

The Carmel Foundation Wednesday Programs February 2018

Refreshments Served Immediately Following the Program

Whatever Happened to the Duchess of Windsor?

Time: Wednesday, February 7, 2:30pm

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."

Never Too Old for Romance, Sensuality and Sex

Time: Wednesday, February 14, 2:30pm

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.

Uganda: The Gorillas and more

Time: Wednesday, February 21, 2:30pm

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.

Monterey Bay Village Looking Ahead Wellness Series – Know Your Numbers: Your Heart is Counting on It

Time: Wednesday, February 28, 2:30pm

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.

