



FOUNDATION EVENTS



LIVES WELL LIVED DOCUMENTARY

Documentary exploring the experiences and wisdom of mature adults aged 75 to 100. Showing at the Osio Theater. Mention The Carmel Foundation Tues, April 3 and Thur, April 5, to get a discounted admission ticket of \$5 for the 11:00am show.

NEW FROM THE KITCHEN

Carnitas Tacos
 Tuesday, April 10
 (which also happens to be “bring a guest to lunch for member price day”).

see the Menu on page 4 for the whole month’s offerings

CRYSTAL SINGING BOWLS EXPERIENCE

Thursday, April 26
 3:00pm-4:00pm
 Diment Hall
 Come and learn how the vibrational frequencies of sound affect the human body, mind and spirit!

see page 2 for more information

THE CARMEL FOUNDATION ANNUAL GALA - RSVP BY APRIL 2

Saturday, April 14
 5:30pm
 Nicklaus Club

see page 2 for information

Saturdays at the Foundation!

Muffins, Movies and More!

Coffee and our Foundation baked muffins are now for sale on Saturdays in the Field Cafe!

Oscar Winners Circle

Please join us Saturday mornings in April for a morning movie special series in celebration of the top award winning films honored at the 2018 Oscars!
 11:00am-1:00pm in the Seideneck Room, no fee.

- April 7th - The Shape of Water
- April 14th - Darkest Hour
- April 21st - Three Billboards Outside Ebbing, Missouri
- April 28th - I, Tonya

Tech Center

The Tech Center will be open from 9:00am-1:00pm most Saturdays (be sure to check Activities • Events • Programs insert for dates). There will be a volunteer hostess on duty. Work on your personal projects or just surf the web. No registration required, just drop in.

Save the Date - Volunteer Appreciation Luncheon

The Annual Volunteer Appreciation Luncheon will be celebrated on Wednesday, April 11 at Rancho Canada. The doors will open at 11:30am and lunch is served promptly at noon. Be on the lookout for your invitation for more information!

Armed Forces Day

Saturday, May 19 10:00am-12:00pm in Diment Hall. Come and enjoy patriotic selections performed by the Minelli Music Academy students to celebrate our diverse military community. There will be singing of our national anthem followed by a parade of flags. The students will be performing an array of patriotic songs including selections to honor each branch of our Armed Forces. There will also be poetry and various wonderful piano and vocal selections. Refreshments provided!

Coffee with the Carmel Police Chief
Monday, April 9
10:30am - 11:30am
Field Cafe

“Best Hangout for Seniors”

Voters via MC Weekly’s “Best of” campaign have once again voted The Carmel Foundation as “Best Hangout for Seniors.” For 17 years in a row, the Foundation has been honored with this designation. Thank you for your support!

SHINGRIX Vaccination Clinic

Monday, April 9
 10:30am-12:30pm
 Diment Hall
 Administered by Central Coast Visiting Nurse Association & Hospice
 No appointment necessary

Did you know. . .

There are 1 million reported cases of shingles per year in the U.S. Of those who live to age 80, half have experienced shingles.

Shingles is the result of the chickenpox, virus lying dormant in your system resurfacing as shingles.

90% of people over the age of 60 have had chickenpox. If you had chickenpox you are at risk for shingles.

New vaccine- Shingrix - available as of November 2017. 2 doses required, separated by 2-6 months.

•Cost- \$200.00 for one dose or \$375.00 for both doses. Cash, check or credit card, receipt provided to submit to secondary insurance and a note sent to primary care provider to update participant record.

Frequently Asked Questions:

- If I have had shingles should I get the vaccine? YES
- If I have had the first shingles vaccine, Zostavax, should I get the new one? YES
- Does Medicare cover the new shingles vaccine? Because this is a new vaccine your insurance provider may not have information about their level or coverage. VNA will be available to answer questions for you.

FOCUS ON THE FOUNDATION

The Carmel Foundation Annual Gala RSVP Date is April 2!



On Saturday, April 14, The Carmel Foundation will be holding its annual Gala at the Nicklaus Club-Monterey (formerly Pasadera). This year, revenues generated at the event will help offset the deficit of both our onsite lunch program and our meal delivery program to homebound seniors. These efforts would not be possible without the support of individuals and businesses within our community. If you are interested in attending the event, please contact Leanne Leonard (620.8702) by April 2 to see if tickets are still available. While there are many to thank, at this time we would like to thank our event sponsors noted below:



WORKSHOPS

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

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

Thursday April 26, 1:00pm-3:00pm
Cindy Onufer, Blanchard A
No fee, sign up online at 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.

