



THE CARMEL FOUNDATION

FOUNDATION EVENTS



NEW OFFERINGS AT THE FOUNDATION

Downton Abbey
Cribbage
Hiking Group

see page 3 for details

BREAKFAST AT THE FOUNDATION

Tuesday, June 6 &
Tuesday, June 20
9:00am-10:00am

see Menu on page 4 for
details

FOUNDATION HAPPY HOUR!

Friday, June 30
5:00pm-6:30pm

see front page for details

GETTING TO KNOW ME WORKSHOP

Illia Thompson and Donna Bailey join forces to gently guide you to unfold mystery and unearth deeper self-awareness through writing and art.

see page 2 for details

LOOKING AHEAD WELLNESS SERIES

The Aging Eye -
Presentation by Dr. Eric J.
Del Piero

see Wednesday Program
on page 3

Happy Father's Day

Treat the men in your life with a gift from the Foundation. Give a membership, cafe or meal ticket, admission to a tour, and/or sign him up for a class in the tech center!

Construction this summer at the Foundation

We are updating and redoing our front entrance and walkway. When completed, we will have a completely accessible facility. We are eliminating our non-conforming ramp and adding steps that are usable, up to code and will meet current handicap standards. Our wheelchair access will continue to be from the South parking lot where we will relocate the handicap parking space to be compliant, as well. The project will take 3-4 weeks to complete. We don't have a start date yet, but when we do, we will let you know and advise you of any changes to the entry into the facility or of any classes that will be impacted. Thanks in advance for your understanding, as any construction can be disruptive.

90's Party

Our annual 90's Party is scheduled for late June. If you are 90 years of age or older, you should be receiving an invitation in the mail by June 1st. Please give us a call at 620.8706 if your invitation does not arrive. Space is limited so be sure to RSVP!

The Foundation Moves Forward

Anyone who frequents the Foundation knows there's a lot going on here. From a recently refurbished Tech Center to online class sign-ups, to the above mentioned front walkway redesign, to the new classes, new hiking group and even a Foundation Happy Hour.

To keep moving forward and offering even more programs and services and not become stagnant, the Foundation Board of Directors, CEO and Program Directors met last month for an all day retreat.

The collaboration and brain storming between all the parties keeps the Foundation mission orientated and moving forward to better serve the membership. Stay tuned for even more from your Carmel Foundation!

COFFEE WITH THE CARMEL POLICE CHIEF

MONDAY, JUNE 12

10:30AM-11:30AM

FIELD CAFÉ



Giving from the Heart

This month you will be receiving our Giving from the Heart mailing. Once a year we reach out asking for a gift that is meaningful to you. No matter the dollar amount you give, making this investment in the well-being of seniors makes a significant difference. Whether you choose to give to a specific program or to give where it's needed most, your support of those in our community is greatly appreciated.

Help us Save \$\$

In our efforts to be fiscally responsible, we continually try to find ways to save money. Each month, we produce a newsletter that is filled with valuable information about what is happening at the Foundation. Our monthly newsletter can be either sent electronically to your email or can be printed and mailed to your home. If you are currently receiving a printed copy and would be open to saving printing and postage costs by receiving your newsletter via email instead, please contact Gilda at gsoule@carmelfoundation.org, 620-8708. Thank you!

Foundation Happy Hour!

Come and meet new friends in this new after hours event! Wine, cheese & nonalcoholic beverages provided Friday, June 30, 5:00pm-6:30pm in the Field Café. Cost is \$5 per member by RSVP only. Sign up online at www.carmelfoundation.org or with member services, 624.1588.

The Carmel Foundation's mission is to provide a place for seniors to gather and enjoy a variety of activities and services in an environment of respect and camaraderie.

