cream  Weekly Salad Special Flat Iron	<b>28</b> Honey Lemon Chicken Cherry Pie	<b>29</b> Wednesday Program MBV Wellness Series - New Electronic Health Record System Benefits Montage (CHOMP) 2:30pm Diment Hall Refreshments	<b>30</b> Carnitas Tacos Apple Crisp	<b>31</b> Trout Almondine Rice & Vegetables Banana Split Pie	<b>Sept 1</b> Cinema Wind River R 2017 Mystery 1 hr 51 min Jeremy Renner 1:00pm, Blanchard A	

Lunch served Mon, Tue, Thur & Fri, 11:45am-1:00pm

Hot Entree \$4.00 Large Hot Entree \$7.00

Salad Entree/Du Jour \$4.00

(Chicken Caesar, Shrimp, Chinese Chicken)

Cup of Soup \$1.25, Bowl of Soup \$2.00, Fruit Cup \$1.25

Large Green Salad \$3.00, Small Variety/Fruit Salad \$1.75,

Jello \$1.00 Dessert \$1.50, Sides \$1.00, Beverages \$.50-\$1.00

# TOUR PROGRAM

All Tours Leave from The Crossroads Carmel

Register for tours online at [www.carmelfoundation.org](http://www.carmelfoundation.org) or by contacting member services, 624.1588. Payment must be made at time of reservation. Guests additional \$10 to tour cost. No bank fee will be charged when reserving with your credit card.

*Tour is subject to cancellation if minimum number of reservations are not received.*



## August 3, Friday • American Craft Council San Francisco Show Fort Mason Center.

Celebrate all things handmade when the American Craft Show, San Francisco, 2018 returns to Fort Mason Center for Arts & Culture's Festival Pavilion! More than 225 of the country's best contemporary jewelry, clothing, furniture, and home décor artists participate in the largest juried craft show west of the Rockies. Touch and explore high-quality craft from established and emerging artisans. Leave The Crossroads at 8:30am. Depart Fort Mason at 4:00pm. Arrive Carmel at approximately 7:00pm. Cost: \$75 member, \$85 guest.



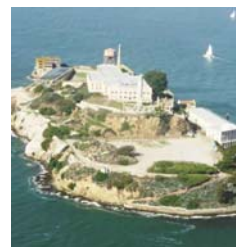
## August 23, Thursday • Filoli.

Come see the Roses, Delphiniums, Dahlias, Hibiscus hedge, pears and apples in fruit, summer annuals, Salvias, summer perennials and Hydrangea in full bloom! Recognized as one of the finest remaining country estates of the early 20th century, Filoli welcomes the public to this remarkable 654-acre property, including the 36,000 square foot Georgian country house and spectacular 16-acre English Renaissance garden. You will be able to explore the historic House and Garden at your leisure or take a Tour at 1:00pm. Self-guided booklets and docents are available to answer questions. Grab lunch at the Filoli Café which boasts a high-quality luncheon menu! Leave The Crossroads at 9:00am. Depart Filoli at 4:00pm. Arrive Carmel at 6:00pm. Cost: \$65 member, \$75 guest.



## September 15, Saturday • Santa Cruz Follies.

Come see the latest production of the Santa Cruz Follies, one of the best-kept secrets in the Bay Area! This is an annual musical production full of wonderful singing, dancing and comedy that's performed every September at the Santa Cruz Civic Auditorium. Every September for the past 63 years, buses full of theater lovers coming from all over California and parts of Nevada have traveled to the Santa Cruz Civic Auditorium to see the annual musical production of the Santa Cruz Follies. Join us for a trip to Santa Cruz to see the "The Way We Were." The show starts out with a Vaudeville flavor and transitions from the 30's thru the 60's. The 2nd half starts with a presentation of Elvis Presley's most beloved songs. Lunch on your own in downtown Santa Cruz. Leave The Crossroads at 9:30am. Arrive Santa Cruz at 10:30am. Show starts at 1:00pm. Depart show at 3:45pm. Arrive Carmel at 4:30pm. Cost: \$60 member, \$70 guest.



**September 20, Thursday • San Francisco Express to Union Square.** Time to take a run up to San Francisco! Go shopping, maybe tour a museum, or eat at a new restaurant in the city! The bus will leave The Crossroads at 8:30am for Union Square. You will arrive in San Francisco at 11:30am for a day on your own. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$65 member, \$75 guest.

