



FOUNDATION EVENTS



The Carmel Foundation offers a variety of ways to get moving. Classes range from traditional exercise to walking/hiking to various dance classes. Don't forget to exercise your brain with Mindfulness.

see *Activities • Events • Programs* Insert for dates, times & locations

GOLDEN OLDIES CAT RESCUE PRESENTATION

Friday, September 15
11:00am-12:00pm

Golden Oldies Cat Rescue offers seniors a purr-fect way to make a difference

see page 3 for details

AUGUST CLASS REMINDERS

New class debuting:

Writing Poetry for the Senses - Explore and Engage

Returning classes:

- Comedy Improv RX
- Line Dancing
- Shanghai Rummy
- Soul College®
- Genealogy Online

see *Activities • Events • Programs* Insert for dates, times & locations

Annual Meeting

This year's annual meeting will take place on Wednesday, September 20th at the Carmel Mission Inn. Doors open at 2:30pm. The presentation highlighting Foundation activities starts at 3:00pm and will be followed by a wine and appetizer reception with live music. Registration for this free event is required and will be available as of September 1 online at www.carmelfoundation.org or with member services, 624.1588. The Annual Meeting is open to members and their guests.

Save The Date - The Boomer Humor Comedy Series Continues!



The Foundation is pleased to be offering our second Boomer Humor Comedy Show this year on Friday, September 22 (doors open at

5:30pm, show starts at 6:00pm). Richard Stockton, the show's emcee, will be welcoming Kat Simmons as the headlining comedian. Kat is a 27 year veteran of the international comedy club circuit including The Improvs, the Comedy Channel and Candid Camera. Tickets are \$25 each and include a glass of wine. To purchase tickets, please sign up online at www.carmelfoundation.org, member services, 624.1588 or contact Leanne at 620.8702 or leonard@carmelfoundation.org.

Lunchroom Closures

It's August, time to get car crazy! With that in mind, there will be no lunch served on Tuesday, August 15 due to CONCOURS ON THE AVENUE and Thursday, August 17 due to the Tour d'Elegance. Come to town to enjoy the car shows. Join us again on Friday for Tilapia Vera Cruz and ice cream!

COFFEE WITH THE CARMEL POLICE CHIEF MONDAY, AUGUST 14 10:30AM-11:30AM FIELD CAFÉ

Bill Carmichael Joins Foundation Board



We welcome Bill Carmichael to the Board of Directors. Bill is a local realtor who has done both residential and commercial real

estate since 2003. A Stevenson School graduate, he began volunteering during college at a homeless shelter, to currently, his Community Giving program where he donates 20% of his real estate commissions to non-profits. He loves what The Carmel Foundation does and wants to be more involved and connected with us.

Foundation Beautification



A special thank you to Annette Simmons for beautifying the Foundation with exquisite flower arrangements that graced various locations throughout the property in July. Her generosity and talent (and that of her friend Jimmy) are very appreciated; everyone enjoyed the arrangements.

Annette, an out of state member from Dallas, likes to keep busy during the summer with special projects for non-profits. The Foundation is lucky enough to be the recipient of her giving nature. Annette will be returning at the end of the month to spread more beauty throughout the Foundation.

FOCUS ON THE FOUNDATION

CARMEL-BY-THE-SEA CONOURS ON THE AVENUE

Tuesday, August 15, 2017

LAST CHANCE!

The Carmel Foundation is pleased to play an integral part in the CARMEL-BY-THE-SEA CONOURS ON THE AVENUE event taking place on Ocean Avenue. For 11 years, the Foundation has been the beneficiary of this prestigious car event.

Event Patron Package

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



You and your guest will enjoy:

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

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

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

To reserve your Event Patron Package, please contact:

Kimberly Willison, Director of Development, 620.8701 or kwillison@carmelfoundation.org

WORKSHOPS

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

Nurture Personal Growth with a Taste of Soul Collage®

Friday, August 25, 10:00am-12:00pm, Seideneck Room

SoulCollage® is an enjoyable, mindful process of collaging images on to a card, then discovering the card's personal expression and meaning. SoulCollage® can be stress-reducing, centering, calming, healing, enlightening and simply fun! During this 2-hour "taste" of SoulCollage®, local artist and SoulCollage® facilitator Lisa Handley will provide inspiration and encouragement as you create a card expressing a facet of yourself you wish to nurture. You'll also receive guidance on how to use your SoulCollage® card as a tool for personal insight and growth. Both new and experienced are welcomed. No prior collage knowledge is necessary. All

materials will be provided. Register with Lisa 512.9063 or plumeriapapercraft@gmail.com. Cost: \$20 includes materials