FOCUS ON THE FOUNDATION

The Boomer Humor Series with Richard Stockton continues...

featuring **Will Durst**



plus the comedy
and boomer music of
Richard Stockton

Comedy Night!
at a sensible hour

Friday June 2, 2017 5:30 pm

The Carmel Foundation

Corner of 8th & Lincoln, Carmel

for advance tickets:

leonard@carmelfoundation.org 831 620-8702

Tickets: \$25, includes a glass of wine

Doors open: 5:00pm

Boomer Humor Continues

On Friday, June 2 the Foundation will be hosting a Boomer comedy and music show with Richard Stockton and comedian Will Durst. Durst's "BOOMERAGING" is a tribute to the joys, achievements and looming terrors that accompany being a member of the Baby Boomer generation. The New York Times commented on Durst's performance: "Highly recommended! Durst is at his sly, savvy best. A sharp one man show."

The show starts at 5:30pm on Friday, June 2. Doors open at 5:00pm. Tickets are \$25 per person and include one glass of wine. If interested in attending, please contact Leanne at 831.620.8702 or leonard@carmelfoundation.org to see if tickets are still available.

WORKSHOPS

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

Mental Health Matters

Friday, June 23,
10:00am-11:30am

Manfred Melcher, Seideneck Room
\$20 participation fee payable to the instructor. Sign up online at www.carmelfoundation.org or with member services, 624.1588.

"Understanding Depression and Anxiety" - Noting that depression and anxiety are the most common concerns for clients seeking mental health services, psychotherapist Manfred Melcher, LCSW, will discuss how to recognize (and address) depression and anxiety in yourself or a loved one. Of special interest to our community will be the discussion of life-stage concerns that make depression and anxiety a challenge through the aging process. Manfred will also discuss what you can do to improve your emotional well-being and functioning. Community resources for treatment options will be provided.

Memorial Gifts

Andre Lengacher; Richard Burns

Benefit Checkup

Monday, June 19

9:00am-12:00pm

Alliance on Aging
Blanchard B

No fee, call 646.4922 to make an appt.

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.

Getting to Know Me

Saturday, June 24

10:00am-3:00pm

Illia Thompson & Donna Bailey,
Seideneck Room

Fee: \$90, limited to 15 participants, to register call Illia at 659.5210 by June 20.

Through writing and art, Illia Thompson and Donna Bailey will gently guide you to unfold mystery and unearth deeper self-awareness.

Illia Thompson is a writer and Memoirs Instructor at the Foundation for over two decades. A poet as well, she regularly leads workshops to foster creativity through the use of words and art materials.

Donna Bailey, writer, coach and speaker, during many decades, helps people find love and keep the love they find. She practices in Carmel and the Bay Area as well as presents lectures and workshops at The Carmel Foundation.

Learning about Osteoporosis

Monday, June 26

1:00pm-2:30pm,

Alejandra Arriaran
Seideneck Room

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

Join Alejandra Arriaran, American Bone Health peer educator, for a workshop which will cover the disease we call osteoporosis and how it is diagnosed. Learn why bone health matters now and what can be done to keep bones strong. Information on how to prevent bone loss and falls, as well as the current treatments that are available to prevent fractures will be presented.

Seeking Tech Center Instructors

Do you love computers and technology? Do you love to teach others your skills? The Tech Center is seeking qualified instructors to lead classes. If you are interested in becoming part of our team of volunteers, please contact Jeanne (jhamilton@carmelfoundation.org) or Beth (bbates@carmelfoundation.org).

Medical Equipment Needed

If you would like to consider donating gently used medical equipment, please contact Support Services at 620.8706.

ACTIVITIES • EVENTS • PROGRAMS



The Carmel Foundation wants YOU!

If you have time to give to the Foundation and to one of our many programs and groups, contact Melissa McKenzie, Director of Programs and Volunteer Services 620-8703 mmckenzie@carmelfoundation.org.

•Library Volunteers

Take a shift in the library putting away books, filing cards, and assisting members!

Shifts are 10:00am-12:00pm or 12:30pm-2:30pm

•Tea Hostesses

Serve tea and coffee, sandwiches and cookies for members and guests after the Wednesday Program.