Memorial Gifts

Aziz Abidari; Friday Afternoon Bridge Group

Tribute Gifts

The Carmel Foundation Lynn & Donel Geisen

Robert Killian, Margaret Frank, Dan Tarallo, Inge Kessler, J Todd; Ralph Wolfe

The Carmel Foundation Staff, Melissa M., Gilda, Kari, Leticia, Mandy, Janice, Carlos, Alfredo, Edmundo, Kelly, Chloe; Ralph Wolfe

Mental Health Matters - The Art of Listening: Golden Skills for Effective and Compassionate Communication

Friday, April 20, 10:00am-11:30am
Manfred Melcher, Seideneck Room
Registration is not required but recommended due to limited seating. \$25 participation fee payable to the instructor. Sign up online at carmelfoundation.org or with member services, 624.1588.

Psychotherapist Manfred Melcher, LCSW, (CA license #74175), will lead a workshop that focuses on the art of listening and effective communication. While listening is a complicated and multifaceted skill, it is a skill that can be learned, developed, and mastered with awareness and practice. This workshop will look at "golden skills" of listening, 5 types of listening, and provide participants an opportunity to ask questions of the presenter. Anyone who is interested in developing their communication skills is welcome and encouraged to attend.

Medical Equipment Loans

Borrow free medical equipment Monday through Saturday from 9am - 4pm. To reserve or donate gently used medical equipment, please call 831.620.8706 or 831.620.8705.

Crystal Singing Bowls Experience

Thursday, April 26, 3:00pm-4:00pm
ValiAnna Francis, Diment Hall
Fee \$10 payable at workshop to facilitator. Sign up online at carmelfoundation.org or with member services, 624.1588.

Come and learn how the vibrational frequencies of sound affect the human body, mind and spirit! Crystal Medicine Singing Bowls and their transforming frequencies are sacred alchemical tools that invite us to entrain with their higher frequencies thus raising our own vibes at the cellular level. Come experience a "shower of sound." This provides the opportunity to surrender into the sound and give permission for Magik to happen.

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. Just what we all need! "Surround sound for the Soul!" Vali "ValiAnna" Francis has been studying Native American medicine, ceremony and ritual for years. She discovered the Crystal Singing Bowls 10 years ago when they touched her heart and transformed her life. Vali received her sound healer's certification from Tom Kenyon, a world renowned Sound Healer and her life's mission now is sharing the power of sound vibrations for the transformation of humanity.

ACTIVITIES • EVENTS • PROGRAMS



Travels with Sandy and Gail

Japan Adventure - Gail, Sandy, and their family arrive in Tokyo at night and enjoy the size, grandeur and brilliance of this magnificent city. After admiring the cherry trees at their near peak, they travel by subway to the sumo wrestler's training center and visit one of many Shinto shrines. One of the grandchildren dressed as an apprentice geisha and the other learned to maneuver the sword of the samurai. Enjoying a temporary visit to the sculpture garden in Hakone, they take the bullet train to Kyoto, where the entire family learned to make noodles, produce lacquerware, and do calligraphy. They enjoyed lunch at a farmer's house outside of Kyoto, where they shared the experience of making Mochi. Free presentation Monday, April 23, 1:00pm-2:30pm, Seideneck Room.

Books and Blooms Sale



Friday, May 11, 10:00am-2:00pm. You will discover gorgeous bouquets and assorted potted

plants along with an endless variety of books! Join us in our beautiful Library and Garden Courtyard! All sales benefit the Foundation.

Finding Writing Land

Creative non-fiction writing program created and presented by Gloria Valentino. "It's never too late to become a late in life writer. I am proof of that! At 56 I started my successful writing journey and it has been an exciting adventure!" Join Gloria for four 1.5 hour sessions, Saturdays, April 7 - 28, 9:30am-11:00am in the Craft Room. Sign up online at carmelfoundation.org or with member services, 624.1588. Fee: \$50 includes material and journal payable to facilitator.

Who are you and what do you want? Get to know yourself!

