



FOUNDATION EVENTS



Garden Group needs Volunteers

Do you love gardening? The Garden Group needs you! Contact Melissa at 620.8703 to learn more.

Pinterest for Beginners

Wednesday, October 10
10:30am-11:30am
Tech Center

see Class Schedule Insert

Two New De Young Museum Exhibit Tours

Monday, December 3
Gauguin: A Spiritual Journey

Friday, January 4
Contemporary Muslim Fashions

see Tours page 5

BODIE, Good Times & Bad

Wednesday Program
Wednesday, October 10
2:30pm
Diment Hall

see Wednesday Programs page 3 for details

Annual Meeting

Thanks to those who came out to learn about the many happenings at the Foundation at our 2018 Annual Meeting. After the presentation, guests enjoyed visiting with fellow members, staff and board members while enjoying a glass of wine, appetizers and music from Andrea's Fault.

Flu Shot Day - It's Never Too Early . . . To Plan for the Next Flu Season

Wednesday, November 7, 9:00am-11:00am, in Diment Hall.
Cost of the vaccine is \$30, or FREE to those who have Medicare Part B. Bring your Medicare Part B card. "Drive Up" service will be available that day for your convenience.

The rate of flu illness during the 2017-2018 flu season was the highest the United States has seen since the 2009 H1N1 pandemic.

- Vaccination is the best way to prevent influenza.
- Everyone age 6 months and older should get vaccinated against influenza every year.
- Vaccination not only protects the person who gets immunized, it also protects the people around them – for example, babies who are too young to be vaccinated or people who can't get the vaccine.

The VNA makes it easy to conveniently educate and protect the community. They bring experienced, professional registered nurses and flu vaccines to you!

- Influenza Vaccines & Fees
- Quadrivalent flu shot - \$30 (for ages 3 & older)
 - FluMist - \$30 (for ages 2-49)
 - High Dose flu vaccine – Medicare Part B only (ages 65 & older)
- Payment & Insurance
- Cash/Check • Medicare Part B – must present card at clinic

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

COFFEE WITH THE CARMEL POLICE CHIEF
MONDAY, OCTOBER 8
10:30AM-11:30AM

MONTEREY COUNTY GiVES!
Joining Together for Big Ideas

The Carmel Foundation is pleased to once again have been accepted into the MC Gives program. In November, MC Weekly will feature a number of local nonprofits that will be vying for your support. Prior to the program's launch, each nonprofit will be working to secure a challenge grant, which is a donation that helps spur more donations for the Foundation. By providing a challenge grant, a donor "challenges" or encourages others to give. If you are interested in providing a challenge gift for this program, please contact Kimberly Willison, Director of Development, at 831.620.8701 or via email at kwillison@carmelfoundation.org. Challenge gifts must be received by October 27 to be included in the program's launch. Thank you for your consideration!

Medicare Open Enrollment

Medicare coverage for 2019 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 655-4244.

FOCUS ON THE FOUNDATION

What Will Your Legacy Be? Direct Your Estate to the People and Causes You Care About Most



Estate gifts from the past have kept the Foundation vital for 68 years. By leaving your legacy via a bequest, you can help us remain vital for many years to come. All estate gifts, large and small, have a meaningful impact on seniors in our area. The staff at the Foundation is more than happy to provide resources enabling you to include The Carmel Foundation in your trust or will. For more information, contact Kimberly Willison, Director of Development, at 831.620.8701 or via email at kwillison@carmelfoundation.org. Join others who have left a legacy today to care for our community's seniors tomorrow.

WORKSHOPS

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

Dry Flower Arranging Workshop

Thursday, October 11
10:00am-11:00am
Deborah Smith
Craft Room
Fee: \$5, payable to instructor
Register at carmelfoundation.org or with member services, 624.1588
Create a dry arrangement for Fall with Deborah Smith! All supplies covered, but you will need to bring your own clippers!

