



THE CARMEL FOUNDATION

FOUNDATION EVENTS



Survey Madness

WITH GRATITUDE

Through the years, the Needle Craft Group has provided significant financial support to the Foundation. Recently, this volunteer group provided a meaningful donation towards the purchase of the brand new Facilities truck. Thank you, Needlecraft Group, for all that you've done to support the Foundation! We appreciate you!

New Member Orientation

Wednesday, January 16
2:30pm
Diment Hall

Whether you are a new member or would like an overview of the services, programs, and classes, you are encouraged to attend.

see Wednesday Program
page 3

New Class Reminders

Qi Gong Class Series
Wed, Jan 2 - Feb 27
Diment Hall

Ethics and Equality Series
Sat, 1/19 - 3/9
Seideneck Room

Networking for a New Culture
Fri, January 4 - 25
Blanchard A

Foundation Surveys

Periodically, the Foundation solicits your input regarding new or existing programs and services. Recently we distributed surveys to get valuable feedback regarding the lunch program, the homebound meal delivery program, and members' current use of technology. In general, the feedback received from the majority noted:

- Of those that have lunch at the Foundation, almost 20% noted that their lunch is their primary meal of the day.
- 99% of the people responding felt that lunch is fairly priced for members.
- 90% sit with other people when enjoying lunch.
- 99% of the individuals receiving meal delivery to their homes feel that the meals received are a significant part of their nutrition; 100% feel the price is fair.
- 82% of those who responded said they've never experienced a delay when paying for their lunch.
- Over 75% noted that they have paid for activities or excursions online via the Foundation's website.

Each survey participant who noted his or her name also had the opportunity to win a drawing. The winner of the \$30 lunch card is Charlotte Armstrong, the winner of the \$10 coffee card is Lonni Trykowski and the winner of one free weekly meal delivery is Katherine Ralls. Thank you all for your participation!



Foundation Named Business of the Year!!!

On December 5th, The Carmel Chamber of Commerce held their "Awards of Excellence" dinner event at Quail Lodge. The Carmel Foundation as a result of being recognized as the Non-Profit of the Year for 2017 became eligible to be awarded the Business of the Year And WE WON! President/CEO Holly Zoller accepted the award on behalf the Board of Directors, the Staff, the Volunteers, the Donors and the over 3,500 Members who benefit from the services the Foundation provides.

Carmel Foundation Holiday Closures

The Carmel Foundation will be
CLOSED

January 1, New Year's Day
&
January 21, Martin Luther King Jr. Day

Philanthropic Foodies – Friday, February 1st Get Your Tickets Now!

Join us on Friday, February 1st for an evening filled with great food and great wine at La Playa Carmel. The evening begins with a champagne reception on the terrace followed by a delectable 4 course dinner, noted below, paired with wines from Blair Wines, Galante Vineyards and DiOrio Cellars.

*Baby Gem and Asian Pear Salad
pomegranate, radicchio bowl*

*Terrine de Canard
terra cotta baked brioche, herb butter florette*

*Petite Roasted Filet Mignon
Kapiti blue cheese butter, tomato confit,
parsnip purée, roasted winter vegetables*

*Dark Chocolate Pot de Crème
salted caramel cream, bourbon brittle*

Tickets, available through January 18, are \$120 per person. To make reservations or for more information, please contact Leanne Leonard at 620-8702 or via email at lleonard@carmelfoundation.org. Limited tickets are available. One does not need to be a Foundation member to attend this special event.

Membership Renewals

If you haven't already renewed your 2019 membership, please do so by January 31 so that your membership remains active, enabling you to enjoy the many offerings available this year. You can easily renew online (www.carmelfoundation.org) or you can mail or personally deliver your renewal to the Foundation. Your support means a great deal to us and to the people we serve.

FOCUS ON THE FOUNDATION



NATIONAL PHILANTHROPY DAY

At the end of November, The Carmel Foundation had the opportunity to honor Michael and Alexis Mason at National Philanthropy Day. There are no two people who exemplify gifts of time, treasure and talent more than Michael and Alexis. Through countless hours on committees, years on the Board, generous financial support and undying, enthusiastic dedication to helping seniors, the Masons exemplify the highest philanthropic standards. Thank you for all that you do!

