



FOUNDATION EVENTS



Join Patric Zito for “An Introduction to Feldenkrais Method - An Interactive Talk”
Monday, March 19

see page 2 for more information

SAVE THE DATE

The Carmel Foundation
Spring Gala
Saturday, April 14
Nicklaus Club - Monterey

see page 2 for more information

NEVER TOO OLD FOR ROMANCE, SENSUALITY AND SEX

Wednesday Program
February 14
2:30pm

see page 3 for more information

Follow-up workshop
“Cultivating a Sex Positive Mindset”
Friday, February 23

see page 2 for more information

NEW TOURS LISTED

see page 5 for more information

SATURDAY CINEMA

Current movies every
Saturday with popcorn

see Saturday Cinema on the Menu page (page 4)



Welcome Vicki

Please join The Carmel Foundation in welcoming Vicki Delucchi as our new Administrative Assistant.

You will find her bright smiling face in the Business Office Tuesday through Friday. Please pop in to say hello and welcome her to the team!

Lunch Service on Tuesday, February 13

The special one-seating prime rib lunch scheduled for Tuesday, February 13 is sold out. **Please note: there will not be a regular lunch service that day.** If you would like to be wait-listed for the prime rib special, call member services at 624.1588. Regular lunch service will resume Thursday, February 15.

Happy Valentine’s Day



Wondering what to give that special person in your life? How about a membership to The Carmel Foundation! It will do your heart good.

Your 2¢ Counts

Here at the Foundation we strive to live up to our mission statement and “provide



a place for seniors to gather and enjoy a variety of activities and services.” So how are we doing? In order to gather information that will help us provide you with the programs and services you would like to see, we encourage you to fill out a comment slip and drop it in the “comments & compliments” box located in the entrance to Diment Hall. You can also email your comments to comments@carmelfoundation.org.

Remember that the Foundation has an “open door” policy. Feel free to stop in and chat with any of the directors and Holly. They can also be reached by email (see last page of the newsletter).

The Carmel Foundation will be Closed Monday, February 19 in observance of Presidents’ Day

Consider Volunteering



Members of Monterey Bay Village enjoy the assistance and friendship of professional, caring volunteers. Village volunteers are available to fulfill requests for transportation, handyman work, technical assistance and more. As Village membership increases, more volunteers are needed to assist members so they can remain independent in their homes. Consider the benefits of volunteering:

- Staying active-physically, mentally, and socially
- Connecting with others and feeling part of our community
- Sharing your talents and skills to benefit others
- Paying it forward-knowing that someday each of us will also need support

The time commitment can range from a few hours a week to a few hours a month. Call Monterey Bay Village at 620.8717 or visit our website at www.montereybayvillage.org to learn more.

Member Orientation

There is a schedule change in the Foundation’s orientation schedule. In error we scheduled one for February 19, Presidents’ Day. Oops! Sorry we are closed that day. That means February’s orientation has been cancelled and the schedule for the year will resume in March. Please see below:

- Monday, March 19; 10:30 am
- Monday, May 21; 10:30 am
- Monday, July 16; 10:30 am
- Monday, September 17; 10:30 am
- Monday, November 19; 10:30 am
- Drop in, no reservation required!
- No orientation in April, June, August, October, or December.

FOCUS ON THE FOUNDATION

Save the Date



4-14-18



April 14, 2018
 Nicklaus Club - Monterey
 (formerly Pasadera)
 5:30 p.m. Reception • 7:00 p.m. Dinner
 \$175 per ticket
 For more information contact
 Leanne Leonard at
 831-620-8702
 leonard@carmelfoundation.org

WORKSHOPS

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

Fake News of the Food Industry

Friday, February 16, 10:00am-11:00am
 Ellen Wrona, Seideneck Room
 No fee, sign up online at
www.carmelfoundation.org or with
 member services, 624.1588

Just because a food is labeled “healthy” does that mean that it is good for you? Is it true that today’s food is less healthy than food was 50 years ago? The Fake News isn’t just for politics - it happens in the food industry too. Join fitness and nutrition expert Ellen Wrona as she leads us through a lighthearted and entertaining lecture on how to read food labels and make wise decisions on your daily menus. No, she won’t make you eat any kale, but she may make you think twice about what you are ordering in restaurants! Ellen Wrona is a Personal Trainer and Nutrition Counselor who specializes in helping women over 50 change their eating habits, lose weight, and feel more energetic.