Energy Savings Workshop

Wednesday, August 23rd
11:00am-12:00pm
Christina Price, Seideneck Room
Free, sign up online at www.carmelfoundation.org or with member services, 624.1588

Energy Savings Assistance Program Home improvements at NO COST. If you live in a house, apartment, or mobile home that is 5 years or older, you could receive free improvements to keep your home more energy efficient, safe and comfortable. Both renters and owners are eligible. Common improvements may include: replacing your old refrigerator, insulation and weatherproofing services to keep your home cooler in the summer and warmer in the winter, free energy efficient LED light bulbs and fixtures.

Hiking Group

Are you are looking for a little adventure & outdoor exercise? If so, please consider joining us for a hike from Garzas Canyon to Redwood Canyon in Garland Ranch Regional Park on Saturday, August 12th, 1:00pm-3:00pm. The Carmel Foundation hiking group will explore 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.

Weekly E-blasts

Want to have a little reminder on what is happening weekly at the Foundation?

We send out an eblast every Sunday to let you know of some of things that are going on for the week. While we cannot list every class and activity, we do try to let you know about some of the different things going on.

If you have not been receiving the eblast and would like the updates, please update your email address with me at gsoule@carmelfoundation.org.

Memorial Gifts

Ingrid E. King; Petrea King, Jeanne Bausan-Moore, Alexandra James, Samba, Adam Silver, Tom & Donna Huntington,

Augustina's, H.K.M., Claire Huntington, William Wheeler, Ron Rogers, Cess King, Birgitta Bjeke

ACTIVITIES • EVENTS • PROGRAMS



Ballroom Dance Class with Michell

Thursdays, September 14–October 5
3:00pm-4:00pm
\$40/person/series, pay in full at first class, pre-enrollment is required.

Come and have fun- refresh your dance skills or learn new steps! It's fun, easy & everyone can learn! "Walk in, dance out!" 9/14 Swing, 9/21 Rumba, 9/28 ChaCha and 10/5 Foxtrot. Minimum requirement is 10 people. Sign up online at www.carmelfoundation.org or with member services, 624.1588.

Golden Oldies Cat Rescue Presentation

Golden Oldies Cat Rescue offers seniors a purr-fect way to make a difference Friday, 9/15, 11:00am-12:00pm, Seideneck Room, no fee.

Volunteers from Golden Oldies Cat Rescue will be on hand to tell you everything you need to know about bringing an older feline friend into your life as a foster volunteer or adopter or by volunteering in other capacities with the organization. Golden Oldies is a 501(c)(3) nonprofit founded in June 2016 that serves as an advocate and resource for older cats and their guardians in Monterey County. Many of the cats and guardians the rescue helps are seniors.

Golden Oldies re-home older cats (ages 6 and up) who are at risk of euthanasia in shelters or whose guardians can no longer care for them. These cats, who have no other options of a safe place to go, are placed into temporary foster care until permanent loving homes can be found. Golden Oldies is 100 percent foster-based and 100 percent volunteer-run. Golden Oldies needs foster homes. Fostering saves lives because cats can only be taken in when there are available foster homes. Golden Oldies also needs volunteers interested in working tabling events, transporting cats and supplies to fosters and adoptive homes, handling administrative tasks and more. First come first served.

The Oldest Profession

Friday, August 18, 10:00am-11:00am, Craft Room

Director Fred Bologna and producer Chris Caffrey presents scenes and discussions of "The Oldest Profession"

by Paula Vogel, a 2017 Tony Awards nominee. The play takes place in 1980 with five elderly prostitutes discussing diminishing clientele, increased competition, and aching joints. With wit, compassion and humor, they struggle to adjust to the changing world around them. The play opens at the Pink Flamingo Theater Friday, August 25. Join us for a preview of this controversial play. First come first served.

FREE Introduction to Mindfulness

Wednesday, September 13, 2:00pm-4:00pm, Blanchard A. Come hear about the world famous Mindfulness-Based Stress Reduction (MBSR) program developed by Professor Jon Kabat-Zinn at the University of Massachusetts Medical School. Slide show presentation by Rochelle Hall LMFT and Corinne Collins RN, FNP. Sign up online at www.carmelfoundation.org or with member services, 624.1588.