WORKSHOPS

Sign-up for workshops & classes online at www.carmelfoundation.org or with member services, 624.1588

Successful Bazaar

The Needlecraft, Garden Group, Woodcarvers and Library volunteers work the entire year to benefit the Foundation with the Holiday Bazaar. The success of the bazaar goes directly to ALL of our wonderful volunteers.

Holiday Thank You!

Thanksgiving and Christmas dinners at the Foundation were exceptional! Thank you to the Carmel Host Lions Club for delivering dinner with all of the trimmings to our homebound members! Also, we are grateful to the Carmel-by-the-Sea Rotarians for serving our members dinner at the Foundation on Thanksgiving Day and Christmas Day. And thank you to the Carmel-by-the-Sea Garden Club for donating arrangements that decorated Diment Hall and that were delivered to our homebound members.

Monterey College of Law at the Foundation

Monterey College of Law in collaboration with Clark Law Office present on site assistance to Carmel Foundation members with: Power of Attorney, Statutory Wills, Health Care Directives, Titling of Assets, what to do when a family member or loved one passes away, Medi-Cal recovery/long term care issues. Blanchard B: 11:30am-1:30pm, January 28, February 11 & 25 and March 11 & 25; first come first served. Contact Support Services 620-8705.

Memorial Gifts

Irwin Rosen Pamela & Burt Harris

Tribute Gifts

Herman Van Gansen Joanna Van Gansen

Estate Planning Workshop

Friday January 25, 10:00am-11:30am
Leslie Finnegan and Robert Simpson, Seideneck Room
No fee, sign up online at www.carmelfoundation.org or with member services, 624.1588

Leslie Finnegan and Robert Simpson will present on the following topic – “So I Have a Trust, but What Exactly Happens When I’m Gone?” We will generally discuss post-death administration of trusts and probate estates, and answer any related questions.

Transitions & Choices: How To Navigate Palliative Care, Hospice and the End-of-Life Option Act

Monday, February 11, 2:00pm-4:00pm
Cindy Onufer, Craft Room
No fee, sign up with member services, 624.1588

Exploring your end of life options? It is never too early to start planning and talking to your family. A conversation will take place on advance healthcare directives, POLST, choosing your healthcare agent, unwanted medical treatment, the End-of-Life Option Act, requirements and definitions, how the option is accessed and how to talk to your doctor about it.

Make a Box From a Greeting Card!

Friday, February 8, 9:30am-11:00am
Dr. Janelle LaFond, Craft Room
No fee, sign up online at www.carmelfoundation.org or with member services, 624.1588

Come to a fun, free workshop and learn how to make small boxes out of greeting cards. At the end of the session you will have a couple of boxes to take home. These boxes are fun for gift-giving and you don't have to be 'crafty' to succeed in making them. All the supplies will be provided, just bring yourself.

Healthy Living Through Nutrition Part 1

Friday, February 15, 10:00am-11:00am
Kendal Schultz, Seideneck Room
No fee, sign up online at www.carmelfoundation.org or with member services, 624.1588

Welcome to your new healthy lifestyle! We'd like to offer you the opportunity to feel energized again; the opportunity to feel good about the life you're living in your golden years. Follow just a few simple steps and feel better than you've felt in years. I am talking about improving your health with proper nutrition and light physical activity. You'd be surprised at how a little bit of effort can take you the distance to living a full and energized life. We will offer easily understood information on nutrition, simple recipes to follow, ideas on how to get proper nutrition when you just don't feel like eating, and some basic activities that won't wear you out or have you dragging the next day. Come join us in part one of our two part class and explore some of the little changes you can make in your day to day life that will have big results. Stay tuned for Part 2, Friday, March 15, 10:00am-11:00am.

Women's Discussion Circle

Rose Silvera-Welch is excited to join the Carmel Foundation Volunteer Team as the Facilitator for the Women's Circle starting in January 2019. This group replaces previous women's groups. Meeting times are 1st and 3rd Monday of the month, January 15 - March 19, from 1:00pm - 2:30pm in Blanchard A. Rose is a retired community group workshop leader for the Conscious Aging. Come join her in this lively exploration of women's issues and aging through dialogue, sharing, inspiration and humor!

