



FOUNDATION EVENTS



Happy customers at the Foundation garden sale

Happy Father's Day

Treat the men in your life with a gift from the Foundation. Give a membership, cafe or meal ticket, admission to a tour, and/or sign him up for a class in the Tech Center!

Kick off the Summer

Footloose & Fancy Free Summer Dance!

Friday, June 8
4:00pm-6:00pm
Diment Hall

see page 3 for details

Shop Till You Drop

Join The Carmel Foundation Tour Program for a trip to the San Francisco Premium Outlets

Saturday, July 28
8:30am-7:30pm

see Tour Program page 5 for details

The Cloud and How to Use it

Tuesday, June 19
10:00am-12:00pm
Tech Center

see Activities, Events, Programs insert for details

Lunch Special- Tuesday, July 3rd



Happy 4th of July at the Foundation on Tuesday, July 3.

Delicious grilled hot dogs with chili, potato salad and watermelon for \$2.00! Get there early! Dessert is a mouthwatering hot fudge sundae for \$1! Lunch is from 11:45am-1:00pm.

Throwback Summer Films~ Matinee Series

Please join us Saturday mornings in June, July & August, 11:00am-1:00pm in the Seideneck Room for a Throwback Movie Matinee Series. We will highlight some of the most talked about films from the 50's, 60's & 70's! The Field Café will be open for you to purchase coffee & muffins before the show. No fee. We hope to see you there!

the 1950's

- June 2nd, *Vertigo*
- June 9th, *Some Like It Hot*
- June 16th, *Rebel Without a Cause*
- June 23rd, *All About Eve*
- June 30th, *On the Waterfront*

the 1960's

- July 7th, *The Good, the Bad and the Ugly*
- July 14th, *The Apartment*
- July 21st, *To Kill a Mockingbird*
- July 28th, *West Side Story*

the 1970's

- August 4th, *Play Misty for Me*
- August 11th, *Harold and Maude*
- August 18th, *One Flew Over the Cuckoo's Nest*
- August 25th, *The Sting*

Giving from the Heart



This month you will receive our Giving from the Heart mailing. Once a year the Foundation reaches out to you asking for a gift that is meaningful, one that comes from the heart, in support of our community's seniors. No matter the dollar amount you give, your investment makes a significant difference. Whether you choose to give to a specific program or to give where it's needed most, your support is greatly appreciated.

COFFEE WITH THE CARMEL POLICE CHIEF

MONDAY, JUNE 11
10:30AM-11:30AM
FIELD CAFÉ

Boomer Humor Comedy Series Returns Friday, June 29!

The Boomer Humor Series with Richard Stockton continues...
featuring **Kellen Erskine**




plus the comedy and boomer music of Richard Stockton

"40 looks at 60"

Comedy Night!
at a sensible hour

Friday June 29, 2018 5:30 pm
The Carmel Foundation
Corner of 8th & Lincoln, Carmel
for advance tickets:
lleonard@carmelfoundation.org 831 620-8702
Tickets: \$25, includes a glass of wine
Doors open: 5:00pm

Come enjoy the brilliant and insightful wit of Kellen Erskine, joining our Boomer Humor series' host and producer, comedian Richard Stockton, for an early evening of standup comedy that celebrates the maturation of the boomer nation. Kellen Erskine recently made his late-night debut on Conan and was featured on season 7 of NBC's America's Got Talent. Erskine was also selected as one of TBS's Top Ten Comics to Watch in 2017. Comedian and musician Richard Stockton will open the show bringing a musical component to the boomer trip down memory lane.

Tickets are \$25 per person and include a glass of wine. The show starts at 5:30pm on Friday, June 29; doors open at 5:00pm. For tickets sign up online at carmelfoundation.org or for information, contact Leanne Leonard at 620.8702 or lleonard@carmelfoundation.org. Limited seats available.

