



THE CARMEL FOUNDATION

FOUNDATION EVENTS



PUMPKIN SPICE COFFEE

Pumpkin spice and everything nice...get it while it's hot in the Field Cafe. \$1 a cup!

NEW IN THE TECH CENTER

Saturday Open Session

1:00pm-4:00pm, Sat 10/14
Hostess Pam Lawrence
Come and use the Tech Center on Saturday afternoon. Work on your personal projects or just surf the web.

AncestryDNA for Beginners

1:30pm-2:30pm, Fri 10/20
Instructor Junel Davidsen, Certified Genealogist®
This class discusses the popular AncestryDNA test, what it is and what it isn't. For the family historian, there is much that can be learned beyond just ethnicity.

Skype and Other "Free" Phone Call Apps Part 1 Overview

10:00am-12:00pm, Tue 10/10
Instructor Henry Teng
This class is to give an overview to seniors on popular "free" phone call apps such as Skype from Microsoft.

Skype and Other "Free" Phone Call Apps Part 2 Hands On

10:00am-12:00pm
Tue 10/17 & 10/31
Instructor Henry Teng

Fees & registration information in Activities, Events & Programs insert

New in the Tech Center!



Thanks to a generous grant from one of our Board Members, the Foundation's Tech Center is pleased to offer FREE subscriptions to Brain HQ – "Brain Training That Works," an online training course that will allow us to serve 182 members over the next 12 months!

What is Brain HQ?

BrainHQ is a brain-training system built and tested by an international team of top neuroscientists and other brain experts. Unlike other brain-training programs, BrainHQ is proven to work. Research shows cognitive benefits (such as better memory and faster processing) as well as real-life benefits (such as safer driving and better hearing in noisy places). No other program has this level of proof.

BrainHQ's exercises work out your attention, memory, brain speed, people skills, navigation and intelligence. There are hundreds of levels of exercises. Each one automatically adapts to your skill level so that you're always training at your "threshold"—the right level for your brain to make real improvements.

Register online at www.carmelfoundation.org, or member services, 624.1588, to get scheduled for your FREE, 4-week full access subscription, beginning in October.

Flu Shot Day

Wednesday, November 1, 9:00am-11:00am, Diment Hall
Administered by the Visiting Nurse Association

The cost of the vaccine is \$30 or FREE to those who have Medicare Part B. You will need to bring your Medicare Part B card. The traditional "Drive Up" service will be available that day for your convenience.

- Quadrivalent or High Dose flu vaccines: \$30 or Medicare Part B
- Pneumonia Vaccine also available (ages 65+): Prevnar 13® or Pneumovax® 23
- Flu & Pneumonia covered by Medicare Part B

COFFEE WITH THE CARMEL POLICE CHIEF

MONDAY, OCTOBER 9

10:30AM-11:30AM

FIELD CAFÉ

Medicare Open Enrollment

Medicare coverage for 2018 open enrollment is from October 15 to December 7. During this annual enrollment period you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage, or vice versa.
- You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.
- And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

To schedule an appointment with a representative from The Alliance on Aging HICAP program please contact 655-4245.

MC GIVES

The Carmel Foundation is pleased to have once again been accepted into the 2017 MC Gives program. On Thursday, November 9, MC Weekly will feature a host of nonprofit organizations that will be vying for financial support. Prior to that, organizations are encouraged to secure a Challenge Gift which is a donation that helps spur more donations for The Carmel Foundation. By providing a Challenge Gift, a donor "challenges" or encourages others to give. A Challenge Gift donor will be listed within the program materials. If you are interested in providing a Challenge Gift for this program, please contact Kimberly Willison, Director of Development, at 831.620.8701 or kwillison@carmelfoundation.org. Challenge gifts must be received by November 1 to be included in the launch issue of MC Weekly. Thank you!

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

WAYS TO GIVE - What will your legacy be?