Mini Flu Shot Clinic

Monday, October 1
11:30am-1:00pm
Diment Hall
Vaccines available:
Quadrivalent or High Dose flu vaccines: \$30 or free with Medicare Part B
Pneumonia Vaccine also available (65+) Prevnar 13® or Pneumovax®23
Flu & Pneumonia covered by Medicare Part B
* Vaccination is the best way to prevent influenza * everyone age 6 months and older should get vaccinated * vaccination not only protects the person who gets immunized, it also protects the people around them.

Recollections of an Adventurer

Personal Poetry Reading by Inge Kessler
Thursday October 18,
2:00pm-3:00pm
Blanchard A
Sign up online at carmelfoundation.org or with member services, 624.1588, no fee
Inge, born, raised and educated in Germany, has lived on the Monterey Peninsula for almost four decades. Her love for traveling is surpassed only by her pleasure at living in Carmel-by-the-Sea. The hills and mountains of Big Sur and Carmel Valley are as vital to her as breathing. An avid hiker and swimmer, she keeps her mind, body, and soul together by doing yoga and enjoying literature, music (she has never missed a Bach Festival) and the nearby presence of her daughter and two granddaughters, as well as the relationship she has with her son and two grandsons who live in Foxboro, Massachusetts.

Dedicated to Illia Thompson, Carmel Foundation Memoirs Instructor, whose guidance and encouragement will stay with me always as I further explore my word play.
Inge

This is a new series for those interested in sharing their poems or memoirs with Foundation members. Contact Melissa, mmckenzie@carmelfoundation.org or 620.8703 for more information about how to participate in this platform.

Journaling Workshop: Using Collage and Written Exercises

Saturday, October 13
9:00am-3:30pm
Illia Thompson
Seideneck Room
Fee: \$125, payable to instructor
Register will Illia at 659.5210
Through gently guided exercises in writing and collage, discover insights to enhance your journey. Materials and lunch included.

Tech Center Guidelines

- Open 9:00am-4:00pm Monday thru Friday
- Check the newsletter to see Saturday open lab dates
- Must register for all classes – only exceptions: open session with instructors (every fourth Thursday of month) and open lab times
- Open lab is during all non-class scheduled times
- All classes are closed sessions
- Please no copying when class is in session
- Please pay for copies
- Please no food or drinks in the center
- Please use cell phones outside

Tribute Gifts

Margaret Frank, Robert Killian, J Todd, Dan Tarallo; Ralph Wolfe
Janice Barker, Melissa McKenzie, Mandy Kulp, Kari Martorella, Gilda Soule, Leticia Garcia, Kimberly Willison, Alfredo Campa, Chloe Finstad, Kelly Gilpin, Carlos Correa, Edmundo Rodrigues; Ralph Wolfe
Carlos Correa; Bill & Terry Burns

Memorial Gifts

Von Rilling; Friday Afternoon Bridge Bunch

ACTIVITIES • EVENTS • PROGRAMS



Get Prepared for Election Day

Understand the context of our freedoms in a series of classes. You can pick and choose which classes you are interested in as there are several packages offered.

Principles of the US Constitution

This class enumerates the principles embodied in the US Constitution, their history and context, their theory and practice. Cost: as a package (3 classes) \$20.00, Fridays, 10/12 - 26.

Where does the American love of freedom, hope and individuality come from?

The westward expansion of the United States is not merely incidental. It is attributed to what is the core of the American identity. This class explores the reasons for that characterization. Cost: \$10, Friday 11/2.

Instructor Lawrence Harris holds a M.S. in Political Science. Classes are 10:00am-11:30am in the Seideneck Room. If you want to attend one class the cost is \$10, payable to the instructor. Sign up online at carmelfoundation.org or with member services, 624.1588.

Travels with Sandy and Gail

Bhutan, a Himalayan country located between India and China (Tibet), is blessed with a benevolent king who believes in gross national happiness. Interestingly, the king decreed that in 2008 the kingdom was to become a democracy. Travel with Sandy and Gail on Bhutan's only road from west to east to view the spectacular scenery and experience the rich Buddhist culture of what may be the original Shangri-La. Experience the Tshechu, a masked dance festival attended by thousands of Bhutanese in their splendid ethnic clothing. See the traditional architecture of the farmhouses and visit the ancient fortresses, or Dzongs, and immerse yourselves in fascinating religious practices that originated in Tibet. Free presentation Monday, October 22, 1:00pm-3:00pm in the Seideneck Room.