Mental Health Matters “Cultivating a Sex Positive Mindset”

Friday, February 23
 10:00am-11:30am
 Manfred Melcher, Seideneck Room
 Fee: \$25 payable at workshop

Sign up online at carmelfoundation.org or with member services, 624.1588.

Join psychotherapist Manfred Melcher, LCSW, who will lead a workshop that explores the psychological belief systems and sexual attitudes that shape our sex lives. We will explore the importance of how a “sex positive mindset” may enrich and invigorate our lives, including our physical and mental health. Manfred will invite discussion about how aging contributes to sensuality, and how sexual health is an important part of our overall well-being. Those who attend the February 14th Wednesday Program “Never Too Old for Romance, Sensuality, and Sex” will find this a perfect follow-up workshop to discuss the topic in a more in-depth and small group setting.

An Introduction to the Feldenkrais Method - An Interactive Talk

Monday, March 19
 9:00am-10:00am
 Patric Zito, Seideneck Room
 Free, sign up online at
www.carmelfoundation.org or with
 member services, 624.1588.

The Feldenkrais Method is a way of learning with and through the body by making use of a person’s brain plasticity and awareness. This method can teach people about proper dynamic posture and effective body mechanics as well as help alter bad habits that contribute to neck/back pain or pain in general. Feldenkrais uses gentle movements and directed attention to increase range of motion, improve flexibility, coordination and performance as well as avoid movements that cause pain, stress, or discomfort. This method, by using awareness and movement, allows people to pay attention to what they are doing and learn how to shift their attention in a skillful way. Come to this fun and free workshop to learn more! If you like what you hear and experience, join our weekly class at the Foundation. Presenter, Patric Zito, MEd, GCFP, NCTMB, CMT. Patric has a masters degree in education, is a Guild Certified Feldenkrais Practitioner/teacher and is nationally and state certified in therapeutic massage and bodywork.

Memorial Gifts

John Grundy; Shirley Kostakos, Myrleen Fisher, Verna Test Parsons, Donald & Renate Wunsch, Julie & Matt Molay, Michele Neuhaus, William Soskin & Marian Penn

Bette Root; Mel Loop
Olivia Bigelow Mel Loop
Paula Cohen; Barbara Darrah
Louise Tanis; Barbara Darrah
Robert Davis; Brad & Susan Ball

Tribute Gifts

Betty Canter; Christine Klein
Roy Hiltz; Beth Bates
The Carmel Foundation Garden Group; The Carmel-by-the Sea Garden Club
Carolyn Thomas; Barbara Darrah

ACTIVITIES • EVENTS • PROGRAMS



Mahjong Lessons with Dzuong Bui

Have fun working your memory and problem-solving skills in this tile-based game which was developed in China during the Qing dynasty! Fridays, February 2,9,16, & March 2, 9:00am-11:30 am, Craft Room. Sign up online at carmelfoundation.org or with member services, 624.1588. Cost \$35 for 4 classes payable to instructor Dzuong Bui



Travels with Sandy and Gail

Sandy and Gail begin their Moroccan adventure in the rose city of Marrakech, where they explore the souks in the medina and the bizarre activities on the square. Their next stop is the fascinating ocean city of Essaouira, stopping first to buy argan oil. Then on to the Atlas mountains, where they hike to remote Berber villages, visit a local market, and sample the hamam bath. Onward to the southeast, stopping first at the film studios near Ouarzazate and then mounting camels for an overnight in the desert at Erg Chebbi. The highlight of the trip was the medina at Fez, where they stopped initially at the ceramic factory, then wandered through the many souks, and finally visited the incredible tannery. Driving north to the blue village of Chefchauen, they stop at the Roman ruins at Volubilis, and end their trip at Rick's Café in Casablanca (remember the film?). Free presentation Monday, February 12, 1:00pm-2:30pm in the Seideneck Room.

Listen to Vintage Records and Chat with Youth

Aaron Eden, an international educator and facilitator, along with several youth, will bring a portable record player and records from the 1930's onward for music listening, chat, and activities. Come share a joy for music, share

perspectives on life and the world, and maybe play cards, do art, or otherwise enjoy the company of others. Sign up online at carmelfoundation.org or with member services, 624.1588. Saturdays in February, 10:00am-11:30am, Seideneck Room, no fee.