Come and review past choices and clarify positive approaches that are worth repeating in these four 1.5 hour writing sessions, Saturdays, May 5 - 26, 9:30am-

11:00am in the Craft Room. This course is the result of Ukleja and Lorber's search to find the common thread in people who are noticeably happy and successful. Answering certain questions, which only you can answer, will reveal your personal strengths, passions and aspirations. What do you want? What question could be more basic or more imperative to answer? What is your genius? What if genius is knowing the thing you are meant to do in life? Sign up online at carmelfoundation.org or with member services, 624.1588. Fee: \$50 includes material and journal, payable to facilitator, Gloria Valentino.

Creative People Forum Poetry -Art -Music

Engage in artistic sharing Saturday, May 19, 2:00pm-3:30pm in the Seideneck Room that includes song, readings and dance. This sharing is intended to reflect one's cultural heritage and source of personal meaning and inspiration. Neurological research shows brain health is best maintained when we are physically, socially and mentally active. Fun is guaranteed as we share our interests! Join Dr. Stephanie Bouc, PhD and gerontologist and Ella Bekker, MA in Educational Psychology.

Refreshments provided. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Fee: \$10 payable to Ella at class.

Color Your Inner World

Step into the flow of SoulCollage®, Friday, April 27, 10:00am-12:30pm in the Seideneck Room and immerse yourself in mindful self-expression! Lisa Handley, SoulCollage® facilitator and artist, gently inspires and guides participants through the class as you tap into your imagination and intuition to gather images, collage personally meaningful cards, contemplate their significance and consult with them as springboards to your own inner wisdom. Join us for creativity and camaraderie! Both new and experienced are welcomed. \$30 per individual class. Please register with Lisa at 512-9063 or plumeriapapercraft@gmail.com.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

April 4 - Meet Peace of Mind Dog Rescue, a Resource and Advocate for Senior Dogs and Senior People on The Central Coast – Join Elle Brookman and Tracey Pepper, board members of POMDR and learn all about their programs, impact in your community, financial assistance programs and their latest accomplishments. Did you ever wonder what the relationship is between seniors and pets? Come be a part of this one of a kind presentation and meet one of our ambassador dogs. Don't miss out! We'll lend you a helping paw!

April 11 - Corn Hollow - An Interactive Historical Fiction Performance- by LaVerne McLeod. Join us for a dramatic author performance of the novel, "Corn Hollow," by LaVerne McLeod, depicting African American history in America and a Southern family during the rise of the Civil Rights Movement of that era. This presentation will be interactive so plan to get involved, taking a role based on a selected chapter from the novel.

April 18 - Intelligent Trees - by Friends of Carmel Forest - Join Friends of Carmel Forest's president, Maria Sutherland, for "Intelligent Trees," a 45-minute documentary. Featuring German forester Peter Wohlleben, author of "The Hidden Life of Trees," and scientist Suzanne Simard, the film shows how trees communicate and care for each other. The film will be followed with a discussion.

April 25 - Monterey Bay Village Looking Ahead Wellness Series – Spine and Joint Health – Join Dr. Ryan Wong of Doorbell Chiropractic, Monterey Peninsula's House Call Chiropractor, to learn more about treatment and home remedies for common neck, back, shoulder, hip, and knee problems.

May 2 - "Birds - Poetry - Stories - Hoots and Whistles!" Taelen Thomas is back! He brings his unique blend of storytelling and performance to explore the dynamic lives of local pelicans; the mysterious and startling skills of the mockingbird; the hoots and habits of owls and loons; and the tables manners of young vultures! Mark your May calendars!

ARTIST OF THE MONTH



Yolanda Guirres

Having grown up in Santa Fe, New Mexico, Yolanda was surrounded by the natural beauty of the landscape and had access to many art galleries and art museums. This gave her an early appreciation for the arts. Her extensive travels have also helped to foster her knowledge of the classical arts.

Color is one of the most exciting and challenging aspects of painting. Yolanda selects her colors carefully so that they work together in harmony. Her favorite painting media are oils and soft pastels. Besides painting plein air landscapes and still lifes, she enjoys painting an occasional portrait and teaching young students to draw and paint. She has participated in group and solo exhibits over the years and has received several awards for her paintings.

Her desire is to delight viewers with her work by attempting to express the grandeur of God's creation in her art.

