

The Carmel Foundation Wednesday Programs December 2017

Refreshments Served Immediately Following the Program

Be Proactive Attend Advance Care Planning for the 21st Century-

Time: Wednesday, December 6

Facilitated by Nadine Semer MD – Give your family and yourself the gift of Advance Care Planning. Come learn about myths and realities of Advance Directives, 5 Wishes and POLST forms among others! But what do they all mean? Do they really matter? And how does the “End of Life Option Act” affect your decisions? Dr. Nadine Semer, a palliative medicine physician at SVMH will discuss the myths and realities about advance care planning and how you can ensure your wishes are carried out if you are unable to speak for yourself.

Irving Berlin’s White Christmas

Time: Wednesday, December 13, 2:30pm

Please join us for a viewing of this classic holiday movie in the spectacular new brilliance, clarity and beauty of VistaVision. Singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Ellen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black! Special holiday refreshment will be served.

Monterey Bay Village Looking Ahead Wellness Series – Making Merry MistleToes: How to Make Your Feet Happy During the Holidays

Time: Wednesday, December 20, 2:30pm

Join Dr. Michele Kraft, Podiatrist, as she discusses types of shoes that will provide great support, how to get rid of fungal toenails and how to receive foot pain relief without taking pain medication.

No Wednesday Program

Time: Wednesday, December 27

Happy Holidays!