ACTIVITIES • EVENTS • PROGRAMS



RSVP for a Delicious Prime Rib Twilight Supper at the Foundation for \$12!

On Wednesday, February 13 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. 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 begin Wednesday, January 2 and are open until Friday, February 8. Sign up with member services at 624.1588 or register online at carmelfoundation.org. Fee is \$12 and you must pay at the time of registration. No refunds after 8:00am on Friday, February 8.

Topics in Music

Topics scheduled for Scott MacClelland's Topics in Music, Saturdays, 10:00am-12:00pm in Blanchard A for the winter series are:

- Jan 5 - Hector Berlioz Part 1 (by request)
- Jan 12 - Ancient Greek music (by request) Winter takes hold
- Jan 19 - Video: Benjamin Britten's *The Prince of the Pagodas*
- Jan 26 - Chamber music; what sets it apart? (by request)
- Feb 2 - The Blues (by request)
- Feb 9 - Hector Berlioz, Part 11 (by request)
- Feb 16 - Humor, Irony and Sarcasm in music
- Feb 23 - Chamber music; the arc of time (by request)
- Mar 2 - Pietro Mascagni: successor to Puccini
- Mar 9 - Video: *Ballet Royal de la Nuit*: a French Baroque recreation

Fee: \$50, sign up with Scott at class.

Sound Waves

Learn more about the Monterey Symphony's February concert featuring works by Britten, Ibert, Sibelius, and Debussy's iconic "La Mer." The Monterey

Symphony's 73rd Season Sound Waves features works inspired by and about the ocean and the seas. Alicia Mastro Monaco presents, Thursday, February 14, 2:00pm-3:00pm in Blanchard A. No fee, sign-up online at carmelfoundation.org or with member services, 624.1558.

Sudoku is back!

Join Brian Ellinoy as he teaches you how to play the challenging and fun game of Sudoku, Thursday, January 31, 10:45am-11:45am, Technology Center. Sudoku keeps you practicing your logical thinking process when you are solving a puzzle and eventually improves your number skills. Research tells us that Sudoku keeps your brain active. Sign up online at carmelfoundation.org or with member services, 624.1588. Fee \$5 to instructor.

Ethics and Equality Series

Moral Philosophy 4 class series: \$30

The first series will examine the major ethical theories that address the questions, what is the Good; how does one live a good life; how does one discover the right thing to do. We will explore mankind's attempt to uncover these concerns starting with the ancient and classical world and up through the medieval, modern and post-modern era.

Equality of Conditions, Democracy in America 4 class series: \$30

The series will be about the early American republic as observed by Alexis de Tocqueville, a French aristocrat who traveled to America in 1830 to discover this new thing called democracy. He comments on religion; family life; male and female relations; slavery; and the Indians. Tocqueville's main focus is the manners and customs of Americans. His ideas today may help us reveal our troubled spirit to ourselves. The class will present portions of his work, "Democracy in America." The instructor will use PowerPoint and will frequently present handouts to supplement the lectures.

Saturdays beginning January 19, 10:00am-11:30am in the Seideneck Room.

If you want to attend one class, the cost is \$10. Sign up online at carmelfoundation.org or with member services, 624.1588. All payments are to be paid directly to the instructor.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

January 2 - Local Real Estate - Community Impact - Join us for a presentation regarding buying and selling real estate from a Realtor's perspective and a Lender's perspective. Learn tips to save time, money and frustration whether you are thinking of buying, selling or refinancing real estate. Learn how to protect yourself during a rising interest rate environment and what not to do when buying or selling real estate. Patrick Ryan of Sotheby's International Realty and Jeff McMullen from Kal Financial are two local experts that enjoy sharing their knowledge to help demystify the process.

January 9 - Estate Planning Checkup - Join Eric Holk, CA State Bar Certified Specialist in Estate Planning, Trust and Probate law as he helps you review your current estate planning and address matters that may require updating or completion. Eric will discuss some of the common mistakes people make regarding their estate planning and what should be done to make sure everything is in good order.

January 16 - Member Orientation - All new members and returning members are invited to learn about the variety of classes, support services, and volunteer opportunities available through their Foundation membership. Raffle prizes!