APRIL • LUNCH • PROGRAMS • MOVIES • 2018

Mon	Tue	Wed	Thur	Fri	Sat
2 Pork Chop Applesauce Red Potatoes Vegetables Ice Cream Weekly Salad Special Strawberry Pecan Chick	3 Italian Chicken Parmesan; Mozzarella & Marinara Sauce Bread Pudding	4 Wednesday Program Peace of Mind Dog Rescue - Helping Senior Dogs and Senior People 2:30pm Diment Hall Refreshments	5 Quiche; Spinach or Bacon/Onion Salad Cherry Cobbler	6 Trout Almondine Rice & Vegetables Blueberry Pie	7 Cinema Breathe PG-13, 2017 Drama 1 hr 57 min Andrew Garfield 1:00pm, Blanchard A
9 Turkey Pot Pie Salad Apple Berry Crisp Weekly Salad Special Chopped Turkey	10 NEW! Carnitas Tacos Ice Cream Bring a guest to lunch for member price	11 Wednesday Program An Interactive Historical Fiction Performance by La Verne McLeod 2:30pm Diment Hall Refreshments	12 Chicken Cordon Bleu Brown Rice & Vegetables Apricot Custard Tart	13 Sole Florentine; Fillet of Sole with Spinach & White Sauce Lemon Meringue Pie	14 Cinema American Made R, 2017 Action Adventure 1 hr 55 min Tom Cruise 1:00pm, Blanchard A
16 Baked Ziti with Italian Sausage Chocolate Eclair Pie Weekly Salad Special Taco	17 Rosemary Lemon Chicken Rice & Vegetable Ice Cream	18 Wednesday Program Intelligent Trees by Friends of Carmel Forest Maria Sutherland 2:30pm, Diment Hall Refreshments	19 Beef Bourguignon Mashed Potatoes Birthday Cake	20 Salmon Fillet with Mango Salsa Brown Rice Vegetables Cheesecake	21 Cinema Only the Brave PG, 2017 Drama 2 hr 13 min Josh Brolin 1:00pm, Blanchard A
23 Coq Au Vin Banana Cream Pie Weekly Salad Special Nicoise	24 Braised Pork Shank with Lentils Raspberry Almond Tart	25 Wednesday Program Monterey Bay Village Looking Ahead Wellness Series, Spine & Joint Health 2:30pm, Diment Hall Refreshments	26 Cheese Manicotti Ice Cream	27 Fish & Chips Brownie à la mode	28 Cinema Battle of the Sexes PG-13 2017 Sports Drama 2 hr 1 min Emma Stone 1:00pm, Blanchard A
30 Pot Roast Red Potatoes Vegetables Chocolate Pudding Weekly Salad Special Greek	Lunch served Mon, Tue, Thur & Fri, 11:45am-1:00pm Hot Entree \$4.00 Large Hot Entree \$7.00 Salad Entree/Dug Jours \$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.



April 3, Tuesday • Filoli Mansion. It's Spring - time to go to Filoli Mansion! Designed between 1915 – 1917 and set against the dramatic backdrop of the northern Santa Cruz Mountains in Woodside, California, Filoli is an excellent example of the Golden Age of American garden design and country house architecture. The estate boasts a 16-acre property featuring a Georgian revival-style mansion turned living museum, 16-acres of exquisite formal gardens, a beautiful Gentleman's Orchard, and a nature preserve with a public Estate Trail. Explore the historic House and Garden at your leisure or take a Tour at 1:00pm. Self-guided booklets and docents are available to answer questions. Grab lunch at the Filoli Café which boasts a high-quality luncheon menu, complete with some standards and many imaginative combinations. Leave the Crossroads at 9:00am. Depart Filoli at 4:00pm. Arrive Carmel at 6:30pm. Cost: \$65 member, \$75 guest



April 22, Sunday • Beach Blanket Babylon. "Beach Blanket Babylon," the world's longest running musical revue and one of the most popular San Francisco attractions, is a high energy pop culture satire! The San Francisco Chronicle says Beach Blanket Babylon is a "must-see" and gives the show its highest rating! Celebrating over 16,000 performances, Beach Blanket Babylon has become a world renowned record-breaking success. Seen by over six million people from around the world, this internationally acclaimed musical revue continues to delight audiences with its blend of pop culture, spectacular costumes and outrageously gigantic hats! The bus departs from The Crossroads at 9:00am for Club Fugazi in the heart of San Francisco's North Beach district. Dine at Original Joe's nearby for lunch or one of the other great restaurants near the theater! You will arrive at 11:30am for lunch on your own. Show begins at 2:00pm. Depart San Francisco at 4:00pm. Arrive Carmel 6:30pm. Cost \$125 member, \$135 guest.