**October 4, Thursday • San Francisco Express to Union Square.** Enjoy shopping, go to your favorite museum, or maybe pick a new restaurant in the city! The bus will leave The Crossroads at 8:30am for Union Square. You will arrive in San Francisco at 11:00am for a day on your own. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.



**October 16, Tuesday • Alcatraz Island: An Inescapable Experience.** Come experience the beauty, history and infamy of Alcatraz on the San Francisco Bay. Once home to some of America's most notorious criminals Alcatraz and history go hand in hand. The bus will leave The Crossroads at 8:30am for the Alcatraz terminal. Plenty of lunch options at Pier 33. Note: trip geared to those without mobility needs. Depart 5:00pm. Arrive Carmel 7:30pm. Cost: \$80 member, \$90 guest.

## November 10, Saturday • Diablo Ballet's A Swingin' Holiday & More, Del Valle Theatre in Walnut Creek.

Diablo Ballet's annual sold-out holiday hit, *A Swingin' Holiday & More*, features thrilling swing dance moves plus a live orchestra performing seasonal tunes by Duke Ellington, Glenn Miller, Nat "King" Cole, plus jazzy renditions of favorites like *The Christmas Song* and *Let it Snow* and others. Also on the program is the whimsically delightful work *Carnival of the Imagination* where a young boy's imagination brings his animals to life. The bus will leave The Crossroads at 9:00am for Walnut Creek. You will arrive in Walnut Creek at 11:30am. Lunch is on your own, maps provided. Running time is approximately 1 hour and 30 minutes with one intermission; show begins at 2:00pm. Depart theater approximately 4:00pm. Arrive Carmel 6:30pm. Cost \$85 member, \$95 guest.





## The Carmel Foundation

P.O. Box 1050, Carmel, CA 93921  
www.carmelfoundation.org

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### ONGOING SERVICES

**Homebound Meal Program** offers four complete frozen meals delivered to your home by volunteers every other week. The cost is \$6.00 per meal.

**Blood Pressure Check** Every Tuesday, 11:00am–12:00pm in Member Services. No appointment necessary. Free.

**Medical Equipment Loans** Borrow free medical equipment, Mon-Fri, 9:00am-4:00pm. Call 620.8706 to reserve or donate medical equipment.

**Caregiver Support Group** facilitated by Rosemarie Axton, LMFT, 646.8196 (call prior to attending), 2nd & 4th Monday, 1:30pm–3:00pm in Blanchard A.

**Information and Resources** Staff are available to help you navigate the complex world of services and resources, by phone or drop in.

**Notary Public** Available by appointment. \$10 per signature. Call Kari at 620.8706.

**Call Support Services at 620.8705/8706**

### PARTNERING AGENCIES

**Legal Services for Seniors** 2nd & 4th Tuesday from 10:00am–12:00pm in Blanchard B. Call 899.0492 to make an appt.

**HICAP: Alliance on Aging** Questions about Medicare or supplemental insurance. Available every 3rd Thur, 9:30am-4:00pm, and Wed, 9:00am-12:00pm by appt. only, call 831.655.7567 or 1.800.633.4227. Blanchard B.

**Alzheimer's Association Melodic Memories** 3:00pm. A program for persons concerned about early memory loss and those who enjoy singing. 1st & 3rd Fri. Call 620.8705 for more information.

**VNA Life After Loss - Grief Support Group** Facilitated by Mick Erickson, Chaplain and Bereavement Counselor for the VNA; 2nd & 4th Wednesday evenings, 6:30pm-8:00pm in the Nimmons Room, Norton Court, NW corner 5th & Dolores, Carmel.

**Independent Transportation Network(ITN)/Monterey County** offers rides to seniors in Monterey County, call 233.3447.

**MC-CHOICE** For assistance with Medi-Cal, CalFresh: Food Assistance Program and completing your Monthly Reports, come to The Carmel Foundation, Blanchard B every first Thursday of the month from 9:00am-12:00pm, first come, first serve. Call 1.866.361.0477 or apply online at www.c4yourself.com.

## THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

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Sat 9:00am-4:00pm

TAX ID #94-1225368

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**Member Services** 624.1588



# The Carmel Foundation Activities • Events • Programs • August 2018

To sign up for classes online, visit [www.carmelfoundation.org](http://www.carmelfoundation.org) or call member services, 624.1588

## Creative Arts & Self Expression

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### Acrylic Art Class

~~1:00pm-4:00pm~~, Wed: returns in Fall  
Instructor Melissa Bispo; Seideneck Room  
\$100/series, \$15 drop-in, register at class

### Coloring with Zesty Art

10:00am-11:30am, 2nd & 4th Tues  
Instructor Jeanne Hamilton; Craft Room  
\$5/class, sign-up at class, drop-ins welcome

### Creative People Forum: Poetry-Art-Music

2:00pm-3:30pm, Sat, 9/15  
Instructor Ella Bekker; Diment Hall  
\$10/class, payable to instructor, register online at [carmelfoundation.org](http://carmelfoundation.org) or member services, 624.1588

### Drumming Circle: drums, percussion, didgeridoo & fun!

3:30pm-4:30pm, Thurs  
Leader Lee Lotz; Seideneck Room  
No fee, experience or drum required. Drop-ins welcome

### Fine Arts Lab

1:30pm-4:00pm, Tues  
Leaders Carol Harrison, Darlene Berry; Seideneck Room  
No fee, register w/Carol or Darlene at class

### Needlecraft Group

1:00pm-3:00pm; Tues  
Leader Connie Georis; Craft Room  
No fee, drop-ins welcome

### Photography, Darkroom Denizens

9:00am-5:00pm, Mon-Fri, 9:00am-4:00pm, Sat  
Manager: Peter Moppert, 415.310.9622  
No fee, open, call in advance

### Photography Group

1:00pm-2:30pm, Thurs  
Leader Joyce Tarter Rideout; Seideneck Room  
\$12/annual, guests welcome, sharing/guest speakers  
[www.cfphotographers.org](http://www.cfphotographers.org), register at class

### SoulCollage

10:00am-12:30pm  
Wed, 8/8 Pathways and Portals  
Fri, 8/31, Guardians and Protectos  
Instructor Lisa Handley, Blanchard A  
\$30/class, includes materials, sign-up with Lisa, 512.9063 or [plumeriapapercraft@gmail.com](mailto:plumeriapapercraft@gmail.com)

### Watercolour Painting with Julia Harnett Harvey

1:00pm-4:00pm, Fri  
Instructor Julia Harnett Harvey; Seideneck Room  
Fee: \$20/session, drop ins welcome, sign-up at class

### Wood Carving

9:00am-11:30am; Tues, Open  
9:00am-11:45am; Thurs, Open  
6:00pm-8:00pm, Wed, Leader Steve Davalos  
Seideneck Room. No fee, drop-ins welcome

## Dance

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### Ballroom Dance Class with Michell

3:00pm-4:00pm, Thur, 9/6 -27  
Instructor Michell Stone; Diment Hall  
\$40/series (per person), sign-up online or with member services 624.1588

### Greek Dance Class

~~4:00pm-5:30pm, Tue~~ On break, returns Sept 4  
Instructor Janet Tezak, Lois Lynne, Diment Hall  
No fee, register at class

### Line Dancing

10:00am-11:00am, Sat  
Instructor Belle James; Diment Hall  
\$5/class, sign-up at class

## Discussion Group

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### Current Events Discussion Group

10:00am-11:30am, 1st & 3rd Tues  
Leader Peter Powles; Craft Room  
No fee, drop-ins welcome

### Great Minds Online (edX & TED Talks)

10:30am-12:00pm, Wed, 8/8  
Leader Joan Beller, Blanchard A  
No fee, register w/Joan, 626.1090

### Men's Discussion Group

10:30am-11:45am, Mon  
Leader Lou Aldana, Seideneck Room, No fee, drop-ins welcome

### Men's & Women's Discussion Group

3:15pm-4:45pm, Tues, full to capacity  
Sponsored by Alliance on Aging; Facilitator: Ted Hill  
Blanchard A  
No fee, sign-up at class

### Reflections on Female Sexuality:

#### A Women's Discussion Group

1:00pm-3:00pm, Fri, 8/10 - 9/14  
Facilitator: Joni Caldwell, Blanchard A  
No fee, register online at [carmelfoundation.org](http://carmelfoundation.org) or member services, 624.1588