January 23 - A Taste of History with Al Jardine - Come hear Al Jardine tell stories about the Beach Boys. Al and Brian Wilson were co-founders. Al was The Beach Boys band's rhythm guitarist and sang lead vocals on songs such as "Help Me, Rhonda," "Then I Kissed Her," and "Come Go with Me." As a member of the Beach Boys, Al was inducted into the Rock and Roll Hall of Fame in 1988.

January 30 - Monterey Bay Village Looking Ahead Wellness Series - How Aging Affects the Normal Swallow, Vocal and Cognitive Functions - It can be hard to swallow which can make you feel like you are losing your mind. Join Paige Vega, Speech Language-Pathologist at CHOMP, as she discusses information about how the swallowing mechanism works and how swallowing changes with age. She will also discuss why our voice changes as we age, good vocal hygiene, normal cognitive changes vs. when to seek medical attention, as well as simple strategies for improved memory function.

ARTIST OF THE MONTH



Keyte Marui

Keyte was born in Kobe Japan and graduated from Kobe University, majoring in language and art. She came to the United States in 1955.



While living in Hawaii for sixteen years, Keyte became interested in photography and pursued a career in the field.

While joining The Carmel Foundation in 2000 she met Connie Georis, leader of the Needlecraft Group who talked Keyte into joining the group. From there, Keyte joined the Garden Group and the Woodcarvers.

Keyte, a nature lover, is currently a docent with California State Parks and a Monterey County docent photographer.

Keyte's exhibit reflects the beautiful sunrises that she sees from her balcony every morning.

JANUARY • LUNCH • PROGRAMS • MOVIES • 2019

Mon	Tue	Wed	Thur	Fri	Sat
Dec 31 No Lunch Service New Year's Eve Party by reservation only	1 Closed <i>Happy New Year</i> 	2 Wednesday Program Local Real Estate - Community Impact 2:30pm Diment Hall Refreshments	3 No lunch service do to a scheduled power outage	4 Shrimp & Artichoke Stuffed Fillet of Sole Lemon Meringue Pie Weekly Salad Special Cobb	5 Cinema Peppermint R, 2018 Action 1 hr 42 min Jennier Garner 1:00pm, Blanchard A
7 BBQ Pulled Pork Sandwich, Coleslaw & Sweet Potato Fries Ice Cream Weekly Salad Special Greek	8 Chicken Picatta Brown Rice & Vegetables Triple Berry Crisp Bring a guest to lunch for member price	9 Wednesday Program Estate Planning Checkup 2:30pm Diment Hall Refreshments	10 Meatloaf Mashed Potatoes & Gravy Chocolate Éclair Pie	11 Salmon Fillet with Mango Salsa Brown Rice Vegetables Apple Pie	12 Cinema Colette R, 2018 Drama 1 hr 52 min Keira Knightley 1:00pm, Blanchard A
14 Turkey Pot Pie Salad Pecan Pear Tart Weekly Salad Special Flat Iron	15 Pot Roast Red Potatoes Vegetables Ice Cream	16 Wednesday Program Member Orientation 2:30pm Diment Hall Refreshments	17 Honey Lemon Chicken Birthday Cake	18 Braised Boneless Beef Short Ribs Red Potatoes Vegetables Blackberry Pie	19 Cinema White Boy Rick R, 2018 Real Life Drama 1 hr 50 min Matthew McConaughey 1:00pm, Blanchard A
21 Closed-MLK Day 	22 Beef Stroganoff Mushroom Cream Sauce, Egg Noodles Banana Cream Pie Weekly Salad Special Southwestern Chicken	23 Wednesday Program A Taste of History with Al Jardine 2:30pm Diment Hall Refreshments	24 Parmesan Encrusted Roast Chicken, Mashed Potatoes & Gravy Ice Cream	25 Fish & Chips Cherry Pie	26 Cinema A Simple Favor R, 2018 Crime Thriller 1 hr 57 min Anna Kendrick 1:00pm, Blanchard A
28 Ham with Macaroni & Cheese Banana Split Pie Weekly Salad Special Grilled Shrimp	29 Jambalaya Apple Crisp	30 Wednesday Program MBV Looking Ahead Wellness Series 2:30pm Diment Hall Refreshments	31 Lasagna Caesar Salad Spumoni	Feb 1 Lemon Pepper Cod Peach Pie	Feb 2 Cinema Crazy Rich Asians PG-13, 2018 Romantic Comedy 2 hr Constance Wu 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 or by contacting member services, 624.1588. Payment must be made at time of reservation. Guests additional \$10 to tour cost. Four business day cancellation policy for all refund requests.