FOCUS ON THE FOUNDATION

Books & Blooms! Foundation Spring Plant and Book Sale



WORKSHOPS

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

(Not Just for Women) Skin Care 101 “Skin Our Largest Organ”

Friday, July 20

9:00am-12:30pm

Fran Robertson, Seideneck Room

Fee: \$10 payable at workshop

Sign up online at carmelfoundation.org

or with member services 624.1588

Local Clinical Esthetician & Skin Therapist, Fran Robertson presents “Skin Our Largest Organ” in a very informative fact & fun filled presentation.

- Truth about skin care
- Products....do they make a difference?
- Department Store vs. Drug Store
- Procedures – what works & what doesn't
- What are Peels? Enzyme vs. Acid Peels
- PLUS, one-on-one skin analysis, immediately following

SHINGRIX Vaccination Clinic

Monday, June 18

10:30am-12:30pm

Diment Hall

Administered by Central Coast Visiting

Nurse Association & Hospice

No appointment necessary

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

- Cost- \$200 for one dose or \$375 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 of coverage. VNA will be available to answer questions for you.

Flower Arranging Workshop

Thursday, June 28

10:00am-11:00am

Deborah Smith, Craft Room

\$5 payable to Deborah at class

Sign up online at carmelfoundation.org

or with member services, 624.1588

Create beautiful 4th of July floral arrangements with Deborah Smith. All supplies are covered but you will need to bring your own clippers!

Mental Health Matters -

The Art of Listening: Golden Skills for Effective and Compassionate Communication

Friday June 15, 10:00am-11:30am

Seideneck Room

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. Registration is not required but recommended due to limited seating. The workshop has a \$25 participation fee payable to the instructor. Sign up online at carmelfoundation.org or with The Carmel Foundation member services, 624.1588.

“Will You Be My Trustee?”

Friday, June 15

1:00pm-2:00pm

Leslie Finnegan, Seideneck Room

Free

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

The most important estate planning decision you will make! Join fellow Foundation members for a free workshop on estate planning with attorney Leslie Finnegan.

Memorial Gifts

Milt Jines Beverly Hossa

Maria Van der Wal Noelle Steinbronner, Colette Erreca-Norris, Rose Bell, Yolanda de Maria & Family

ACTIVITIES • EVENTS • PROGRAMS



Footloose & Fancy Free!

Summer Dance at the Foundation on Friday, June 8, 4:00pm-6:00pm in Diment Hall. Kick up your heels to the music you love and celebrate together the beginning of summer. We will take song requests at the door. Sign up online at carmelfoundation.org or with member services, 624.1588. Light refreshments provided. Fee: \$5.

Basics of Beading

Learn the basics of designing and assembling jewelry with Foundation staff on Friday, June 8, 9:00am-11:30am in the Seideneck Room. You will be able to take home a finished piece of your very own design! All supplies included. Sign up online at carmelfoundation.org or with member services, 624.1588. Fee:\$10.

Step into the flow of SoulCollage®

Lisa Handley, SoulCollage® facilitator and artist, gently inspires and guides participants through the class as they tap into their imagination and intuition to gather images, collage personally meaningful cards, contemplate their significance and consult with them as springboards to their own inner wisdom. Join us for “Elemental Energies” Wednesday, June 13, 10:00am-12:30pm in the Seideneck Room. Both new and experienced are welcomed. \$30 per individual class.

Please register with Lisa at 512.9063 or plumeriapapercraft@gmail.com.

Travels with Sandy and Gail - Ethiopian Adventure

Ethiopia is a country with a unique language, diet, and culture. Most tourists visit Northern Ethiopia, where the Ethiopian Orthodox Church presumably hosts the Arc of the Covenant. However, intrepid travelers Sandy and Gail Cohen take us to Southern Ethiopia, one of the most remote and untraveled areas of Africa. Come with Gail and Sandy as they interact with the people in several of the primitive tribes in the South of Ethiopia, including the Mursi, who wear the lip plates. Join them as they drink the coffee, chew the chat, observe the bull-jumping

ceremony, and feed the hyenas. Free presentation Monday, June 11, 1:00pm-2:30pm, Seideneck Room.