Eight week MBSR Class

Classes are Wednesdays, September 20-November 8, 2:00pm-4:30pm in Blanchard A with Rochelle Hall LMFT and Corinne Collins RN, FNP. Research proven health benefits including protecting your memory, improved brain-body connectivity, improved sleep, improved sense of well-being. Cost \$100 for new students, \$60 for former students. Preregistration through member services at 624.1588, or sign up online at www.carmelfoundation.org. CEU's available.

Fountain of Youth- Restorative Movement and Self Defense System

Saturdays, starting August 19 12:00pm-1:00pm Diment Hall

Due to the popular Wednesday Program in July, Jason Costanza will be teaching his Restorative Movement and Self Defense training on Saturdays. Learn to focus and reconnect the body and mind. Jason will bring you tools and a greater awareness for improved health and well-being. Cost: \$7, drop-ins welcome.

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.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

August 2 - The Diversity and Habitats of Fishes (& Other Marine Organisms) in Monterey Bay. - Join Gregor Cailliet, Professor Emeritus in Ichthyology at Moss Landing Marine Laboratories, as he presents a talk about marine organisms, especially fishes, and their diversity and habitats, in Monterey Bay describing their environmental features and characterizing how this influences the flora and fauna that inhabit them.

August 9 - Driverless Cars, Will Driverless Cars Have a Steering Wheel? – Dr. Fuhs, retired Chief Scientist, U.S. Air Force Aero-propulsion Lab will do a presentation on Driverless Cars, (DC). He will cover the societal benefits (e.g. 90% reduction in traffic fatalities) costs of DC, when will DC become available, and how much will they cost the private person. What will be the impact on society – profound or minimal? Will GM or Ford become bankrupt? Can we trust our lives to a computer? A car without a steering wheel, really?! You will receive answers to these questions and more!!

August 16 - Documentary: Steve McQueen: The Man & Le Mans – Hollywood icon Steve McQueen was already an accomplished road racer when he agreed to star in the racing drama Le Mans. But creative differences and a flood of personal issues nearly doomed the project, as recounted in this intriguing documentary. Free popcorn and lemonade will be offered.

August 23 - Monterey Bay Village Looking Ahead Wellness Series: Say Goodnight to Insomnia - Join Dr. Richard Kanak, Medical Director for CHOMP Sleep Disorders Center, as he discusses understanding and treating sleep disturbances.

August 30 - Musical Rendezvous - Join Ella Bekker, Soloist and Natalia Tsyvinskaya, Pianist, as they perform some of their best classical songs emceed by Harriet Lynn, Producer/Artistic Director of Heritage Theater. Don't miss out on this one of a kind musical performance by this duet!

ARTISTS OF THE MONTH



I grew up on a beautiful, small island (59 square miles) in the Indian Ocean literally half way around the world from Carmel. It is fitting that I would end up in Monterey Bay with beaches, white sand, rocks, trees, and flowers. These subjects are a large part of my life experiences.

For many years I commuted from Marin County to work in San Francisco - crossing the Golden Gate Bridge many many times a week. I love painting the bridge and still cross it a few times a year.