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



January 4, Friday • Contemporary Muslim Fashions, De Young . The first major museum exhibition to explore the complex, diverse nature of Muslim dress codes worldwide. The exhibition examines how Muslim women—those who cover their heads and those who do not—have become arbiters of style within and beyond their communities, and in so doing have drawn mass media attention to contemporary Muslim life. Spotlighting places, garments, and styles from around the world, this exhibition considers how Muslims define themselves—and are defined—by their dress, and how these sartorial choices can reflect the multifaceted nature of their identities. The exhibition traverses different religious interpretations and cultures, including high-end fashions, such as those by Malaysia-based Blancheur. Muslim voices and personal narratives are framed by runway footage, news clips, and documentary and fashion photography. Leave The Crossroads at 8:30am. Arrive at the museum at 11:00am. Depart at 3:30pm. Arrive Carmel at 6:30pm. Cost: \$80 member, \$90 guest.



January 20, Sunday • Brahms & Dvořák at The California Theater in San Jose. Pianist Jon Kimura Parker is famed for his "infectious elan and gargantuan technique." His outsized technique will be on special demand for our first work, a concerto built on a heroic symphonic scale that requires sheer stamina as well as virtuosity. A masterpiece of musical contrasts, it is also filled with lyrical beauty. An extended cello solo. Dvořák's symphony follows, inventive but gentle, and irresistibly tuneful. While he was writing it, Dvořák himself marveled "melodies simply pour out of me." Lunch is on your own in downtown San Jose, restaurant choices/map given on the bus. Show begins at 2:30pm and program length is 80 minutes. Leave The Crossroads at 10:30am. Arrive at theater approximately 12:00pm. Depart at 4:00pm. Arrive Carmel at 5:30pm. Cost: \$115 member, \$125 guest.

CANCELLED



February 16, Saturday • San Francisco Express to Union Square. The day is yours to enjoy a pleasurable day in the city. Leave The Crossroads at 8:30am. Arrive Union Square at 11:00am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: \$55 member, \$65 guest.



March 12, Tuesday • Monet The Late Years, De Young. The exhibition features fifty paintings by Claude Monet dating mainly from 1913 to 1926, the final phase of his long career, including twenty works from the Musée Marmottan Monet in Paris. During his late years, the well-traveled Monet stayed close to home, inspired by the variety of elements making up his own garden at Giverny, a village located some 45 miles northwest of Paris. With its evolving scenery of flower beds, footpaths, willows, wisteria, and nymphaea, the garden became a personal laboratory for the artist's sustained study of natural phenomena. The exhibition focuses on the series that Monet invented, and just as important, reinvented, in this setting. It reconsiders the conventional notion that many of the late works painted on a large scale were preparatory for the Grand Decorations, rather than finished paintings in their own right. Boldly balancing representation and abstraction, Monet's radical late works redefined the master of Impressionism as a forebear of modernism. Leave The Crossroads at 8:30am. Arrive museum at 11:00am. Depart at 3:30pm. Arrive Carmel at 6:30pm. Cost: \$80 member, \$90 guest.



March 23, Saturday • San Francisco Express to Union Square. Head up to San Francisco for a fun day on your own or with friends! 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.



April 2, Tuesday • Filoli Mansion. It's Spring! Time to go to Filoli Mansion! Designed between 1915 – 1917 and set against the dramatic backdrop of the northern Santa Cruz Mountains in Woodside, California, Filoli is an excellent example of the Golden Age of American garden design and country house architecture. The estate boasts a 654-acre property featuring a Georgian revival-style mansion turned living museum, 16-acres of exquisite formal gardens, an operating Gentleman's Orchard, and a nature preserve with a public Estate Trail. 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, complete with some standards and many imaginative combinations. Leave The Crossroads at 9:00am. Depart Filoli at 4:00pm. Arrive Carmel at 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 1.800.434.0222. 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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Asst. Editor: Gilda Soule
P.O. Box 1050
Carmel, CA 93921
SE Corner of 8th & Lincoln
831.624.1588
831.620.8720 Fax