May 13, Sunday • Golden Gate Park. Spring is here and the day is yours to explore Golden Gate Park! Go to the free Mother's Day Rose Show where you can see many types of roses (hybrid teas, grandifloras, miniatures, David Austin roses, and old garden roses from the 19th century) in the County Fair Building at Golden Gate Park. The show runs 12:30pm-4:00pm. Or walk to the S F Botanical Garden, one of the most diverse gardens in the world. Escape to a unique, 55-acre urban oasis of extraordinary beauty. The Botanical Garden is a living museum within Golden Gate Park, offering 55 acres of both landscaped gardens and open spaces, showcasing over 8,500 different kinds of plants from around the world. Or, make your way to the beautiful Conservatory of Flowers via the Park's free shuttle. Dine at one of the Museum Cafes, Conservatory of Flowers, or at the serene Japanese Tea Garden! As part of a citywide effort to promote public transportation to destinations and attractions, the Golden Gate Park shuttle service is provided free to park visitors. Shuttle stop maps and places of interest will be provided on the trip. Discovery will drop passengers at the bus lot near the Academy of Sciences/De Young Museum. The bus will leave The Crossroads at 9:00am. You will arrive at the park approximately 11:30am for a day on your own. Depart at 3:30pm. Arrive Carmel 6:00pm. Cost: \$55 member, \$65 guest.



May 17, Thursday • SF Express to Union Square. Spend a wonderful day in SF! 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.



May 20, Sunday • San Francisco Giants vs Colorado Rockies. Seating: Club Level Section 231. Join Discovery Charters and The Carmel Foundation for a fun and exciting day at the scenic AT & T ballpark! Contact Jeanne Dorr at 633.7111 and mention The Carmel Foundation. Limited seats available so please reserve ASAP. The bus will leave The Crossroads at 8:45am. Arrive Carmel 7:15pm. Cost: \$160 per person.

June 9, Saturday • Jersey Boys - Broadway San Jose. "Jersey Boys" is the Tony, Grammy, and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! The bus will leave The Crossroads at 10:00am. Lunch is on your own (Hostess will give out a list of nearby restaurants). Depart the theater at 5:00pm. Arrive Carmel at 6:30pm. Cost: \$115 member, \$125 guest.



June 14, Thursday • San Francisco Express to Union Square. Let's go to San Francisco! The day is yours to 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.



The Carmel Foundation

P.O. Box 1050, Carmel, CA 93921
www.carmelfoundation.org

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ONGOING SERVICES

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

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

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

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

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

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

Call Support Services at 620.8705/8706

PARTNERING AGENCIES

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

HICAP: Alliance on Aging Questions about Medicare or supplemental insurance. Available every 3rd Thur, 9:30am-4:00pm, and Wed, 9:00am-12:00pm by appt. only, call 831.655.7567 or 1.800.633.4227. 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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P.O. Box 1050
Carmel, CA 93921
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831.624.1588
831.620.8720 Fax

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

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

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

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

Development Kimberly Willison, Director 620.8701 kwillison@carmelfoundation.org

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

Facilities Carlos Correa, Director 620.8707 ccorrea@carmelfoundation.org

Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • April 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: 3/14-6/6

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, 4/2, 16, 30

Instructor Tehila Eisenstat; Seideneck Room

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

www.carmelfoundation.org or member services, 624.1588

Creative People Forum: Poetry-Art-Music

2:00pm-3:30pm, Sat, 5/19

Instructor Ella Bekker; Seideneck Room

\$10/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, Mon, 4/2, 9, 16

Instructor Carol Roberts; Blanchard A

\$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

SoulCollage

10:00am-12:30pm, Fri, 4/27 Color Your Inner World

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

1:00pm-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

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, 4/11 & 25

Leader Joan Beller, Blanchard A

No fee, register w/Joan, 626.1090

Men's Discussion Group

10:30am-11:45am, Mon

Leader Lou Andala, Seideneck Rom, 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