Lise Aissen

AUGUST • LUNCH • PROGRAMS • MOVIES • 2017

Mon	Tue	Wed	Thur	Fri	Sat
July 31 Lasagna Caesar Salad Spumoni Weekly Salad Special Taco	1 Breakfast 9:00am-10:00am, \$3 Omelette Rosemary Lemon Chicken Rice & Vegetable Banana Cream Pie	2 Wednesday Program The Diversity and Habitats of Fishes & Other Marine Organisms in Monterey Bay 2:30pm Diment Hall Refreshments	3 Pork Chop Applesauce Red Potatoes Vegetables Blackberry Pie	4 Salmon Fillet with Hollandaise Brown Rice & Vegetables Lemon Meringue Pie	5 Cinema Jackie R, 2016 Drama 1 hrs 40 min Natalie Portman 1:00pm, Blanchard A
7 Parmesan Encrusted Roast Chicken, Mashed Potatoes & Gravy Peach Cobbler Weekly Salad Special Nicoise	8 Beef Stroganoff Mushroom Cream Sauce, Egg Noodles Ice Cream	9 Wednesday Program Driverless Cars, Will Driverless Cars Have a Steering Wheel? 2:30pm Diment Hall Refreshments	10 Cheese Manicotti Banana Split Pie	11 Trout Almondine Rice & Vegetables Cheesecake	12 Cinema The Accountant PG, 2016 Thriller 2 hr 8 min Ben Affleck 1:00pm, Blanchard A
14 Pork Scaloppini Birthday Cake Weekly Salad Special Greek	15 No Lunch Service Enjoy CONCOURS ON THE AVENUE	16 Wednesday Program Documentary - Steve McQueen: The Man & Le Mans 2:30pm Diment Hall Refreshments	17 No Lunch Service Enjoy the Tour d'Elegance	18 Tilapia Vera Cruz, Tomato Caper Sauce Ice Cream	19 Cinema Beauty and the Beast PG, 2017 Fantasy 2 hr 9 min Emma Watson 1:00pm, Blanchard A
21 Roasted Chicken Curry Vegetables Ice Cream Weekly Salad Special Cobb	22 Breakfast 9:00am-10:00am, \$3 Waffles Baked Ziti with Italian Sausage Chocolate Eclair Pie	23 Wednesday Program Monterey Bay Village Looking Ahead Wellness Series: Say Goodbye to Insomnia 2:30pm Diment Hall Refreshments	24 Quiche; Spinach or Bacon/Onion Salad Pecan Pear Tart	25 Braised Boneless Beef Short Ribs Red Potatoes Vegetables Tapioca	26 Cinema The Zookeeper's Wife PG-13 2017 Drama 2 hr 6 min Jessica Chastain 1:00pm, Blanchard A
28 Chicken Cordon Bleu Brown Rice & Vegetables Peach Berry Pie Weekly Salad Special Flat Iron	29 Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie	30 Wednesday Program Musical Rendezvous: Ella Bekker, Soloist & Natalia Tsyvinskaya, Pianist 2:30pm Diment Hall Refreshments	31 Pot Roast Red Potatoes Vegetables Ice Cream	Sept 1 Fish & Chips Cherry Crisp	26 Cinema Gold R 2016 Drama 2 hr 1 min Matthew McConaughy 1:00pm, Blanchard A

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

Hot Entree \$4.00 Large Hot Entree \$7.00

Salad Entree/Du Jour \$4.00

(Chicken Caesar, Shrimp, Chinese Chicken)

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

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

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

Bring a guest to lunch for
 member price: 2nd Tues
 of the month

Hot Breakfast served for \$3
 Tuesday, August 1 & 22
 9:00am-10:00am

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.



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.



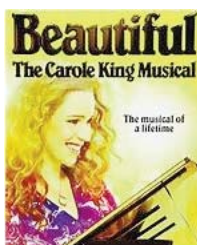
September 16, Saturday • Santa Cruz Follies. Come see the latest production of the Santa Cruz Follies, one of the best-kept secrets in the Bay Area! This is an annual musical production full of wonderful singing, dancing and comedy that's performed every September at the Santa Cruz Civic Auditorium. 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.

September 21, Thursday • Legion of Honor: Degas, Impressionism, and the Paris Millinery Trade. This exhibition features 60 Impressionist paintings and pastels, including key works by Degas—many never before exhibited in the United States—as well as those by Pierre-Auguste Renoir, Édouard Manet, Mary Cassatt, Henri de Toulouse-Lautrec and 40 exquisite examples of period hats. Best known for his depictions of Parisian dancers and laundresses, Edgar Degas was enthralled with another aspect of life in the French capital—high-fashion hats and the women who created them. 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 at 6:30pm. Cost: \$80 member, \$90 guest.

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.

November 18, Saturday • Beautiful. 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.





The Carmel Foundation

P.O. Box 1050, Carmel, CA 93921

www.carmelfoundation.org

NON-PROFIT
ORG.
U.S. POSTAGE
PAID
PERMIT NO. 440
CARMEL, CA

Address Service Requested

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.