Mon-Fri 9:00am-5:00pm
Sat 9:00am-4:00pm

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President/CEO Holly Zoller, 620.8700 hzoller@carmelfoundation.org

Programs & Volunteer Services Melissa McKenzie, Director 620.8703 mmckenzie@carmelfoundation.org

Support Services Leticia Garcia, Director 620.8705 lgarcia@carmelfoundation.org

Business Office Beth Bates, Director 620.8704 bbates@carmelfoundation.org

Development Kimberly Willison, Director 620.8701 kwillison@carmelfoundation.org

Monterey Bay Village Kristine Ware, Director 620.8717 kware@carmelfoundation.org

Facilities Michael P. Smith, Director 620.8707 msmith@carmelfoundation.org

Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • January 2019

To sign up for classes online, visit www.carmelfoundation.org or call member services, 624.1588

Creative Arts & Self Expression

Coloring with Zesty Art

10:00am-11:30am, 2nd & 4th Tues

Instructor Jeanne Hamilton/Lisa Handley; Craft Room

\$5/class, sign-up at class, drop-ins welcome

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

Improv Comedy RX

11:00am-12:30pm, Mon, 1/28

Leader Carol Roberts; Blanchard A

\$50/series payable to instructor

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, register at class

SoulCollage

10:00am-12:30pm

Wed 1/9, Envision Your New Year

Wed 1/23 Invite More Peace Into Your Life

For Soul Collagers with previous experience

Instructor Lisa Handley, Seideneck Room

\$30/class, includes materials, sign-up with Lisa, 512.9063 or plumeriapapercraft@gmail.com

Watercolour Painting with Julia Harnett Harvey

1:30pm-4:30pm, Fri

Instructor Julia Harnett Harvey; Seideneck Room

Fee: \$20/session, drop ins welcome, sign-up at class

Wood Carving

9:00am-11:30am, Tues, Leader Jerry Park

9:00am-11:45am, Thurs, Open

6:00pm-8:00pm, Wed, Leader Steve Davalos

Seideneck Room, No fee, drop-ins welcome

Zentangle®

10:00am-12:00pm, Thur 1/17

Instructor Jeanne Hamilton, Seideneck Room

Fee: \$25/person per class includes all materials, payable to instructor

Sign-up online at carmelfoundation.org or member services, 624.1588

Dance

Greek Dance Class

4:00pm-5:30pm, Tue

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

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, 1/9 & 23

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

Alliance on Aging; Facilitator: Ted Hill, Blanchard A

No fee, sign-up at class

Networking for a New Culture

1:00pm-3:00pm, 1/4 - 25

Facilitator: Joni Caldwell

Fee: \$30/series payable to instructor, sign-up online at carmelfoundation.org or member services, 624.1588

Women's Discussion Circle

1:00pm-2:30pm, 1st & 3rd Mon

Accepting new members, Blanchard A

Facilitator Rose Silvera-Welch

No fee, sign up at class

Driving

AARP Safe Driving

12:30pm-4:30pm, Mon, 3/4(4 hr class)

12:30pm-5:00pm, Mon, 9/9 & Fri, 9/13(8 hr class)

12:30pm-5:00pm, Mon, 12/2 & Fri, 12/6(8 hr class)

Instructor: Curt Tipton, Seideneck Room

\$15 for AARP members, \$20 for non-members

Games

Bridge, Intermediate

sign-ups begins Wednesday, January 1, 9:00am

9:30am-11:30am, Thur, 1/10 - 2/7

Instructor Lyde McReynolds; Craft Room

\$75/5 wk series; payable to instructor,

Bridge, Duplicate

12:00pm-4:30pm, Fri

Leader Richard Klein; Craft Room

\$2/per session, open room, register at 624.5461

Chess

1:00pm-4:30pm, Thurs

Leader Chet Lowney; Field Café

No fee, open room, drop-ins welcome

Chess Lessons

1:00pm-2:00pm, beginning 1/28

Leader Ed Detrick, Seideneck Room

No fee, sign-up online at carmelfoundation.org or with member services 624.1588

Cribbage

2:00pm-4:30pm, Wed, 1/2, 16, 30

Leader Larry; Craft Room

No fee, register w/instructor 622.7455, lparrish@toast.net

Games: Bridge, Mah Jongg, Dominoes, etc.