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

Blanchard A

Free, open group, contact Melissa before attending, 620.8703

Driving

AARP Safe Driving

12:30pm-5:00pm, Mon 9/10/2018 (4 hr refresher)

12:30pm-4:30pm, Mon, 12/3 & Fri, 12/7/2018 (8 hr class)

Instructor: Curt Tipton, Seideneck Room

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

at www.carmelfoundation.org or w/member services, 624.1588

at least one week prior

Games

Bridge, Intermediate

2:00pm-4:00pm, Mon, 4/23, 30, 5/7, 14, 21

5 weeks, \$75, payable to instructor

9:30am-11:30am, Thur, 4/19, 26, 5/3, 10, 17

5 weeks, \$75, payable to instructor

Instructor Lyde McReynolds; Craft Room

Bridge, Duplicate

12:00pm-4:30pm, Fri

Leader Richard Klein; Craft Room

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

Chess

2:00pm-4:30pm, Thurs

Leader Chet Lowney; Field Café

No fee, open room, drop-ins welcome

Cribbage

2:00pm-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

Mah Jongg, Beginners

9:00am-11:00am, Fri, ~~call to confirm schedule~~ 4/6,13,20,28

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

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

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

2:00pm-3:30pm, Fri, 3/30, free intro, Blanchard A
2:00pm-4:30pm, Fri, 4/6 - 5/25, Blanchard A
9:30am-3:30pm, Sat, 5/12, all day retreat, Craft Room
Instructors Corinne Collins, Rochelle Hall
\$100/members, \$60/former students, pre-registration required
online or with member services. 624.1588

Personal Fitness, Lo-Impact

9:00am-10:00am, Mon, Weds, Fri
Instructor MaryAnn Rousseau; Diment Hall
\$5/class or \$50/mo suggested donation, register at class

Serene Body Stretch

12:00pm-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, Chair

8:15am-9:15am, Tue
Instructor Mae Woodward
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

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, 4/6 - 5/25
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, 4/23
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: 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, Fri 3/17 - 6/2
10:00am-11:45pm, Sat beginning 3/17
Instructor Scott MacClelland; Blanchard A
\$50/12 week semester, register online, carmelfoundation.org,
or member services, 624.1588

Technology Center

?s techcenter@carmelfoundation.org
Register online at carmelfoundation.org or member services,
624.1588

Photo Editing for Windows

10:00am-11:45am, Fri, 4/20
Instructor Ted Hill; \$5 fee

Creating Newsletters with Microsoft Word

10:00am-12:00pm, Tues, 4/17
Instructor Cynthia Schmidlin; \$5 fee

iPad, Basics

1:00pm-3:00pm, Mon 4/9
Instructor Jeff Fisher/sub J. Todd; \$5 fee

Open Lab (except for scheduled classes)

10:00am-4:00pm Monday - Thursday (no Wed)
Come in and use the technology equipment on your own
No fee, no registration

Open Session with Instructors

10:00am-12:00pm Thur 4/19
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 4/7,14,28
Hostess: Rosalind Serafin
Work on your personal projects or just surf the web
No fee, no registration

Writing

Finding Writing Land

9:30am-11:00am, Sat, 4/7-28
Instructor Gloria Valentino; Craft Room
Fee: \$50/course, includes material a journal, payable to
facilitator, register online, carmelfoundation.org or member
services, 624.1588

Who are You and What do You Want?

9:30am-11:00am, Sat, 5/5-26
Instructor Gloria Valentino; Craft Room
Fee: \$50/course, includes material a journal, payable to
facilitator, register online, carmelfoundation.org or member
services, 624.1588

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

WORKSHOPS

Mental Health Matters - The Art of Listening: Golden Skill for Effective and Compassionate Communication

10:00am- 11:30am, Fri, 4/20
Facilitator: Manfred Melcher, Seidencheck Room
Fee: \$25 payable to facilitator, register online,
carmelfoundation.org or member services, 624.1588

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

1:00pm-3:00pm, Thur, 4/26
Facilitator Cindy Onufer, Blanchard A
No fee, register online, carmelfoundation.org or member
services, 624.1588

Crystal Singing Bowls Experience

3:00pm-4:00pm, 4/26
Facilitator ValiAnna Francis, Diment Hall
Fee: \$10 payable to facilitator, register online,
carmelfoundation.org or member services, 624.1588