Reader's Theater

"The Rise and Decline of J. Paul Getty," a staged reading, by local playwright Carol Marquart. The play covers the entire span of Getty's life including his wives, his sons, his reputation for parsimony and his richly endowed museums. Many small and large parts. This reading will take place one time only on February 14 (Valentine's Day!) from 10:00am-12:00pm in Blanchard B. Free. To reserve your spot, call Carol at 375.2235.



MINELLI MUSIC ACADEMY

Piano and Keyboard Lessons on Monday Mornings!

Russian Methods are designed for students of all skill levels. These methods allow students to realize their full potential while spending less time practicing. Lessons monthly cost; Duet Lessons \$70, Private Lessons \$140. Lessons are 30 minutes each session. Beginning, intermediate and advanced students welcome. Call Marina Minelli, instructor, to schedule an appointment, 831.277.0179. Appointments are available on Monday mornings in Blanchard B, 9:00am-12:00pm.

Much, Much, More

Space is limited in the newsletter and we can only highlight so many classes, activities and programs. Even though they may not be listed here, we still offer old time favorites: exercise, writing, discussion groups, photography, bridge, AARP Safe Driving, and much more. We would like to encourage you to check out some of the other offerings in the Activities-Events-Programs insert and the Foundation website: carmelfoundation.org.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

February 7- Whatever Happened to the Duchess of Windsor? A Staged Reading by Carol Marquart starring: Linda Felice, Harriet Lynn & Andrea McDonald. Mrs. Edwina Plunkett and her dear friend, Diana give you the inside scoop of the life of Wallis Simpson Windsor. They have even written a book, but they can't figure out how to end their story, because they don't know "what happened to the Duchess of Windsor."

February 14 - Never Too Old for Romance, Sensuality and Sex - Local psychotherapists Pat McDermott, MFT and Manfred Melcher, LCSW explore the psychological belief systems, self/other perceptions, and sexual attitudes that shape our sex lives throughout the lifespan. In a lively, humorous, and informative discussion, Pat and Manfred will invite the discussion about how bodily changes and perception contribute to sensuality, and how sexual health is an important part of our overall well-being, including our physical health. We will explore the importance of emotional safety in romantic relations, and will discuss "sex positive" practices that are designed to enrich and invigorate our lives.

February 21- Uganda: The Gorillas and more – Join Dan Presser of FourWinds Travel as he guides us through his adventure in Uganda. Taking a Gorilla Trek is a highlight of all visits done in Uganda and Rwanda and certainly mountain gorillas are the major reason as to why many people visit these two destinations. Please don't miss this opportunity to hear Dan's stories and amazing photos from East Africa.

February 28 - Monterey Bay Village Looking Ahead Wellness Series: Know Your Numbers: Your Heart is Counting on It – Join Joe Yeary, Cardiopulmonary Clinical Specialist at CHOMP, as he discusses the importance of knowing your numbers for the risk factors of cardiovascular disease. Mr. Yeary will go over the guidelines, recommendations and methods for improving each risk factor.


ARTIST OF THE MONTH

Sandie Srigley

"I am inspired by nature and the interactions of animals with their surroundings. I look for sources of energy and color within my chosen subject and try to capture those qualities in my composition so the viewer can see and enjoy what I saw."

Sandie is a fifth generation Californian. She was raised on the family ranch near Walnut Creek where she learned craft arts, quilting, painting, crocheting, knitting and cooking from her paternal grandmother. It was on the ranch where Sandie developed her love of nature, horses and equestrian skills that would later become themes for her art. She attended UC Berkeley and studied art and photography at Cunard Art Institute in Los Angeles. After moving to the Monterey Peninsula in 2002, she began developing her creative talents. Sandie is a multi-medium artist, most at home with sketching, drawing, and painting in acrylics and oil. Her technique has broadened and matured as a consequence of studying under a wide range of talented professionals, including; Jade Fon Woo, a California plein-air painter whose work combined Oriental influences and regionalism called "California Style", and Warren Chang, Marie Gillmore, Marie Massey and Mark Farina, all prominent artists in the Monterey Peninsula. In addition, as Sandie and her husband travel, she takes the opportunity to study under professional artists local to those areas, such as Marge Kinney and Carloyne Hawley in Southern California, Jill Soukup at the Zapata Ranch in southern Colorado and Fred Tangalin in Kawai. Sandie's subjects are varied, including animals, landscapes, seascapes, floral and portraiture. She has done several commissioned pieces and her work hangs in several corporate office buildings and several private collections in the homes of collectors on the Monterey Peninsula.