As the year starts to wind down, we often reflect on those who have gone before us and have added so much to our lives. Those who included the Foundation in their estate plans have kept the Foundation vital for 67 years. We are grateful for the charitable giving that many have done through the years. All such gifts, both large and small, have a meaningful impact on seniors in our community and the Foundation's ability to remain financial secure through the years. A charitable bequest is a profound way to create a meaningful legacy.

Individuals can designate a percentage of their estate or a specific dollar amount while still providing for their loved ones. If interested in additional information, please contact the Director of Development at 831.620.8701 or your estate attorney, financial adviser, or CPA.

WORKSHOPS

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

Thank You

Thank you to those who attended our Annual Meeting held at the Carmel Mission Inn on September 20. We hope you enjoyed learning about the Foundation's accomplishments and had a chance to mix and mingle with fellow members, staff, and members of the Board. Please see member services if you would like a copy of annual report.

Thanks to our photographer, Steven Bergman, for taking photos at the Annual Meeting. Steven has photographed many weddings over the past 20 years throughout the Peninsula. Expert yet affordable, Steven offers an easy-going, relaxed style that enables him to capture great candid as well as classic portraiture.



4th Annual Picnic & Walk

Tuesday Walking Group
Tuesday, October 10, 12:30pm
Point Lobos State Park
Coordinator: Kari, 620-8706
\$9 parking fee

The Carmel Foundation's walking group will be meeting on October 10th for the group's 4th Annual Picnic & Walk at Point Lobos State Park. Please plan to bring your own bag lunch! We will gather at the south picnic area nearest to China Cove! Please feel free to contact Kari at 620.8706 for more information.

Memorial Gifts

Henry Kenneth White; Richard Burns

Rita Reiman; Richard Burns

Bob Murphy; Richard Burns

Maurice Gardner; Richard Burns

Camino de Santiago

Saturday, November 4
2:00pm-3:30pm
Seideneck Room
No fee, refreshments, register online www.carmelfoundation.org or with member services, 624.1588
Join Juan Carlos Duperier as your guide and learn how you can experience an extraordinary walking tour of the Camino de Santiago while enjoying the best of the food, wine, accommodations and culture of Spain on this magical path. Over the centuries, people have walked by the millions from all over Europe to make their way to Santiago de Compostela, where it is believed that St. James is buried. Then, as now, they followed the well-trod path through some of Spain's most beautiful terrain.

The Camino has something for everyone. It may bring you laughter. It may bring you strength. It may bring you new friendships. It may bring you a newfound appreciation for the beauty of nature.

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

Tuesday, October 24, 1:00pm-2:30pm
Cindy Onufer, Blanchard A
No fee, sign up online at www.carmelfoundation.org or 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.

Medicare Advocacy: Do You Know Your Medicare Rights?

Monday, October 30
1:00pm, Seideneck Room
No fee

When it comes to your healthcare, knowledge is power. With a patient advocate by your side, you have help speaking up for your rights. Meet Oriol Sandwell, patient advocate with Montage Health and Lynn Johnson, Medicare Product Specialist with Aspire Health Plan, who will explain their roles with Medicare advocacy including assisting patients with arbitration, mediation and negotiations to settle issues regarding access to care and medical debt. This engaging and informative presentation will speak directly to your Medicare rights and protections as well as point out weak areas and pitfalls in coverage and pitfalls that you may want to avoid.

Mental Health Matters "Forgiveness and Letting Go"

Friday, October 13
10:00am-11:30am
Seideneck Room
Psychotherapist Manfred Melcher, LCSW, (CA license #74175), will lead a workshop that celebrates forgiveness "as a form of love and hope, an innately human quality that reveals a person's deepest strength." The discussion will focus on the power of forgiveness, and "letting go" of anger and fear, two emotions that often hinder our ability to forgive. Registration not required, but recommended due to limited seating. The workshop has a \$20 participation fee payable to the instructor. Sign up online at www.carmelfoundation.org or with The Carmel Foundation member services, 624.1588.