Sudoku

Sudoku is the Japanese word combining "number" and "single." Its origins stem from the 18th century game by a Swiss mathematician. Join Brian Ellinoy as he teaches you how to play the challenging and fun game of Sudoku on Thursday, October 18, 10:45am-11:45am in the Tech 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. Not only is playing Sudoku interesting, but it helps to increase your sense of time. Sign up online at carmelfoundation.org or with member services, 624.1588. Fee \$5.

Spanish for the Traveler

Whether you are traveling 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 instructor Laura Sanjurjo for conversational practice in a relaxed atmosphere Friday mornings 10:00am-11:30am, October 19 - December 14 in Blanchard A. Sign up online at carmelfoundation.org or call member services, 624.1588. Fee is \$90 with text book payable to Laura at first class.

Crystal Singing Bowls Weekly Sessions

Join ValiAnna Francis Thursdays, November 1 - 29, 3:00pm-4:00pm in Diment Hall to learn how the vibrational frequencies of sound affect the human body, mind and spirit! Participants have experienced various degrees of healing, emotional release, mental clarity, inspiration and an opening into higher consciousness on the spiritual and cosmic realms. This event can bring one to a state of gentle calm and centered peacefulness. Sign up online at carmelfoundation.org or with member services, 624.1588. Fee \$100/\$25 drop-in.

Tai Chi on Saturdays with Andrew Allison

Taiji is an internal (soft) Chinese exercise, often referred to as a moving meditation and widely-practiced for health benefits including balance, flexibility, stress-reduction, etc. (see: <http://nccam.nih.gov/health/taichi/>). Andrew has been a student of traditional Yang-style Tai Chi Chuan for over 30 years, teaching it since 2005 and is a Senior Instructor in the Alex Dong International Taijiquan Association. The course will introduce students to the principles and benefits of this centuries-old art. The eight week series will be held Saturdays in Diment Hall, 11:30am-12:30pm beginning October 13. Fee is \$50 per person, payable to instructor at time of class. Sign up online at carmelfoundation.org or with member services, 624.1588.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

October 3 - An Illustrated View of Historic Hotel Del Monte – John Sanders portrays the legend and lore of Monterey and Carmel as it explores Hotel Del Monte's role in transforming the region from a Victorian era Sleepy Hollow into a world-class tourist destination. Learn how Del Monte played a role in preserving the area's scenic beauty, cultural heritage and romantic legacy. John Sanders is a historical storyteller whose colorful tales of the past offer contemporary relevance.

October 10 - BODIE, Good Times & Bad. Join Will Furman as he gives a presentation on the ghosts of Bodie. Relive their colorful adventures and misadventures in this vivid portrayal of a town that was both "a fearfully and wonderfully bad place." Will is a photographer who pioneered Inside-Out, a single image technique that utilizes both the reflectivity and translucency of windows to create a single image with multiple planes. The result conjures a Bodie that was haunting and evocative.

October 17 - Monterey College of Law Presents free Legal Resources for Carmel Foundation Members – Monterey College of Law, together with attorneys and law students, invites members of the Foundation to hear a brief history about Monterey College of Law and what resources we plan to offer on-site at the Foundation starting in January 2019. Join Joseph Belmont, Director of Monterey College of Law Lawyers Referral Free Clinics and Community Resource to learn more about these upcoming programs.

October 24 - Monterey Bay Village Looking Ahead Wellness Series – Balance and Fall Prevention: The Foundation of Balance and How to Improve Stability - Join Kelly Sheehan, PT, DPT, GCS, from CHOMP as she discusses the fundamental components of normal balance and factors that increase risk for falls. Dr. Sheehan will include strategies to improve balance and safety, as well as advice on when to consult a physician.

October 31 - Medicare Update - Join Tamara McKee from Alliance on Aging as she informs you about the costs & changes to Medicare in 2019. The Medicare Open Enrollment Period begins Oct 15th. Don't be caught off guard! Learn more about options to re-evaluate your coverages.