#### Women's Discussion Group

1:00pm-2:30pm, 1st & 3rd Mon of the month  
Blanchard A  
Free, open group, contact Laurie Dineen for more information, 408.893.7917

#### Women's Discussion Group 2

3:00pm-4:30pm, 1st & 3rd Mon  
Blanchard A  
Free, open group, contact Melissa before attending, 620.8703

## Driving

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### AARP Safe Driving

12:30pm-5:00pm, Mon 9/10/2018 (4 hr refresher)  
12:30pm-4:30pm, Mon, 12/3 & Fri, 12/7/2018 (8 hr class)  
Instructor: Curt Tipton, Seideneck Room  
\$15 for AARP members, \$20 for non-members, register online at [www.carmelfoundation.org](http://www.carmelfoundation.org) or w/member services, 624.1588 at least one week prior

## Games

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### Bridge, Beginning

9:30am-11:30am, Thur, 8/9 - 9/6  
Instructor Lyde McReynolds; Craft Room  
\$75/5 wk series; payable to instructor, sign-up online or with member services, 624.1588

### Bridge, Duplicate

12:00pm-4:30pm, Fri  
Leader Richard Klein; Craft Room  
\$2/per session, open room, register at 624.5461

### Chess

2:00pm-4:30pm, Thurs  
Leader Chet Lowney; Field Café  
No fee, open room, drop-ins welcome

### Cribbage

2:00pm-4:30pm, 2nd & 4th Wed  
Leader Larry; Craft Room  
No fee, register w/instructor 622.7455, [lparrish@toast.net](mailto:lparrish@toast.net)

### Games: Bridge, Mah Jongg, Scrabble, etc.

12:00pm-3:00pm, Wed; 1:00pm-4:00pm, Thur  
No leader; Craft Room, no fee, open room

### Mah Jongg, Intermediate

10:00am-11:30am, Fri, 8/3, 10, 17, 24  
Leader Dzuong Bui; Craft Room  
\$35/4 week session, register w/instructor 372.6328

### **Scrabble with Susan**

1:00pm-4:00pm, Mon

Leader Susan Sailow, Field Café, no fee, open game

### **Texas Hold'em**

1:00pm-4:00pm, Thurs, full to capacity

12:30pm-3:30pm, Sat, full to capacity

Facilitator Micky Lawler; Craft Room

## **Health & Wellness**

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### **Awareness Through Movement - Feldenkrais**

9:30am-10:30am, Thurs

Instructor Patric Zito; Diment Hall

\$10/class (1st class free), sign-up at class

### **Crystal Singing Bowls**

~~3:00pm-4:00pm~~, Thur, returns in September

Instructor ValiAnna Francis; Diment Hall

\$100/series, \$25 drop-in

Register online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624.1588

### **Hiking Group, The Carmel Foundation**

1:00pm-3:00pm, 2nd Sat

Coordinator Kari Martorella; local hiking trails

No fee; register w/Martorella 620.8706

### **Melodic Memories - Sing-a-long**

3:00pm-4:00pm, 1st & 3rd Fri

In collaboration w/Alzheimers Assoc., Diment Hall

No fee, call support services, 620.8705

### **Mindfulness and Meditation**

11:00am-12:30pm. Tues, 9/11, free intro, Blanchard A

10:00am-12:30pm. Tues 9/18 - 11/6, Blanchard A

9:30am-3:30pm, Sat, 10/27, all day retreat, Craft Room

Instructors Corinne Collins, Rochelle Hall

\$100/members, \$60/former students, pre-registration required online or with member services. 624.1588

### **Personal Fitness, Lo-Impact**

9:00am-10:00am, Mon, Weds, Fri

Instructor MaryAnn Rousseau; Diment Hall

\$5/class or \$50/mo suggested donation, register at class

### **Serene Body Stretch**

~~12:00pm-1:00pm, Weds~~ Cancelled until further notice

Instructor Jacquie Adams; Diment Hall

\$6/class w/prepaid 10 class card; \$8 single, sign-up at class

### **Tai Chi for Health/Arthritis**

10:15am-11:15am, Weds

Instructor Liana Olson; Diment Hall

\$48/6 wks, \$80/10 wks, \$10/drop-in, register at class

### **Walking Group, The Carmel Foundation**

2:30pm-4:00pm, Tues

Coordinator Kari Martorella; local paths, beaches & parks

No fee; register w/Martorella 620.8706

### **Yoga, Chair**

8:30am-9:30am, Thur

Instructor Mae Woodward

Blanchard A, \$8 per class, register at class

### **Yoga, Gentle**

8:30am-9:30am, Mon (FULL), Weds, Fri (FULL)