FEBRUARY • LUNCH • PROGRAMS • MOVIES • 2018

Mon	Tue	Wed	Thur	Fri	Sat
<p>The special one-seating prime rib lunch scheduled for Tuesday, February 13 is sold out. Please note: there will not be a regular lunch service on Tuesday, February 13. If you would like to be wait-listed for the prime rib special, call member services at 624.1588. Regular lunch service will resume, Thursday, February 15.</p>			<p>1 Chicken Cordon Bleu Brown Rice & Vegetables Banana Cream Pie Weekly Salad Special Strawberry Pecan Chick</p>	<p>2 Salmon Fillet with Hollandaise Brown Rice & Vegetables Cheesecake</p>	<p>3 Cinema The Hero R 2017 Drama 1 hr 36 min Sam Elliott 1:00pm, Blanchard A</p>
<p>5 NEW Braised Pork Shank with Lentils Cherry Pie Weekly Salad Special Chopped Turkey</p>	<p>6 Turkey Pot Pie Salad Blackberry Pie</p>	<p>7 Wednesday Program "Whatever Happened to the Duchess of Windsor?": a staged reading 2:30pm Diment Hall Refreshments</p>	<p>8 Beef Bourguignon Mashed Potatoes Ice Cream</p>	<p>9 Trout Almondine Rice & Vegetables Apple Pie</p>	<p>10 Cinema Home Again PG-13, 2017 Comedy 1 hr 37 min Reese Witherspoon 1:00pm, Blanchard A</p>
<p>12 Chicken Cacciatore Spumoni Weekly Salad Special Taco</p>	<p>13 SOLD OUT SPECIAL LUNCH Prime Rib Reservations Only No regular lunch service</p>	<p>14 Wednesday Program Never Too Old for Romance, Sensuality and Sex 2:30pm, Diment Hall Refreshments</p>	<p>15 Rosemary Lemon Chicken Rice & Vegetable Birthday Cake</p>	<p>16 Beef Brisket Baked Beans Lemon Meringue Pie</p>	<p>17 Cinema The Lovers R, 2017 Romantic Comedy 1 hr 34 min Debra Winger 1:00pm, Blanchard A</p>
<p>19 Closed for Presidents' Day </p>	<p>20 Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie Weekly Salad Special Nicoise</p>	<p>21 Wednesday Program Uganda: The Gorillas and More by Dan Presser of Four Winds Travel 2:30pm, Diment Hall Refreshments</p>	<p>22 Meatloaf Mashed Potatoes & Gravy Ice Cream</p>	<p>23 Sole Florentine; Fillet of Sole with Spinach & White Sauce Chocolate Éclair Pie</p>	<p>24 Cinema Stronger PG-13 2017 Drama 1 hr 47 min Jake Gyllenhaal 1:00pm, Blanchard A</p>
<p>26 Roasted Chicken Curry Vegetables Blueberry Pie Weekly Salad Special Greek</p>	<p>27 Chicken Fried Steak Mashed Potatoes Ice Cream</p>	<p>28 Wednesday Program MBV/Looking Ahead Wellness Series: Know Your Numbers: Your Heart is Counting on It. 2:30pm, Diment Hall Refreshments</p>	<p>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</p>		



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.



February 8, Thursday • Computer History Museum- Mountain View . Cancelled.

February 20, Tuesday • SF Express to Union Square. Time to hit the streets of San Francisco! Visit a museum, go shopping, dine at one the amazing restaurants in this exciting city! Leave The Crossroads at 9:00am. Arrive Union Square at 11:30am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: \$55 member, \$65 guest.

March 3, Saturday • San Francisco Express to Union Square. Take time out on the weekend to enjoy the city on a Saturday! Visit a museum, go shopping, dine at one the fabulous restaurants. The bus will leave The Crossroads at 8:30am for Union Square. Depart the city at 5:00pm. Arrive Carmel at 7:30pm. Cost: \$55 member, \$65 guest.