ARTIST OF THE MONTH



Darlene Berry Artist

Fine Arts Lab - Carol Harrison Instructor - Tuesday Afternoon

The Carmel Foundation provides a huge, bright room for artists. There they find a retreat to spread out their work and enjoy an afternoon of painting. All medias are encouraged: oil, acrylic, watercolor, pen and ink, pastel, and even the pencil.

They meet each Tuesday afternoon from 1:30pm - 4:00pm. It is more like a college lab than a classroom. Artists can come and go as they please. It's free to all who are current members of The Carmel Foundation.

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 Carmel Foundation. Please see Gilda Soule in the Administration Building if you are interested in purchasing a painting.

OCTOBER • LUNCH • PROGRAMS • MOVIES • 2018

Mon	Tue	Wed	Thur	Fri	Sat
1 Quiche; Spinach or Bacon/Onion Salad Peach Crisp Weekly Salad Special Chopped Turkey	2 Rosemary Lemon Chicken Rice & Vegetables Ice Cream	3 Wednesday Program An Illustrated View of Historic Hotel Del Monte 2:30pm Diment Hall Refreshments	4 BBQ Pulled Pork Sandwich, Coleslaw & Sweet Potato Fries Cherry Pie	5 Salmon Fillet with Hollandaise Brown Rice & Vegetables Cheesecake	6 Cinema Suburbicon R, 2017 Dark Comedy 1 hr 45 min Matt Damon 1:00pm, Blanchard A
8 Chicken Divan; Creamy Chicken with Broccoli Banana Split Pie Weekly Salad Special Taco	9 Pot Roast Red Potatoes Vegetables Blackberry Cobbler Bring a guest to lunch for member price	10 Wednesday Program BODIE, Good Times & Bad 2:30pm Diment Hall Refreshments	11 Chicken Cordon Bleu Brown Rice & Vegetables Ice Cream	12 Sole Florentine; Fillet of Sole with Spinach & White Sauce Key Lime Pie	13 Cinema The 15:17 to Paris PG-13, 2018 Real Life Drama 1 hr 34 min Spencer Stone 1:00pm, Blanchard A
15 Carnitas Tacos Apricot Custard Tart Weekly Salad Special Nicoise	16 Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie	17 Wednesday Program Monterey College of Law Presents Free Legal Resources for Carmel Foundation Members 2:30pm Diment Hall Refreshments	18 Beef Bourguignon Mashed Potatoes Birthday Cake	19 Trout Almondine Rice & Vegetables Ice Cream	20 Cinema Book Club PG-13, 2018 Comedy 1 hr 44 min Diane Keaton 1:00pm, Blanchard A
22 Fettuccine Alfredo With Pesto & Grilled Chicken Breast Ice Cream Weekly Salad Special Cobb	23 Baked Ziti with Italian Sausage Banana Cream Pie	24 Wednesday Program MBV - Looking Ahead Wellness Series – Balance and Fall Prevention 2:30pm Diment Hall Refreshments	25 Chicken Marsala Vegetables Apple Pie à la mode	26 Beef Brisket Baked Beans Bread Pudding	27 Cinema Last Flag Flying R, 2017 Drama 2 hr 4 min Steve Carell 1:00pm, Blanchard A
29 Beef Stew Carrots & Potatoes Savory Gravy Butterscotch Pie Weekly Salad Special Greek	30 Roasted Orange Chicken Ice Cream	31 Wednesday Program Medicare Update 2:30pm Diment Hall Refreshments	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. No bank fee will be charged when reserving with your credit card.

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



October 4, Thursday • San Francisco Express to Union Square. Enjoy shopping, go to your favorite museum, or maybe pick up a gift in the city! The bus will leave The Crossroads at 8:30am for Union Square 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.

CANCELLED

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



November 8, Thursday • San Francisco to Union Square. Kick up your heels and take a day trip to the city! Take a day to get your Christmas shopping "started" or just take a day for yourself to explore. 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.