Hours are 1:45pm-3:45pm one afternoon a month

•Quicker Stickers

Once a month join in and put address labels on our newsletters! This group meets once a month, 8:00am-11:00am, with coffee and pastries to get your CF newsletter mailed to your home.

Cribbage

Try your hand at this engaging game! 2nd and 4th Wednesday of the month, 2:30pm-4:30pm in the Craft Room. If you have any questions, call Larry at 622.7455; first come first served.

Travelogues with Sandy & Gail Cohen



To celebrate their golden anniversary, Sandy and Gail took their

grandchildren, kids, and their mates to Tanzania. Following a spirited soccer game involving their grandchildren and the children from an orphanage in Arusha, they head to Tarangire National Park, a virtual haven for elephants. Then, following a sideshow staged by the baboons, they descend into Ngorongoro Crater and savor a feast of animals. The final stop is the Serengeti, where they were so fortunate to observe the incredible migration of the wildebeest across the Mara River. The Serengeti held many delights, including cheetahs, giraffes, leopards, and lion cubs.

Free presentation Monday, June 12, 1:00pm-2:30pm, Seideneck Room.

Summer Classes: Acrylic Art with Melissa Bispo

Wednesdays, June 21 - August 23, 1:00pm-4:00pm, Seideneck Room

Acrylic painting, as well as any water based media. Cost is \$90 for 10 weeks, pay instructor on or before 1st class. Learn basic and advanced techniques! Personal instruction, non-judgmental environment, beginners welcome! Work at your own pace.

NEW! Downton Abbey

Season 1, Summer Series. Exposing the snobbery, backbiting and machinations of a disappearing class system, this series chronicles the comings and goings of the upper-crust Crawley family and their assorted servants. Please join us every Saturday starting June 3, 11:00am-12:15pm in Blanchard A as we revisit season one of this Masterpiece Classic. No fee, seating is limited, first come, first served.

NEW! Hiking Group

The Carmel Foundation walking group leaders, Geoff & Sarah, will be starting a monthly hiking group! If you are looking for a little adventure & outdoor exercise please consider joining us for a hike on the Badger Hills Trail in the Fort Ord Monument on Saturday, June 10th, 1:00pm-3:00pm. This group will be exploring intermediate skill level trails on the second Saturday of each month. No fee. For further details and to sign up contact coordinator Kari Martorella at 620.8706.

New Classes Offered in Tech Center

Apple Mac for Beginners, Part 1: This class will teach the basics of using an Apple Mac for beginners. The class covers topics such as logging into a Mac computer, getting familiar with the Mac user interface, and browsing the Internet.

USB Flash Drive/WiFi: This class will introduce a small USB flash drive or stick that can easily expand your iPhone/iPAD storage or memory to an additional 32 gigabytes of space or more. The device can also help to move files or photos with ease between your iPhone/iPad and your Mac or Windows computers.

For a complete list of tech classes being offered, please see the Activities, Events, Programs insert.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

June 7 - Historical Mystery, "The Red Scare" – Join author Kathryn Gualtieri, with a lifelong interest in California history, as she presents "The Red Scare" her 6th mystery novel in the Nora Finnegan series that began with "Murder in the Pines." Kathryn and her husband divide their time between Carmel-by-the-Sea and Capitola. A member of Carmel's Historic Resources Board, Kathryn also served a stint in Sacramento as the State Historic Preservation Officer.

June 14 - "Images of America: Carmel Valley" – Please join Elizabeth Barratt of the Carmel Valley Historical Society as she presents stories & pictures from her book "Images of America: Carmel Valley." From the Ventana wilderness, the Carmel River descends 36 miles through steep canyons into the spreading Carmel Valley. Rain-gorged in spring, it rushes to the Pacific Ocean at Carmel Bay. For millennia, native tribes fished along the river, which was discovered in 1602 by Sebastian de Vizcaino. He called the waterway El Rio de Carmelo, describing it as "lined with black poplars and other trees of Castile." Ranches, dairies, and orchards thrived under Spanish, Mexican and finally American flags. The Carmel River, like the valley it defines, has accommodated native, farmer, resident and now the vacationer as it flows along through time.