NEW! Crystal Singing Bowls Weekly Sessions

Thursdays, beginning June 7 - June 28 3:00pm-4:00pm in Diment Hall. Fee is \$100 for the series or \$25 drop-in. Join ValiAnna Francis to learn how the vibrational frequencies of sound affect the human body, mind and spirit! Participants have experienced various degrees of healing, emotional release, mental clarity, inspiration and an opening into higher consciousness on the spiritual and cosmic realms. This event can bring one to a state of gentle calm and centered peacefulness. Sign up online at carmelfoundation.org or with member services, 624.1588.

Technical Theatre Workshop

Monterey County Theatre Alliance presents a Technical Theatre Workshop. Come and learn from the experts. Have you ever thought about working behind-the-scenes in the theater? Join us on Thursday, July 5, 12, 19 or 26 as the Monterey County Theatre Alliance offers information about training conducted by experienced professionals during multiple live performances to learn essential theatre operations. Blanchard A, 2:00pm-4:00pm, no fee. Sign-up online at carmelfoundation.org or with member services, 624.1588.

Family History

Family History returns to the Foundation Tech Center with Junel Davidsen, CG. Join Junel with Family History DNA #1 where you will learn the steps for starting family history research and some tips to get started. Overview of DNA websites 23andMe, AncestryDNA, and FamilyTreeDNA. And/or join Junel in a two part Family History #1 & #2. In #1, learn the steps for starting family history research and some tips to get started. #2 will be an overview of Ancestry, FamilySearch, and FindMyPast websites. Note: the last ½ hr is “hands on” using Tech Center Computers.

For fees, dates, times and prerequisites see the Activities, Events, Program insert.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

June 6 - Blossoms and Bayonets – My Half of the Sky - Join Jana McBurney-Lin who will be discussing her two books. Her first novel, “My Half of the Sky”, is the story of a contemporary young woman who tries to hold up her half—as Chairman Mao dictated women should—but the traditions of her village keep holding her back. Her second novel, “Blossoms and Bayonets” is based on the true story of co-author Hi-Dong Chai, Ph.D. who was born in Seoul, Korea before the onset of WWII. His father was one of the first Christian ministers in the country at a time when Japan occupied Korea—and your only choice of God was Emperor Hirohito.

June 13 - Carmel Real Estate and Its Changing Market – Impact in Your Community! - Join Heidi Theodor PhD, from Keller Williams Coastal Estates as she enlightens you with information affecting the Carmel Real Estate Market. Topics of discussion will include new developments, water credits, interest rates, current inventory, reverse mortgage, 1031 process and today’s sellers’ market. Also, learn what is statistically expected in the global, national and state wide market within a 12 month calendar year.

June 20 - Summer Begins with our 90’s Party! Are you a current member, a nonagenarian or better? Look for an invitation in your mail! Join us for a fun festive Taste of the West Lunch and Birthday Celebration. Entertainment provided by Steve Mortensen and Dixie Dixon Band. RSVP is required.

June 27 - Monterey Bay Village Looking Ahead Wellness Series – I Get by with a Little Help from my Friends – You don’t have to suffer alone in silence. Navigating the challenges of illness, loss, and major life changes can lead to depression and isolation. This presentation will address the resources available at Community Hospital of the Monterey Peninsula to help those who have a cancer diagnosis, who reside in a painful body, or who are trying to maintain optimal balance of mind, body, and spirit while facing tumultuous times. Mary Welschmeyer, RN and Licensed Marriage and Family Therapist, facilitates a number of groups at CHOMP and will share what you may gain in attending.