ACTIVITIES • EVENTS • PROGRAMS

Let's Make a Scene with Nina Solomita, M.F.A

Friday, November 3 - December 15
1:00pm-2:00pm, Blanchard A
Scenes: plays can't do without them; novels, short stories, memoirs must have them; and journalism and essays are strengthened by them. Scenes "show" rather than "tell." They move plots forward, provide needed information, and expose characters and motivations. In this class, you will learn the basic elements needed to make a good scene in several genres. Examples from the best writers will be read and discussed in class. Evocative writing exercises will be presented to compel you to make a scene or two! Don't hide in the wings. Come out and join the fun. Experienced and new writers welcome.

Nina Solomita received her M.F.A. in Creative Writing from Goddard College. She has developed and taught numerous creative writing workshops and assists writers with their projects at all levels. Most recently her play, "After the Sermon," received a developmental reading at the L.A. Theatre Company in Los Angeles. Other plays have been produced in Boston, Carmel and Monterey. Her writing has been published in the ICWP Mother/Daughter Monologue series, The Pitkin Review, and the Plath Journals as well as in the arts sections of several newspapers. Sign-up on line at carmelfoundation.org or with member services, 624.1588. Cost: \$8 per class payable to instructor.

Spanish for Travelers

Whether you are travelling to Buenos Aires, Barcelona or Bogota, this course will help you brush up on the practical phrases that you will need for your trip. Topics will include transportation, hotels, restaurants, shopping, and sightseeing. Join us for conversational practice in a relaxed atmosphere.
10:00am-11:30am Fridays, September 29 - November 17 in Blanchard A. Pay instructor Laura Sanjurjo in class. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Fee: \$90 with text book.

Attaining Individuality: 'I Feel, I Think, I Wonder - Who Am I Really?'

Thursdays, October 5 - November 9,
2:00pm-4:15pm, Blanchard A
Seminar 'catalyst': Elayne Wareing Fitzpatrick. Sign up online at www.carmelfoundation.org or with member services, 624.1588. No cost: with exception of \$5 syllabus payable to instructor.

Readers Theatre of Famous Americans

October 11 & 18 and November 8 & 15, 10:00am-12:00pm in the Seideneck Room. There is no fee, sign up with member services, 624.1588. or online at www.carmelfoundation.org.

Poetry for the Senses (New day and time)

Tuesdays, October 3 - October 31,
3:30pm-4:30pm Craft Room

Ever wondered why the poetry you come across now is so different from what you learned in school? What is the mystery of contemporary poetry? Please join in exploring and discussing free verse poetry with Cheryl Carter, a published poet, writer, and editor who has taught poetry for almost twenty years. You will be introduced (or reacquainted) with a wide variety of poets whose works will surely evoke your thoughts, senses, and emotions. The focus is on learning new information and hopefully a new found appreciation for this genre in an atmosphere of laughter, community, respect, and non-judgment. **Please note that you need not engage in writing. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Cost: \$10 per class.

Just Play Bridge

Review of this year's lessons with emphasis on playing the hand with Lyde McReynolds. Two classes are offered; Mondays, October 16 - November 6, 2:00pm-4:00pm and Thursdays, October 19 - November 9, 9:30am-11:30am in the Craft Room. Registration opens on Monday, October 2, 9:00am online at carmelfoundation.org or with member services, 624.1588. Fee is \$60, payable to the instructor. Minimum of 24 students for each class.

Healthy and Happy

Join Chef Sherrie Ransom for nutrition and culinary classes exploring plant-based recipes with emphasis on uncooked and gently cooked foods. We'll discuss nutrition, flavor, recipes, culinary tips and of course samples. All ingredients are organic, gluten-free, soy-free and plant-based with emphasis on whole foods. Class is Saturday, October 28, 10:00am-11:00am in the Seideneck Room. and will feature uncooked, plant-based Carrot Cake for Halloween; \$10 per class. Guaranteed samples to those who register by the day before class, drop-ins are welcome. Register online at carmelfoundation.org or with member services, 624.1588.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

October 4 - Protect Yourself From Scammers, Hackers, and Cybercriminals - If you own a computer, laptop, tablet or smartphone, as soon as you turn it on and connect to the Internet you become a target. You may think you're a small fish in a big pond and nobody would go after you, but nothing could be further from the truth. The bad guys like little fish because they are easier to catch. Join Todd Sergot, an information technology professional and the Director of Service for The Alvarez Technology Group. He is an expert and will give you the tools to protect your identity online.