June 21 - No Wednesday Program

June 28 - Looking Ahead Wellness Series: The Aging Eye – Join Dr. Eric J. Del Piero, an ophthalmologist specializing in retinal diseases, to learn how you can minimize the impact of age related vision loss in your daily life. Boost eye health in general and reduce disease risk by monitoring vision changes and adjusting your lifestyle habits and dietary choices.

July 5 - Fountain of Youth Self-Protection & Body Movement – Join Jason Costanza as he gives one of a kind demonstration on Martial Arts combining mind, body and spirit for physical and mental self-protection, regardless of your current mental or physical condition.

ARTISTS OF THE MONTH



Long time friends, Darlene Berry and Kathie Lewis are avid painters for over ten years, painting with acrylics and watercolor. They can be found painting in The Carol Harrison Painting Lab on Tuesday afternoons at The Carmel Foundation.

Painting for Darlene and Kathie is not only therapeutic and relaxing but a passionate expression of their individuality and painted interpretations.

The Carmel Foundation receives a 10% commission from the sales resulting from this show. Your patronage of these artists will in turn benefit the Seideneck Fund of The Carmel Foundation, which supports all art related activities of the Foundation. Please see Gilda Soule if you are interested in purchasing a painting.

JUNE • LUNCH • PROGRAMS • MOVIES • 2017

Mon	Tue	Wed	Thur	Fri	Sat
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			1 Beef Stroganoff Mushroom Cream Sauce, Egg Noodles Apple Berry Crisp Weekly Salad Special Nicoise	2 Salmon Fillet with Mango Salsa Brown Rice Vegetables Ice Cream	3 Cinema Hacksaw Ridge R, 2016 Military Drama 2 hrs 11 min Desmond T. Doss 1:00pm, Blanchard A
5 Roasted Chicken Curry Vegetables Pecan Pear Tart Weekly Salad Special Greek	6 <u>Breakfast</u> 9:00am-10:00am, \$3 French Toast Pot Roast Red Potatoes Vegetables Ice Cream	7 Wednesday Program Historical Mystery "The Red Scare" 2:30pm Diment Hall Refreshments	8 Roasted Rosemary Lemon Chicken Rice & Vegetable Banana Split Pie	9 NEW Fish & Chips Lemon Meringue Pie	10 Cinema The Light Between Oceans PG-13, 2016 Drama 2 hr 13 min Michael Fassbender 1:00pm, Blanchard A
12 Pork Chop Applesauce Red Potatoes Vegetables Ice Cream Weekly Salad Special Cobb	13 Parmesan Encrusted Roast Chicken, Mashed Potatoes & Gravy Peach Crisp	14 Wednesday Program Images of America: Carmel Valley 2:30pm Diment Hall Refreshments	15 Quiche; Spinach or Bacon/Onion Salad Birthday Cake	16 Trout Almondine Rice & Vegetables Cheesecake	17 Cinema Hidden Figures PG, 2016 Drama 2 hr 13 min Taraji P. Henson 1:00pm, Blanchard A
19 Chicken Cacciatore Apple Pie Weekly Salad Special Flat Iron	20 <u>Breakfast</u> 9:00am-10:00am, \$3 Scrambled Eggs Pork Scaloppini Cherry Cobbler	21 No Wednesday Program	22 Turkey Pot Pie Salad Ice Cream	23 Tilapia Vera Cruz, Tomato Caper Sauce Tapioca	24 Cinema A Monster Calls PG-13 2016 Fantasy 1 hr 48 min Liam Neeson 1:00pm, Blanchard A
26 Baked Ziti with Italian Sausage Brownie a la mode Weekly Salad Special SW Chicken	27 Beef Stew Carrots & Potatoes Savory Gravy Peach Berry Pie	28 Wednesday Program Looking Ahead Wellness Series: The Aging Eye 2:30pm Diment Hall Refreshments	29 Chicken Marsala Vegetables Blackberry Pie	30 Sole Florentine; Fillet of Sole with Spinach & White Sauce Ice Cream	Jul 1 Cinema Patriots Day R, 2016 Thriller 2 hr 13 min Mark Wahlberg 1:00pm, Blanchard A



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. \$3 bank fee will no longer be charged when reserving with your credit card.