12:00pm-3:00pm, Wed; 1:00pm-4:00pm, Thur

No leader; Craft Room, no fee, open room

Hand and Foot (form of Canasta)

1:00pm-3:00pm, Sat

Facilitator: Fran Milford, Craft Room A

No fee, sign-up at carmelfoundation.org or member services, 624.1588

Mah Jongg, Intermediate & Beginners

10:00am-12:00pm, Fri, 1/4 - 25

Leader Dzuong Bui; Craft Room A

\$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

Sudoku

10:45am-11:45am, Thus, 1/31

Instructor: Brian Ellinoy, Tech Center

\$5/session

Texas Hold'em

1:00pm-4:00pm, Thurs, full to capacity
12:30pm-3:30pm, Sat, full to capacity, Craft Room
Facilitator Micky Lawler; 831.238.3867

Health & Wellness

Awareness Through Movement - Feldenkrais

9:30am-10:30am, Thurs
Instructor Patric Zito; Diment Hall
\$10/class (1st class free), sign-up at class

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

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

Qigong Class Series

10:00am-11:30am, Wed, 1/2 - 2/27
Instructor Dale Mirmow; Diment Hall
No fee, sign-up online carmelfoundation.org or with member services 624.1588

Serene Body Stretch

12:00pm-1:00pm, Weds
Instructor: Jacquie Adams; Diment Hall
\$6/class w/prepaid 10 class card; \$8 single, sign-up at class

Tai Chi for Health

10:15am-11:15am, Weds
Instructor Liana Olson; Diment Hall
\$48/6 wks, \$80/10 wks, \$10/drop-in, register at class

Tai Chi Saturdays with Andrew Allison

9:00am-10:00am, Sat, 1/12 - 3/2
Instructor Andrew Allison; Diment Hall
\$50/series payable to instructor, sign-up online carmelfoundation.org or member services, 624.1588

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 Jody Emerson Quintana
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

Garden Group

9:00am-4:00pm, Mon - Sat
Leader Carolyn Thomas; Garden Center
No fee, drop-ins welcome

Lecture

Ethics and Equality Series

Moral Philosophy

10:00am - 11:30am, Sat, 1/19 - 2/9
Instructor: Lawrence Harris, Seideneck Room
Fee: \$30/4 class series \$30, \$10/single class, payable to instructor
sign-up online carmelfoundation.org or member services,
624.1588

Ethics and Equality Series

Equality of Conditions, Democracy in America

10:00am - 11:30am, Sat, 2/16 - 3/9
Instructor: Lawrence Harris, Seideneck Room
Fee: \$30/4 class series \$30, \$10/single class, payable to instructor
sign-up online carmelfoundation.org or member services,

624.1588

Literature

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

Hofer Family Sing Along

3:00pm-4:00pm, 2nd Fri/mo, 1/11
Facilitators: Hofer Family; Diment Hall
No fee, drop-ins welcome

Monterey Symphony Sound Waves

2:00pm-3:00pm, Thu. 2/14
Facilitators: Monterey Symphony, Blanchard A
No fee, sign-up online carmelfoundation.org or member services, 624.1588

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, 12/15 - 3/16
Instructor Scott MacClelland; Blanchard A
\$50/12 week semester, register online at carmelfoundation.org or with member services, 624.1588

Technology Center

Register online at carmelfoundation.org or member services, 624.1588 no drop-ins please.

Android Cell Phones and Tablets, Basics

(includes Samsung, Asus, Google, Lenovo & Huawei)
10:00am-12:00pm, Fri, 1/11
Instructor Ted Hill
\$5 fee, register online at carmelfoundation.org or member services, 624.1588 no drop-ins please.

Android - Level II

10:00am-12:00pm, Fri, 1/25
Instructor Ted Hill
\$5 fee, register online at carmelfoundation.org or member services, 624.1588 no drop-ins please.

iPad, Basics

1:00pm-3:00pm, Mon, 1/14
Instructor J. Todd
\$5 fee, register online at carmelfoundation.org or member services, 624.1588 no drop-ins please.

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, 1/24
Several instructors will be available to answer your tech questions
No fee, no registration

Writing

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