October 11 - Mongolia- Dan Presser - Dan recently completed a Magnificent Mongolian Adventure. He traveled to Ulaan Baatar, Mongolia's capital and from there south to the Gobi Desert to the exact spot where the early American explorer Roy Chapman Andrews discovered fossilized dinosaur bones and dinosaur eggs. Come and discover the mystical land of Mongolia with Dan Presser, owner of FourWinds Travel.

October 18 - Monterey Bay Village Looking Ahead Wellness Series - The Brain Improvement Prescription: Stimulate Cognitive and Social Connection through Improv Comedy - Ms. Carol Roberts, MA in Gerontology, will explain the roots and history of comedy improvisation and explore how it is used today in work with people with memory loss, anxiety, depression and social isolation. She will touch on the research testifying to its benefits and efficacy. A former member of San Francisco's Femprov Comedy Troupe and a former standup comedian performing with the likes of Robin Williams, Paula Poundstone and Ellen Degeneres, Ms. Roberts now teaches comedy improv at The Carmel Foundation. The lecture will be followed by a comedy improv demonstration by members of the class and guests.

October 25 - Medicare Update 2018 Join Tamara McKee from Alliance on Aging as she informs you about the costs & changes to Medicare in 2018. The Medicare Open Enrollment Period begins Oct 15th. Don't be caught off guard! Learn more about options to re-evaluate your coverages.

ARTISTS OF THE MONTH



Photography Group

The Carmel Foundation Photographers represent a wide range of interests and experience including professional as well as amateur photographers. They meet at the Foundation in the Seideneck room every Thursday from 1:00pm-2:30pm. One meeting each month involves an invited speaker who shares their photography. Our speaker for October 26th is Miles Lee. Guests are invited. This usually includes an inspiring story behind the photos and offers a unique perspective on how this photographer has developed their artistic style. This same opportunity to share is afforded to one of our own members each month. The other two meetings involve an open topic, or a specific photo assignment based around a topic of interest. These short "Show and Tell" sessions bring out the best in our members who enjoy sharing their own photography. Members of the photo group will be participating in The Carmel Foundation Gallery Show the month of October. Their photographs can be viewed on their web site: cfphotographers.org. The group is planning a field trip to Henry Cowell Redwoods State Park, and will have a guided tour on October 19 with a park ranger/photographer. The group has also enjoyed various field trips to Point Lobos, Elkhorn Slough, Filoli Gardens, & UCSC Arboretum.