ARTIST OF THE MONTH



Motion by Jo Anne Boulger

**Facing blank canvas, being afar in though,
Makes me move in motion, to create a piece of art.
Subject could be smiling, even have departed,
Maybe just a puppy dog, that is kind hearted.
Starting with brush in hand, outline drawing done,
Working from the shoulder, awaiting the outcome.**

**Pieces of Souls connecting, united as one, Knowing in the touch, we'll get the process done.
So, it is with motion, working rapidly, Effort put on canvas, for the world to see.
What makes an Artist, I ask myself, this quiz, Putting paint to canvas, is that all it is?
Could it be that yearning, deep inside of me? Looking for release, longing to be free?
I only know it's something, that I must do, A motion moving outward, to this, I must be true.
Motion of my body, hand, arms, my sight, Pleasure in doing, keeps me loose, not tight.
Even if it's novelty, it's being true to me, My soul is part of the canvas you see.
So someday, maybe, when I am old and gray, Some looking at my art, whispering, "A Monet?"**

JUNE • LUNCH • PROGRAMS • MOVIES • 2018

Mon	Tue	Wed	Thur	Fri	Sat
<p><u>Lunch served Mon, Tue, Thur & Fri, 11:45am-1:00pm</u> 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,</p>				<p>2 Fish & Chips Raspberry Almond Tart Weekly Salad Special Sesame Chicken</p>	<p>2 Cinema The Post PG-13, 2017 Drama 1 hr 55 min Tom Hanks 1:00pm, Blanchard A</p>
<p>4 Carnitas Tacos Ice Cream Weekly Salad Special Strawberry Pecan Chick</p>	<p>5 Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie</p>	<p>6 Wednesday Program Blossoms and Bayonets - My Half of the Sky 2:30pm Diment Hall Refreshments</p>	<p>7 Baked Ziti with Italian Sausage Banana Cream Pie</p>	<p>8 Trout Almondine Rice & Vegetables Chocolate Pudding</p>	<p>9 Cinema The Greatest Showman PG, 2017 Musical 1 hr 45 min Hugh Jackman 1:00pm, Blanchard A</p>
<p>11 Chicken Cordon Bleu Brown Rice & Vegetables Apple Pie Weekly Salad Special Chopped Turkey</p>	<p>12 Beef Bourguignon Mashed Potatoes Peach Pie Bring a guest to lunch for member price</p>	<p>13 Wednesday Program Carmel Real Estate & Its Changing Market - Impact in Your Community 2:30pm, Diment Hall Refreshments</p>	<p>14 Braised Pork Shank with Lentils Ice Cream</p>	<p>15 Salmon Fillet with Hollandaise Brown Rice & Vegetables Chocolate Eclair Pie</p>	<p>16 Cinema Coco PG, 2017 Family Animation 1 hr 45 min Anthony Gonzales 1:00pm, Blanchard A</p>
<p>18 Meatloaf Mashed Potatoes & Gravy Blackberry Pie Weekly Salad Special Taco</p>	<p>19 Chicken Cacciatore Butterscotch Pie</p>	<p>20 No Wednesday Program 2:30pm, Diment Hall Refreshments</p>	<p>21 Sole Florentine; Fillet of Sole with Spinach & White Sauce Birthday Cake</p>	<p>22 Beef Brisket Baked Beans Ice Cream</p>	<p>23 Cinema The Sense of an Ending PG-13 2017 Drama 1 hr 48 min Jim Broadbent 1:00pm, Blanchard A</p>
<p>25 Turkey Pot Pie Salad Pecan Pear Tart Weekly Salad Special Nicoise</p>	<p>26 Pot Roast Red Potatoes Vegetables Ice Cream</p>	<p>27 Wednesday Program MBV Looking Ahead Wellness Series: I Get by with a Little Help from My Friends 2:30pm, Diment Hall Refreshments</p>	<p>28 Rosemary Lemon Chicken Rice & Vegetable Bread Pudding</p>	<p>29 Sand Dabs with Asian Citrus Sauce Cheesecake</p>	<p>30 Cinema Den of Thieves R 2018 Action & Adventure 2 hr 20 min Gerald Butler 1:00pm, Blanchard A</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.



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. Their music, which was one of the greatest successes in pop music, became a cultural phenomenon. Their blue-collar kids became one of the most successful acts in the music industry. They invented their own sounds and sold 175 million records worldwide 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.