March 14, Wednesday • De Young Fine Art Museum. One week only! Bouquets to Art is the de Young museum's annual floral takeover, now in its 34th year. Florists from San Francisco to Tokyo breathe new life into our collections, creating their own masterpieces inspired by famed artworks. The annual event that showcases floral designs ranging from the stunningly simple to the elaborately intricate! The bus will leave The Crossroads at 9:00am. Exhibit entrance is at 1:00pm. Depart the museum at 3:30pm. Arrive Carmel 6:00pm. Cost: \$75 member, \$85 guest.



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 654-acre property featuring a Georgian revival-style mansion turned living museum, 16-acres of exquisite formal gardens, an operating 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 hilarious spoofs 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 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.



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.



The Carmel Foundation

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

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ONGOING SERVICES

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

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

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

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

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

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

Call Support Services at 620.8705/8706

PARTNERING AGENCIES

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

HICAP: Alliance on Aging Questions about Medicare or supplemental insurance. Available every 3rd Thur, 9:30am-4:00pm, and Wed, 9:00am-12:00pm by appt. only, call 655.4245 or 1.800.434.0222. Blanchard B.

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

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

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

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

THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

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

TAX ID #94-1225368

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Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • February 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: 11/29-2/18, 3/12-6/8
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, 2/5 & 26
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, 2/6 & 13
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

Playing with Shakespeare

~~10:00am-11:30am, Weds, 1/3-3/7~~ CANCELLED
Instructor: Kurt Schweickhardt, Diment A
\$50/series, payable to instructor, register online at
carmelfoundation.org or with member services, 624.1588

Reader's Theatre

1:00pm-3:00pm, Wed, 2/14
Facilitator Carol Marquart, Blanchard B
No fee, sign-up online at carmelfoundation.org or with
member services, 624.1588

SoulCollage, Images, Imagination, Intuition

10:00am-12:30pm, 2nd & 4th Wed, 1/10 - 3/28
Instructor Lisa Handley, Blanchard A
\$30/class, \$160/series, includes materials, sign-up with Lisa,
512.9063 or plumeriapapercraft@gmail.com

Story Telling & Music with Ahna Forman

~~3:00pm-4:00pm, 4th Fri, 2/23~~ CANCELLED
Instructor Ahna Forman, Diment Hall
Fee: free for members, guests \$10 payable to instructor, sign
up online or with member services

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, 2/14 & 28
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
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
Blanchard A
Free, open group, contact Melissa before attending, 620.8703

Driving

AARP Safe Driving

12:30pm-4:30pm, Mon, 3/5 & Fri, 3/9/2018 (8 hr class)
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, 1/8, 22, 29 & 2/5, 12
5 weeks, \$75, payable to instructor
9:30am-11:30am, Thur, 1/4, 11, 18, 25, & 2/1
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, 2/2,9,16 & 3/2 (no 2/23)

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-4:30pm, Wed, 1/17-3/7, CANCELLED~~

~~9:30am-3:30pm, Sat, 2/24, all day retreat, CANCELLED~~

Instructors Corinne Collins, Rochelle Hall, Blanchard A

\$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), Tue, 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, resumes in March

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, 2/12

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

Instructor Scott MacClelland, Blanchard A

\$50/semester, register online, carmelfoundation.org, or

member services, 624.1588

Vintage Records, Listen & Chat with Youth

10:00am-11:30pm, Sat, ~~3/3,10,17,24~~ 2/3,10,17,24

Instructor Aaron Eden, Seideneck Room

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

services, 624.1588

Technology Center

?s techcenter@carmelfoundation.org

For all Tech Classes, register online, carmelfoundation.org,

or members services, 624.1588

Corel Painter - turn photos into paintings

1:30pm-3:30pm, Fri, 2/9, 23

Instructor Roy Hilts

\$5 fee

iPad, Beginning

1:00pm-3:00pm, Mon, 2/12

Instructor Jeff Fisher/sub J. Todd

Learn the basics of using your iPad

\$5/class,

Open Lab (except for scheduled classes)

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

Come in and use the technology equipment on your own

Open Session with Instructors

10:00am-12:00pm, Thur, 2/15

Several instructors will be available to answer your tech

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

Photoshop Elements

10:00am-12:00pm, Thurs, 2/8, 22

Instructor Roy Hilts

\$5class

Writing

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

Write Your Own Obituary and Eulogy

10:30am-12:00pm, Sat, 2/10, 17, 24 & 3/3

Instructor: Susan Cantrell, Café

Fee: \$50 plus \$15 for personalized workbook, payable to

instructor, pre-register w/instructor required, 372.2231