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

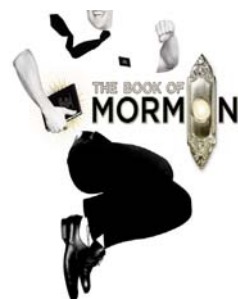


June 6, Tuesday • SF Express to Union Square. Have a great day in the city! Leave The Crossroads at 9:00am. Arrive Union Square at 11:30am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: \$55 member, \$65 guest.

June 10, Saturday • Cabaret. This divinely decadent masterpiece comes to San Jose direct from Broadway! Award-winning and critically acclaimed Roundabout Theatre Company presents Sam Mendes's (Skyfall, American Beauty, the films) and Rob Marshall's (Into the Woods, Chicago, the films) revival of Tony Award®-winning *CABARET*. In its 50th Anniversary Season, *CABARET* includes some of the most memorable songs in theatre history: "Cabaret," "Willkommen," and "Maybe This Time." Leave the Crossroads at 10:00am. Depart theater at 5:00pm. Arrive Carmel at 6:30pm, approximately. Cost: \$150 member, \$160 guest.



June 13, Tuesday • Stanford Shopping Center. Northern California's premier open-air shopping and dining destination with Bloomingdale's, Neiman Marcus, and more than 140 world-class specialty stores, ranging from luxury brands to local favorites. Enjoy an extraordinary mix of restaurants and cafes. Shop the European Street Market for the freshest California produce and gourmet specialty foods. Breathtaking gardens, sculptures and fountains accent the gardens. Whatever the season, it's always magically in bloom! Leave The Crossroads at 9:00am. Depart the mall at 3:30pm. Arrive Carmel 5:30pm. Cost: \$50 member, \$60 guest.



July 11, Tuesday • SF Express to Union Square. Head to the city for a lovely day on your own! Leave The Crossroads at 9:00am. Arrive Union Square at 11:30am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: \$55 member, \$65 guest.

July 22, Saturday • The Book of Mormon. The New York Times calls it "the best musical of this century." The Washington Post says "it is the kind of evening that restores your faith in musicals." This outrageous musical comedy follows the misadventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. Now standing room only productions in London, on Broadway, and across North America. The Book of Mormon has truly become an international sensation. Contains explicit language. Leave The Crossroads at 10:00am. Depart theater at 5:00pm. Arrive Carmel at 6:30pm, approximately. Cost: \$160 member, \$170 guest.



August 4, Friday • American Craft Council San Francisco Show. Fort Mason Center, Festival Pavilion - Celebrate all things handmade when the American Craft Show, San Francisco, 2017 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. Be sure to make a reservation for lunch at Greenes Restaurant; reserve online via OpenTable or by phone at 415.771.6222. Leave The Crossroads at 8:30am. Depart Fort Mason at 4:00pm. Arrive Carmel at 6:30pm. Cost: \$75 member, \$85 guest.



August 17, Thursday • Filoli. 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, complete with some standards and many imaginative combinations. Leave The Crossroads at 9:00am. Depart Filoli at 4:00pm. Arrive Carmel at 6:00pm. Cost: \$65 member, \$75 guest.



September 12, Tuesday • SF Express to Union Square. Get on the SF Express and enjoy your day! Visit a museum, go shopping, dine at one the amazing restaurants in this exciting city! The bus will leave The Crossroads at 9:00am 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: \$55 member, \$65 guest.