OCTOBER • LUNCH • PROGRAMS • MOVIES • 2017

Mon	Tue	Wed	Thur	Fri	Sat
2 Italian Chicken Parmesan; Mozzarella & Marinara Sauce Ice Cream Weekly Salad Special Chopped Turkey	3 Pork Chop Applesauce Red Potatoes Vegetables Chocolate Éclair Pie	4 Wednesday Program Protect Yourself from Scammers, Hackers, Cybercriminals 2:30pm Diment Hall Refreshments	5 Rosemary Lemon Chicken Rice & Vegetable Pecan Pear Tart	6 Salmon Fillet with Hollandaise Brown Rice & Vegetables Lemon Meringue Pie	7 Cinema The Founder PG-13, 2016 Drama 1 hr 55 min Michael Keaton 1:00pm, Blanchard A
9 Baked Ziti with Italian Sausage Cherry Cobbler Weekly Salad Special Taco	10 Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie Bring a guest to lunch for member price	11 Wednesday Program Mongolia, Presentation by Dan Presser 2:30pm Diment Hall Refreshments	12 Pork Scaloppini Ice Cream	13 Trout Almondine Rice & Vegetables Tapioca	14 Cinema Forsaken R, 2016 Drama 1 hr 30 min Kiefer Sutherland 1:00pm, Blanchard A
16 Parmesan Encrusted Roast Chicken, Mashed Potatoes & Gravy Banana Cream Pie Weekly Salad Special Nicoise	17 Quiche; Spinach or Bacon/Onion Salad Ice Cream	18 Wednesday Program Looking Ahead Wellness Series - The Brain Improvement Prescription: Improv Comedy 2:30pm, Diment Hall Refreshments	19 Cheese Manicotti Birthday Cake	20 Sand Dabs with Asian Citrus Sauce Cheesecake	21 Cinema The Big Sick R 2017 Romantic Comedy 1hr 59 min Kumail Nanjiani 1:00pm, Blanchard A
23 Beef Stroganoff Mushroom Cream Sauce, Egg Noodles Peach Crisp Weekly Salad Special Greek	24 Chicken Cordon Bleu Brown Rice & Vegetables Blackberry Pie	25 Wednesday Program Medicare Update 2018 2:30pm Diment Hall Refreshments	26 Pork Osso Buco; Pork Shank in Sauce, Mashed Potatoes & Vegetables Banana Split Pie	27 Parmesan Encrusted Tilapia Ice Cream	28 Cinema The Circle PG-13 2017 Thriller 1 hr 50 min Emma Watson 1:00pm, Blanchard A
30 Roasted Chicken Curry Vegetables Ice Cream Weekly Salad Special Cobb	31 Meatloaf Mashed Potatoes & Gravy Peach Berry Pie	Nov 1 No Wednesday Program Flu Shot Day	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. \$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.



October 3, 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.

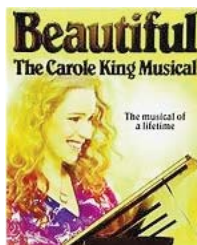
October 20, Friday • A Day of Learning on Your Own. Choose California Academy of Sciences to purchase on your own. One general admission to this popular Bay Area attraction includes a wide range of daily programs and activities, including dive shows, penguin feedings, swamp talks and more. Or, spend a day at the de Young Museum or maybe stop by the Japanese Tea Garden. All admission is on your own for the day. Eat at the The Academy Café which offers a multicultural menu designed to appeal to appetites of all ages. Or dine at the wonderful de Young Café with its inviting view of the Sculpture Garden. Soups, salads, sandwiches, and hot entrees are available for dining in the café or to take-out. The bus will leave The Crossroads at 9:00am. You will arrive in San Francisco at 11:30am. Depart the museums at 4:00pm. Arrive Carmel 7:00pm. Cost: \$55 member, \$65 guest.



CALIFORNIA
ACADEMY OF
SCIENCES

November 2, Thursday • SF Express to Union Square. Beat the crowds and head to SF for holiday shopping! 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.

November 18, Saturday • Beautiful, San Jose Performing Arts Theater. Long before she was Carole King, chart-topping music legend, she was Carol Klein, Brooklyn girl with passion and chutzpah. She fought her way into the record business as a teenager and by the time she reached her twenties, had the husband of her dreams and a flourishing career writing hits for the biggest acts in rock 'n' roll. But it wasn't until her personal life began to crack that she finally managed to find her true voice. Beautiful – The Carole King Musical tells the inspiring true story of King's remarkable rise to stardom to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. The bus will leave The Crossroads at 10:00am. Depart the theater at 5:00pm. Arrive Carmel at 6:30pm. Cost: \$150 members, \$160 guest. Lunch is on your own.