November 10, Saturday • Diablo Ballet's A Swingin' Holiday & More, Del Valle Theatre in Walnut Creek. Diablo Ballet's annual sold-out holiday hit, *A Swingin' Holiday & More*, features thrilling swing dance moves plus a live orchestra performing seasonal tunes by Duke Ellington, Glenn Miller, Nat "King" Cole, plus jazzy renditions of favorites like *The Christmas Song* and *Let it Snow* and others. Also on the program is the whimsically delightful work *Carnival of the Imagination* where a young boy's imagination brings his animals to life. The bus will leave The Crossroads at 9:00am for Walnut Creek. You will arrive in Walnut Creek at 11:30am. Lunch is on your own, maps provided. Running time is approximately 1 hour and 30 minutes with one intermission; show begins at 2:00pm. Depart theater approximately 4:00pm. Arrive Carmel 6:30pm. Cost \$85 member, \$95 guest.



December 3, Monday • Gauguin: A Spiritual Journey, De Young. In the first exhibition at the Fine Arts Museums dedicated to the work of Paul Gauguin (1848–1903), an exceptional display of more than fifty Gauguin paintings, wood carvings, and ceramics from the renowned collections of the Ny Carlsberg Glyptotek, Copenhagen, will be on view for the first time in San Francisco. Gauguin: A Spiritual Journey presents these pieces alongside Oceanic art and Gauguin works on paper from the Fine Arts Museums' permanent collections. The exhibition explores Gauguin's inner quests and imaginings—his spiritual journey—and how his intimate relationships with his wife, other artists, and people he encountered during his sojourns shaped his experiences, his work, and his development as an artist. He drew inspiration from his visits to remote locales and a vast visual archive of photography and global art that he gathered throughout his life. In Gauguin: A Spiritual Journey, carvings and images from New Zealand, the Marquesas Islands, and Tahiti are included in a chronological presentation spanning Gauguin's career, from his earliest paintings dating from the 1870s to iconic paintings from his later years in the Pacific, plus more than a dozen ceramics. 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.



December 11, Tuesday • San Francisco Express to Union Square. Explore the city with all of the holiday decorations and sights to behold - get your last minute shopping must haves! 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 Union Square at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.



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.





The Carmel Foundation

P.O. Box 1050, Carmel, CA 93921
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ONGOING SERVICES

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

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

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

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

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

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

Call Support Services at 620.8705/8706

PARTNERING AGENCIES

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

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

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

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

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

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

THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

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

TAX ID #94-1225368

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Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • October 2018

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: 10/3 - 11/28
Instructor Melissa Bispo; Seideneck Room
\$100/series, \$15 drop-in, register at class

Coloring with Zesty Art

10:00am-11:30am, 2nd & 4th Tues
Instructor Jeanne Hamilton/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

11:00am-12:30pm, Mon, 10/1 - 10/29
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, 10/17 Golden Years
Instructor Lisa Handley, Blanchard A
\$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

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, 10/10 & 24
Leader Joan Beller, Blanchard A
No fee, register w/Joan, 626.1090

Men's Discussion Group

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

Men's & Women's Discussion Group

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

Reflections on Female Sexuality: A Women's Discussion Group

Closed to new registration
1:00pm-3:00pm, Fri, 10/5-19
Facilitator: Joni Caldwell, Blanchard A
No fee

Women's Discussion Group

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

Women's Discussion Group 2

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

Driving

AARP Safe Driving

12:30pm-4:30pm, Mon, 12/3 & Fri, 12/7 (8 hr class)
Instructor: Curt Tipton, Seideneck Room
\$15 for AARP members, \$20 for non-members

Games

Bridge, Beginning Part 2

2:00pm-4:00pm, Mon, 11/5 - 12/3
Instructor Lyde McReynolds; Craft Room
\$75/5 wk series; payable to instructor

Bridge, Intermediate

How to be a polite pest at the Bridge Table
9:30am-11:30am, Thur, 11/1 - 12/6
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

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

Cribbage

2:00pm-4:30pm, 10/3, 17, 31
Leader Larry; Craft Room
No fee, register w/instructor 622.7455, lparrish@toast.net

Games: Bridge, Mah Jongg, etc.