**SOLD OUT
CALL FOR WAITLIST**

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 of the amazing restaurants in this exciting city! The bus will leave The Crossroads at 9:00am for Union Square. Arrive in San Francisco at 11:30am. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.

July 12, Thursday • SFMOMA René Magritte: The Fifth Season Exhibition. René Magritte was one of the most intriguing painters associated with Surrealism, but he did not fully find his voice until after breaking ties with the movement. This exhibition, the first to look exclusively at Magritte's late career, examines his most important bodies of work from the 1940s through the 1960s, and shows how they marked a fundamental shift in painting from Modernism to our own time. Featuring more than 70 artworks in nine immersive, thematic galleries, René Magritte: The Fifth Season explores how Magritte balanced irony and conviction, philosophy and fantasy, to illuminate the gaps between what we see and what we know. Leave The Crossroads at 9:00am. Depart SFMOMA at 3:00pm. Arrive Carmel at 6:30pm. Cost: \$80 member, \$90 guest.

July 21, Saturday • San Francisco Express to Union Square. The day is yours to have a day on your own in this fun city! ENJOY! The bus will leave The Crossroads at 8:30am for Union Square. You will arrive in San Francisco at 11:00am for a day on your own. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.

July 28, Saturday • San Francisco Premium Outlets. Grab a friend and head up to Outlet mall in Livermore featuring a variety of designer & brand-name clothing, shoes, accessories & housewares. Premium Outlets® is located just 40 miles from downtown San Francisco in California's oldest wine region; the Livermore Valley. Visit over 180 iconic brands and designer names while enjoying Northern California's beautiful weather in the state's largest outdoor outlet shopping mall. Guests will love shopping at stores like; Prada, Gucci, Versace, and Coach and even some outlet stores that are unique and rarely found at other centers. Leave The Crossroads at 8:30am. Depart the mall at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.

August 3, Friday • American Craft Council San Francisco Show Fort Mason Center. Celebrate all things handmade when the American Craft Show, San Francisco, 2018 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. Leave The Crossroads at 8:30am. Depart Fort Mason at 4:00pm. Arrive Carmel at approximately 7:00pm. Cost: \$75 member, \$85 guest.

August 23, Thursday • Filoli. Come see the Roses, Delphiniums, Dahlias, Hibiscus hedge, pears and apples in fruit, summer annuals, Salvias, summer perennials and Hydrangea in full bloom! 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! Leave The Crossroads at 9:00am. Depart Filoli at 4:00pm. Arrive Carmel at 6:00pm. Cost: \$65 member, \$75 guest.

September 15, 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. Every September for the past 63 years, buses full of theater lovers coming from all over California and parts of Nevada, have traveled to the Santa Cruz Civic Auditorium to see the annual musical production of the Santa Cruz Follies. Join us for a trip to Santa Cruz to see the “The Way We Were.” The show starts out with a Vaudeville flavor and transitions from the 30's thru the 60's. The 2nd half starts with a presentation of Elvis Presley's most beloved songs. Lunch on your own in downtown Santa Cruz. Leave The Crossroads at 9:30am. Arrive Santa Cruz at 10:30am. Show starts at 1:00pm. Depart show at 3:00pm. Arrive Carmel at 4:30pm. Cost: \$60 member, \$70 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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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 • June 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, 6/20-8/22
Instructor Melissa Bispo; Seideneck Room
\$100/series, \$15 drop-in, register at class

Basics of Beading

9:00am-11:30am, Fri: 6/8
Instructor Foundation Staff; Seideneck Room
\$10, register online at carmelfoundation.org or with member services, 624.1588

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, 6/4, 18
Instructor Tehila Eisenstat; Seideneck Room
\$20/class, payable to instructor, register online at carmelfoundation.org or member services, 624.1588