Instructor Lynn Geisen(M&F) Monica Johnson(W)

Blanchard A, \$8 per class, register w/Geisen 625.1253

## **Horticulture**

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### **Garden Group**

9:00am-4:00pm, Mon - Sat

Leader Carolyn Thomas; Garden Center

No fee, drop-ins welcome

## **Language**

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### **Spanish**

~~10:00am-11:30am~~, Fri, returns in fall

Instructor: Laura Sanjurjo; Blanchard A

\$90, register on-line at [www.carmelfoundation.org](http://www.carmelfoundation.org) or w/member services, 624.1588

## **Lecture**

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### **Travel with Sandy & Gail**

~~1:00pm-2:30pm~~, Mon, returns in September

Presenters: Sandy & Gail Cohen, Seideneck Room

No fee

## **Literature**

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### **Non-Fiction Reading Discussion**

10:30am-12:00pm, Thurs - full to capacity

Leader Jim Emery; Blanchard A

### **Out to Lunch But Not Over the Hill Reading Group**

10:00am-12:00pm; Weds

Leader Wayne Kelley, Nimmons Room, Norton Ct

No fee, drop-ins welcome

### **The Carmel Foundation Women's Book Club**

6:00pm-8:00pm, 4th Wed/mo

Facilitator: Barbara Svetlik; Craft Room.

No fee.

## **Music**

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### **Piano and Keyboard Lessons**

9:00am-12:00pm, Mon, by appt.

Instructor Marina Minnelli; Blanchard B

\$70/duet, \$140/private, register wth Marina, 277.0179

### **Topics in Music**

10:00am-12:00pm, Sat, 6/16 - 9/1

Instructor Scott MacClelland; Blanchard A

\$50/12 week semester, register online, [carmelfoundation.org](http://carmelfoundation.org), or member services, 624.1588

## **Technology Center**

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**Register online at [carmelfoundation.org](http://carmelfoundation.org) or member services, 624.1588 no drop-ins please.**

### **Android Cell Phones and Tablets, Basics**

(includes Samsung, Asus, Google, Lenovo & Huawei)

1:00pm-3:00pm, Mon, 8/27

Instructor Ted Hill; \$5 fee

### **The Cloud and How to Use It**

How to store your pictures, document and music

10:00am-12:00pm, Tues, 8/14

Instructor Cynthia Schmidlin; \$5 fee

### **Family History DNA**

1:30pm-2:30pm, Tues, 8/28

Instructor Junel Davidsen, Certified Genealogist

Fee: \$8 member, \$10 nonmember, payable to instructor,

register online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624-1588

### **Family History, More About Family History Websites (Family History #3)**

10:30am-11:45am, Tues, 8/28

Instructor Junel Davidsen, Certified Genealogist

Fee: \$8 member, \$10 nonmember, payable to instructor,

register online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624-1588

### **iPad, Basics**

1:00pm-3:00pm, Mon 8/13

Instructor Jeff Fisher/sub J. Todd; \$5 fee

### **Open Lab (except for scheduled classes)**

10:00am-4:00pm Monday - Thursday

Come in and use the technology equipment on your own

No fee, no registration

### **Open Session with Instructors**

10:00am-12:00pm Thur 8/16

Several instructors will be available to answer your tech

questions and/or demo computers; drop-in, no fee

### **Open Lab Saturday**

9:00am-1:00pm Sat

Hostess: Rosalind Serafin

Work on your personal projects or just surf the web

No fee, no registration

## **Writing**

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### **Writing Memoirs (two separate classes)**

10:00am-12:00pm, Mon

9:30am-11:30am, Wed - FULL

Instructor Illia Thompson; Craft Room

Fee: \$40/mo, register w/Thompson, 659.5210