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

Mah Jongg, Intermediate

10:00am-11:30am, Fri, resumes in November
Leader Dzuong Bui; Craft Room
\$35/4 week session, register w/instructor 372.6328

Scrabble with Susan

1:00pm-4:00pm, Mon
Leader Susan Sailow, Field Café, no fee, open game

Sudoku

10:45am-11:45am, Thus, 10/18
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
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

Crystal Singing Bowls

3:00pm-4:00pm, Thurs, 11/1 - 11/29

Facilitator ValiAnna Francis, Diment Hall

\$100/series, \$20 drop-in, payable to facilitator

Hiking Group, The Carmel Foundation

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

Coordinator Kari Martorella; local hiking trails

No fee; register w/Martorella 620.8706

Melodic Memories - Sing-a-long

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

In collaboration w/Alzheimers Assoc., Diment Hall

No fee, call support services, 620.8705

Mindfulness and Meditation

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

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

Instructors Corinne Collins, Rochelle Hall

\$100/members, \$60/former students, pre-registration required

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

Cancelled until further notice

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

Tai Chi Saturdays with Andrew Allison

11:30am-12:30pm, Sat, 10/13 - 12/8

Instructor Andrew Allison; Diment Hall

\$50/series payable to instructor

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

Language

Spanish for Travelers

10:00am-11:30am, Fri, 10/19 - 12/14

Instructor Laura Sanjurjo, Blanchard A

\$90/series with text payable to instructor

Lecture

Travel with Sandy & Gail

1:00pm-3:00pm, Mon, 10/22

Presenters: Sandy & Gail Cohen, Seideneck Room

No fee

Individual Rights, the Basics

10:00am-11:30am, Fri, 9/14, 21, 28 & 10/5

Instructor: Lawrence Harris, Seideneck Room

Fee: 4 classes \$30; individual class, \$10

Principles of the US Constitution

10:00am-11:30am, Fri, 10/12, 19, 26

Instructor: Lawrence Harris, Seideneck Room

Fee: 3 classes \$20; individual class, \$10

Where does the American love of freedom, hope and individuality come from?

10:00am-11:30am, Fri, 11/2

Instructor: Lawrence Harris, Seideneck Room

Fee: 1 class \$10

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

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

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, 9/8 - 12/1

Instructor Scott MacClelland; Blanchard A

\$50/12 week semester

Technology Center

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

Family History Websites #3

1:30pm-2:30pm, Tues, 10/23

Instructor JunelDavidsen, CG;

\$6/ members,\$8/non-members, no walk-ins please

Family History with Photos (LifeStory)

Need to have FamilyTree on Ancestry.com

10:00am-11:30am, Fri, 10/19

Instructor Margaret Hurley; \$5 fee

Scanning Your Photos for Family History Class

10:00am-11:00am, Tues, 10/16

prerequisites: Bring 20-30 physical photos and a USB

Instructor Margaret Hurley; \$5 fee

iPad, Basics

1:00pm-3:00pm, Mon 10/8

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

Open Lab (except for scheduled classes)

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

Come in and use the technology equipment on your own

No fee, no registration

Open Session with Instructors

10:00am-12:00pm Thur 10/25

Several instructors will be available to answer your tech

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

Open Lab Saturday

9:00am-1:00pm Sat, 10/6 - 27

Hostess: Rosalind

Work on your personal projects or just surf the web

No fee, no registration

Pinterest for Beginners

10:30am-11:30am, Wed, 10/10

Instructor Joan Crenshaw, \$5 free

Topaz - Studio Photo Editing Program

10:00am-11:00am, Thur, 10/18

Instructor Roy Hiltz, free introductory class

Writing

One on One Coaching with Gloria Valentina

4 wk/1 hour sessions by appointment

Choose from three writing programs:The Art of Writing;

Time of Re-Discovery by Answering Two Powerful

Questions; Be Re-Newed Not Retired

Instructor: Gloria Valentino, Field Cafe

\$50 includes materials and journal, payable to Gloria,

To make an appointment call 708.890.5885

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