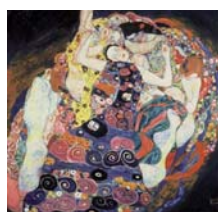


December 7, Thursday • Stanford Shopping Center. The holidays are coming so it's time to head to Northern California's premier open-air shopping and dining destination with more than 140 world-class specialty stores, ranging from luxury brands to local favorites. Enjoy an extraordinary mix of restaurants and cafes for your dining enjoyment. Leave The Crossroads at 9:00am. Depart the mall at 3:00pm. Arrive Carmel 5:30pm. Cost: \$50 member, \$60 guest.



December 12, Tuesday • SF Express to Union Square. Not too late to be ready for Santa Claus. Take a trip to the City and finish up shopping and see the city decorated for the holiday! 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.

January 11, Thursday • Klimt and Rodin: An Artistic Encounter at The Legion of Honor . Marking the centenary of Rodin's death in 1917 and that of Gustav Klimt in 1918, KLIMT & RODIN: An Artistic Encounter examines the diverse connections between these artists and their impact upon the art world. While Rodin is widely regarded as "the father of modern sculpture," Klimt was a groundbreaking painter and a founding member of the modernist Vienna Secession movement. This exhibition marks the first survey of Klimt's work in California. Sharing the galleries with the Legion of Honor's important holdings of Rodin works will be examples from Klimt's oeuvre on loan from public and private collections in the United States and Europe, including the artist's estate in Vienna and the Österreichische Galerie Belvedere, which holds the world's largest and finest collection of Klimt paintings anywhere. Leave The Crossroads at 8:30am. Depart museum at 3:30pm. Arrive Carmel at 6:30pm. Cost: \$90 member, \$100 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.

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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 • October 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: 8/23-11/15

Instructor Melissa Bispo; Seideneck Room

\$90, 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 Expressions with Tehila Eisenstat

2:00pm-4:00pm, Mon, 10/2 & 23

10:00am-12:00pm, Fri 10/13

Instructor Tehila Eisenstat; Seideneck Room

\$20/class, payable to instructor, register online 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

Improv: "Whose Class Is It Anyway" Comedy Improv

11:00am-12:30pm, Tues, 10/10-10/31

Instructor Carol Roberts, Blanchard A

\$50/series, payable to instructor, register at

www.carmelfoundation.org or member services, 624.1588

Let's Make a Scene with Nina Solomita

1:00pm-2:00pm, Fri, 11/3-12/15

Instructor Nina Solomita, Blanchard A

\$8/class, payable to instructor, register at

www.carmelfoundation.org or member services, 624.1588

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

Reader's Theatre

10:00am-12:00pm, Wed, 10/11 & 18, 11/8 & 15

Facilitator Carol Marquart, Seideneck Room

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

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

Discussion Group

Attaining Individuality: "I Feel, I Think, I Wonder - Who Am I Really?"

2:00pm-4:15pm, Thur, 10/5 - 11/9

Leader Elayne Wareing Fitzpatrick; Blanchard A

No fee, \$5 syllabus payable to instructor, sign up online, carmelfoundation.org, or with member services, 624.1588

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, 10/11 & 25

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, Tues

Sponsored by Alliance on Aging Facilitators: Ted Hill, Babs

Andruzak, Blanchard A

No fee, sign-up at class

Women's Discussion Group

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

Facilitator: Laurie Dineen, Blanchard A

Free, open group, contact Laurie before attending,

408.893.7917

Women's Discussion Group 2

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

Blanchard A

Free, open group, contact Melissa before attending, 620.8703

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, Just Play Bridge

2:00pm-4:00pm, Mon, 10/16-11/6

9:30am-11:30am, Thur, 10/19-11/9 >2 separate classes

Instructor Lyde McReynolds, Craft Room

Fee: \$60/4 sessions. Register online at www.carmelfoundation.org

or member services, 624.1588 starting 9:00am, Mon, 10/2

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, register w/instructor 622.7455, 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