September 16, 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. Join us to see the "The Best of Broadway - Then and Now." Have lunch on your own in downtown Santa Cruz. Leave The Crossroads at 9:30am. Arrive Santa Cruz at 10:30am. Depart show at 3:00pm. Arrive Carmel at 4:30pm. Cost: \$60 members, \$70 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 655.4245 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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Mon-Fri 9:00am-5:00pm
Sat 9:00am-4:00pm

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Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • June 2017

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

Creative Arts & Self Expression

Acrylic Art Class

1:00pm-4:00pm, Wed: 6/21 - 8/23

Instructor Melissa Bispo; Seideneck Room

\$90, register w/Carmel Adult School, 624.1714

Creative Expressions with Tehila Eisenstat

1:00pm-3:00pm, Mon, 6/5, 19

Instructor Tehila Eisenstat; Seideneck Room

\$20/class, payable to instructor, register online at www.carmelfoundation.org or member services, 624.1588

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

Improv: "Whose Class Is It Anyway" Comedy Improv

11:00am-12:30pm, Wed, returns in August

Instructor Carol Roberts, Blanchard A

\$50/series, payable to instructor, register at www.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. Register at class

Watercolour Painting with Julia Harnett Harvey & Beginners Corner

1:00pm-4:00pm, Fri

Instructor Julia Harnett Harvey. Seideneck Room

Personal projects coached. Easy assignments for beginners.

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

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, 6/14 & 6/28

Leader Joan Beller, Blanchard A

No fee, register w/Joan, 626.1090

Men's Discussion Group

10:30am-11:45am, Mon

Leader Herb Stern, Seideneck Room

No fee, drop-ins welcome

Men's & Women's Discussion Group

3:15pm-4:45pm, 1st & 3rd Tues

Sponsored by Alliance on Aging Facilitators: Ted Hill, Babs

Andruzak, Blanchard A

No fee, sign-up at class

Women's Discussion Group -open to new participants

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

Leader Marlena Tumlin; Blanchard A

Free, register w/Marlena, 747.1864

Women's Discussion Group 2 FULL

3:00pm-4:30pm, 1st & 3rd Mon of the month

Facilitator Vicky Torcolini; Blanchard A

Driving

AARP Safe Driving

12:30pm-4:30pm, Mon, 10/16 & Fri, 10/20

(8 hr class / 2 sessions)

Instructor: Curt Tipton, Seideneck Room

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

w/member services, 624.1588 at least one week prior

Games

Bridge, Beginning

9:30am-11:30am, Fri, 4/28 - 7/21 (no class 6/2,9,16)

Instructor Doug Halleen, Craft Room

Fee: \$80/8 sessions, register w/instructor, 917.2502

Bridge, Intermediate - Brush up on Basics #2

2:00pm-4:00pm, Mon, returns in August

Instructor Lyde McReynolds, Craft Room

Bridge, Intermediate - Brush up on Basics #2

9:30am-11:30am, Thur, returns in August

Instructor Lyde McReynolds, Craft Room

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

2:30pm-4:30pm, 2nd & 4th Wed

Leader Larry; Craft Room

No fee, first come first served

Games: Bridge, Mah Jongg, Scrabble, etc.

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

No leader; Craft Room

No fee, open room

Scrabble with Susan

1:00pm-4:00pm, Mon

Leader Susan Sailow, Field Café

No fee, open game

Shanghai Rummy

11:00am-3:30pm, Sat, 6/10

Leader Pam Ajir; Craft Room

No fee, register online, www.carmelfoundation.org or

w/member services, 624.1588

Texas Hold'em FULL

1:00pm-4:00pm, Thurs

Facilitator Anthony Pagano, Craft Room

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

Greek Dance Class

4:00pm-5:30pm, returns in September

Instructor Janet Tezak, Lois Lynne, Diment Hall

No fee, register at class

Hiking Group, The Carmel Foundation

1:00pm-3:00pm, Sat, 6/10

Coordinator Kari Martorella; local hiking trails

No fee; register w/Martorella 620.8706

Line Dancing

10:00am-11:00am, Sat

Instructor Belle James; Diment Hall

\$5/class, sign-up at class

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 Based Stress Reduction

2:00pm-4:00pm. Wed May 5/3 - 6/17, Blanchard A
 9:00am-4:00pm, Sat, 6/14, Craft Room
 Instructors Corinne Collins, Rochelle Hall, Blanchard A
 \$100/series, register online at www.carmelfoundation.org or
 w/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