Creative People Forum: Poetry-Art-Music

2:30pm-3:45pm, Sat,
6/16 - Your roots - what's in a name?
7/7 - What sparks you?
Instructor Ella Bekker; ~~Seideneck Room~~ Diment Hall
\$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

Needlecraft Group

1:00pm-3:00pm; Tues
Leader Connie Georis; Craft Room
No fee, drop-ins welcome

Photography, Darkroom Denizens

9:00am-5:00pm, Mon-Fri, 9:00am-4:00pm, Sat
Manager: Peter Moppert, 415.310.9622
No fee, open, call in advance

Photography Group

1:00pm-2:30pm, Thurs
Leader Joyce Tarter Rideout; Seideneck Room
\$12/annual, guests welcome, sharing/guest speakers
www.cfphotographers.org, register at class

SoulCollage

10:00am-12:30pm, Wed, 6/13
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, 6/13, 27
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 Room, No fee, drop-ins welcome

Men's & Women's Discussion Group

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

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

9:30am-11:30am, Thur, returns in August
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 & Intermediate

9:00am-11:00am, Fri, 7/6 - 27
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

Crystal Singing Bowls

3:00pm-4:00pm, Thur, 6/7 - 28
Instructor ValiAnna Francis; Diment Hall
\$100/series, \$25 drop-in
Register online at carmelfoundation.org or with member services, 624.1588

Hiking Group, The Carmel Foundation

1:00pm-3:00pm, 2nd Sat
Coordinator Kari Martorella; local hiking trails
No fee; register w/Martorella 620.8706

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

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, Tues
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

10:00am-11:30am, Fri, returns in fall
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, 6/11
Presenters: Sandy & Gail Cohen, Seideneck Room
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, Sat 3/17 - 6/2, 6/16 - 9/1
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

Android Cell Phones and Tablets, Basics

(includes Samsung, Asus, Google, Lenovo & Huawei)
10:00am-11:30am, Fri, 6/22
Instructor Ted Hill; \$5 fee

The Cloud and How to Use It

How to store your pictures, document and music
10:00am-12:00am, Tues, 6/19
Instructor Cynthia Schmidlin; \$5 fee

Family History DNA #1

10:00am-11:30am, Fri, 6/22
Learn the steps for starting family history research and some tips to get started. Overview of DNA websites 23andMe, AncestryDNA, and FamilyTreeDNA. Note: the last ½ hour is “hands-on” using Tech Center computers. If you have tested with these companies please bring your login to class. No drop- ins please. Not taught in iPad format. Email any questions to genietreas@yahoo.com
Instructor Junel Davidsen, Certified Genealogist
Fee: \$10 member, \$12 nonmember, payable to instructor, register online at carmelfoundation.org or with member services, 624-1588

Family History #1 & #2

Family History #1, 10:30am-11:45am, Thur, 6/14
Learn the steps for starting family history research and some tips to get started. No Drop Ins please

Family History #2, 1:30pm-2:45am, Thur, 6/21

Overview of Ancestry, FamilySearch, and FindMyPast websites. Note: the last ½ is “hands on” using Tech Center Computers. Attendees MUST register at <https://www.familysearch.org/> and bring login to class. Subscribing to Ancestry and FindMyPast is not required but helpful. Not taught in iPad format. Email any questions to genietreas@yahoo.com

Instructor, Junel Davidsen, Certified Genealogist

Fee: Includes both classes, \$16 member, \$18 nonmember, payable to instructor, register online at carmelfoundation.org or with member services, 624-1588

iPad, Basics

1:00pm-3:00pm, Mon 6/11
Instructor Jeff Fisher/sub J. Todd; \$5 fee

Open Lab (except for scheduled classes)

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

Open Session with Instructors

10:00am-12:00pm Thur 6/21
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 6/2 - 30
Hostess: Rosalind Serafin
Work on your personal projects or just surf the web
No fee, no registration

Writing

Who are You and What do You Want?

9:30am-11:30am, Sat, 6/2-30
Instructor Gloria Valentino; Craft Room
Fee: \$50/course, includes material and 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