Scrabble with Susan

1:00pm-4:00pm, Mon

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

Shanghai Rummy

11:00am-3:30pm, Sat, 10/21, 11/18

Leader Pam Ajir; Seideneck Room

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

Texas Hold'em FULL to capacity

1:00pm-4:00pm, Thurs, Sat

Facilitator Micky Lawler, 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

Ballroom Dance Class with Michell

3:00pm-4:00pm, 9/14-10/5

Instructor Michell, Diment Hall

\$40/person/series, pay at 1st class, pre-enrollment required at www.carmelfoundation.org or member services, 624.1588

Fountain of Youth-Restorative Movement & Self Defense

12:00pm-1:00pm, Sat
 Instructor Jason Costanza, Diment Hall
 \$7/person/session, drop ins welcome

Greek Dance Class

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

Healthy & Happy Raw Cooking

10:00am-11:00am, Sat, 10/28
 Instructor Sherrie Ransom, Seideneck Room
 Fee: \$10/class, register online, 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

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(MBSR)

2:00pm-4:30pm. Wed, 9/27-11/15
 Instructors Corinne Collins, Rochelle Hall, Blanchard A
 \$100/members, \$60/former students, pre-registration required
 online at www.carmelfoundation.org

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
 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, 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, 9/29-11/17
 Instructor: Laura Sanjurjo, Blanchard A
 \$90, register on-line at www.carmelfoundation.org or w/member services, 624.1588

Lecture**Travel with Sandy & Gail**

1:00pm-2:30pm, Mon, 11/13
 Seideneck Room
 Presenters: Sandy & Gail Cohen, No fee

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

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

Poetry for the Senses

3:30pm-4:30pm; Tue, 10/3-10/31
 Leader Cheryl Carter, Craft Room
 \$10/class payable to instructor, register online at www.carmelfoundation.org or with member services, 624.1588

The Carmel Foundation Women's Book Club

6:00pm-8:00pm, 4th Wed/mo
 Facilitator: Barbara Svetlik, Craft Room.
 No fee.

Technology Center ?s techcenter@carmelfoundation.org

For all Tech Classes, register online, carmelfoundation.org, or members services, 624.1588

AncestryDNA for Beginners

1:30pm-2:30pm, Fri, 10/20
 Instructor Junel Davidsen, Certified Genealogist@
 No fee for members, Register by 10/16

NEW! Brain HQ

10:00am-12:00pm, Thur, 10/12
 Instructor TBD
 Free

Fix IT (iPhone, iPad, Android Devices, Windows/Mac PC)

10:00am-12:00pm, Mon, 10/3, 24, 11/3
 Instructor Henry Teng
 \$5/class

iPad Basics

1:00pm-3:00pm, Mon, 10/23
 Instructor Jeff Fisher
 \$5/class

iPad Beyond the Basics

1:00pm-3:00pm, Mon, 10/9
 Instructor Jeff Fisher
 \$5/class

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, Thur, 10/19
 Drop-in, no fee

Photoshop Elements 14, Intro to

10:00am-12:00pm, Thur, 10/5, 26
 Instructor Roy Hilts
 \$3/class

Samsung & Other Android Tablet & Cell Phone Basics

2:30pm-4:00pm, Thur, 10/19
 Instructor Ted Hill
 \$5/class

NEW! Saturday Open Session

1:00pm-4:00pm, Sat, 10/14
 Hostess Pam Lawrence
 Free, no registration required, just drop in

NEW! Skype & Other "Free"Phone Call Apps Part 1 Overview

10:00am-12:00pm, Tue, 10/10
 Instructor Henry Teng
 \$5/class

NEW! Skype and Other "Free"Phone Call Apps Part 2 Hands On

10:00am-12:00pm, Tue, 10/17, 31
 Instructor Henry Teng
 \$5/class

Writing**Book Bound Women's Writing**

10:00am-11:15am; Mon
 Leader Susan Cantrell, Blanchard A
 \$10/class, payable to instructor, register w/instructor, 372.2231

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

Write Your Own Obituary and Eulogy

10:30am-12:00pm, Sat, 9/23-10/14
 Instructor: Susan Cantrell, Seideneck Room
 Fee: \$50, payable to instructor, register w/instructor, 372.2231