Published by
The Carmel Foundation
Editor: Jill Sheffield
Asst. Editor: Gilda Soule
P.O. Box 1050
Carmel, CA 93921
SE Corner of 8th & Lincoln
831.624.1588
831.620.8720 Fax

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

TAX ID #94-1225368

Board of Directors 2016–2017

Officers

Janie Franklin, Chair
Michael Mason Vice Chair Governance
Dan McGilloway, Vice Chair Treasurer
Jennifer Hollingsworth, Vice Chair Development
Katherine Bucquet, Secretary

Directors

Bill Carmichael
Joan Crenshaw
Mary Crowe
Leslie Finnegan
Tom Gaspich
Susan Hinde
Ken Hunter
Shirley Kiatta
Mary Jane Sligar

Staff

President/CEO Jill Sheffield, 620.8700 jshellfield@carmelfoundation.org

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

Support Services Leticia Bejarano, Director 620.8705 lbejarano@carmelfoundation.org

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

Development Kimberly Willison, Director 620.8701 kwillison@carmelfoundation.org

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

Facilities Carlos Correa, Director 620.8707 ccorrea@carmelfoundation.org

Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • August 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: 6/14 - 8/16
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

1:00pm-3:00pm, Mon, 8/7, 21 & 9/11, 18
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, 8/15 (no 8/15)-9/12
Instructor Carol Roberts, Blanchard A
First week free "try it class"
\$50/series, 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

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, 8/16, 30
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
Register w/Melissa McKenzie, 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, Beginning

9:30am-11:30am, Fri, returns in fall
Instructor Doug Halleen, Craft Room
Fee: \$80/8 sessions, register w/instructor, 917.2502

Bridge, Intermediate: The Important Basics of Good Bridge

2:00pm-4:00pm, Mon, 8/7-9/11 (no 9/4)(5wks)
Instructor Lyde McReynolds, Craft Room
Fee: \$65/5 sessions. Registration begins 7/3, 9:00am, online at
www.carmelfoundation.org or member services, 624.1588

Bridge, Intermediate - Brush up on Basics #3

9:30am-11:30am, Thur, 8/10-9/14 (6 wks)
Instructor Lyde McReynolds, Craft Room
Fee: \$75/6 sessions. Registration begins 7/3, 9:00am, online at
www.carmelfoundation.org or member services, 624.1588

Bridge, Duplicate

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

Chess

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

Cribbage

2:30pm-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, 8/26
Leader Pam Ajir; Seideneck Room
No fee, register online, www.carmelfoundation.org or
w/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, starting 9/19

Instructor Jason Costanza, Diment Hall

\$7/person/session, drop ins welcome

Greek Dance Class

4:00pm-5:30pm, Tue, beginning 9/19

Instructor Janet Tezak, Lois Lynne, Diment Hall

No fee, register at class

Hiking Group, The Carmel Foundation

1:00pm-3:00pm, 2nd Sat, 8/12

Coordinator Kari Martorella; local hiking trails

No fee; register w/Martorella 620.8706

Line Dancing

10:00am-11:00am, Sat (no July classes, back in August)

Instructor Belle James; Diment Hall

\$5/class, sign-up at class

Mindfulness-Based Stress Reduction Program (MBSR)

2:00pm-4:30pm, Wed, 9/20-11/8

Instructor Rochelle Hall LMFT & Corinne Collins RN, FNP

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

online at www.carmelfoundation.org or member services,

624.1588.

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, returns in September

Instructors Corinne Collins, Rochelle Hall, Blanchard A

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

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

Travel with Sandy & Gail

1:00pm-2:30pm, Mon, returns in Sept

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

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

Corel Painter

1:00pm-3:00pm, Fri, 8/4, 11, 25

Instructor Roy Hilts

\$3/class, register online at www.carmelfoundation.org or

member services, 624.1588

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

10:00am-12:00pm, Tues, 8/8, Fri, 8/4, 25

Instructor Henry Teng

\$5/class, register online at www.carmelfoundation.org or

member services, 624.1588

Genealogy Online

10:30am-11:45am, Tue, 8/22, 29 (2 sessions)

Instructor Junel Davidsen, Certified Genealogist

Fee: \$18members/session, \$20 non-membersr/session

Register by 8/10 online at www.carmelfoundation.org or

member services, 624.1588

iPad Basics

1:00pm-3:00pm, Mon, 8/21

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, 8/7

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

NO SESSION DUE TO CAR WEEK

Questions? techcenter@carmelfoundation.org

Writing

Book Bound Women's Writing

10:00am-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

Writing Poetry for the Senses

1:00pm-2:00pm; Fri, 8/4 - 8/25

Leader Cheryl Carter, Blanchard A

Free, register online at www.carmelfoundation.org or with

member services, 624.1588