12:00am-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/Arthritis

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

Learn to Tango

4:00pm-5:00pm, Fri
 Instructor Nance Hoeft, Diment Hall
 Fee: \$15/lesson
 Register w/Nance, 915.7523 or tangonance@gmail.com

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, 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**

12:00pm-3:00pm, Tues, Thurs
 10:00am-12:00pm, Wed, Fri
 Leader Carolyn Thomas; Garden Center
 No fee, drop-ins welcome

Language**Spanish**

10:00pm-11:30am, Fri, on break, returning in September
 Instructor: Laura Sanjurjo, Blanchard A
 \$90, register on-line at www.carmelfoundation.org or
 w/member services, 624.1588

Lecture**Travelogues with Sandy & Gail Cohen**

1:00pm-2:30pm, Mon, 6/12
 Seideneck Room
 Presenters: Sandy & Gail Cohen, No fee

Literature**Non-Fiction Reading Discussion- FULL**

10:30am-12:00pm, Thurs
 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: Vicky Torcolini, Craft Room. No fee.

Music**Guitar**

Instructor Terrence Farrell, Blanchard B
 \$25/class, register w/Farrell, 241.6062, by appt.only

Technology Center**Apple Mac for Beginners, Part 1**

10:00am-12:00pm, Fri 6/9
 Instructor Henry Teng
 \$5/class, register online at www.carmelfoundation.org or
 member services, 624.1588

Beginning Genealogy at Ancestry.com

10:30am-11:45am, 2 sessions, Tue, 6/13 & 6/20
 Instructor Junel Davidsen, Certified Genealogist
 Prerequisite: paid account at Ancestry.com
 \$20 members, \$25 non-members payable to Junel Davidsen
 register online at www.carmelfoundation.org or member
 services, 624.1588

Fix IT (Mobile Devices, Windows and Mac PC)

10:00am-12:00pm, Fri, 6/2, 6/30
 Instructor Henry Teng
 \$5/class, register online at www.carmelfoundation.org or
 member services, 624.1588

Fun-da-mental Internet Computer Class

1:00pm-3:00pm, Thur, 6/15
 Instructor Holger Hubbs
 \$5/class, register online at www.carmelfoundation.org or
 member services, 624.1588

Intro to PC's: How Do I Do That?

1:00pm-3:00pm, Thur, 6/22
 Instructor Joan Crenshaw
 \$5/class, register online at www.carmelfoundation.org or
 member services, 624.1588

iPad Basics

1:00pm-3:00pm, Mon, 6/19
 Instructor Jeff Fisher
 \$5/class, register online at www.carmelfoundation.org or
 member services, 624.1588

iPad Beyond the Basics

1:00pm-3:00pm, Mon, 6/5
 Instructor Jeff Fisher
 \$5/class, register online at www.carmelfoundation.org or
 member services, 624.1588

Open Lab (except for scheduled classes)

10:00am-4:00pm Monday - Thursday
 Come in and use the technology equipment on your own

Open Session with Instructors

10:00am-12:00pm, 3rd Thurs, 6/15
 Drop-in, no fee

USB Flash Drive/WiFi (Expanding Your iPhone/iPad Storage or Memory with Ease)

10:00am-12:00pm, Fri, 6/23
 Instructor Henry Teng
 \$5/class, register online at www.carmelfoundation.org or
 member services, 624.1588

Writing**Book Bound**

10:00pm-11:15am; Mon
 Leader Susan Cantrell, Blanchard A
 \$10/class, register at class

Poetry Writing

1:30pm-3:00pm, Mon
 Instructor: TBA, Blanchard B
 No fee, register at class

Writing Memoirs (two separate classes)

10:00am-12:00pm, Mon - FULL
 9:30am-11:30am, Wed
 Instructor Illia Thompson; Craft Room
 Fee: \$40/mo, register w/Thompson, 659.5210