

Something for Everyone at The Joy of Giving Virtual Auction

Friday, December 2nd, hop on your computer, tablet or smart phone and do your holiday shopping with us! The Carmel Foundation's Joy of Giving Virtual Auction Fundraiser offers over 100 wonderful gifts for yourself or others. Many of them are gift certificates for experiences -from fine dining to deluxe overnight stays and more – so no need to worry if you don't have room for them at home. Take a look at the enclosed insert for a list of all the wonderful items that are up for bid, and remember: every purchase provides you with something wonderful while also providing The Carmel Foundation with much needed funds to continue our programs for older adults. It's a win-win!

New Year, New Program

Learn the Art of Breathing along with the fun and joy of Laughing Yoga every Tuesday, beginning Tuesday, January 10, 11:15am-12:15pm in Blanchard A.

Join Antonio Morocco, a certified Qi Gong instructor, with over 50 years of experience in learning the art of being alive! This class is great to boost one's immune system. Come in and enjoy the fun and experience the flow of new energies:

“Our health is our wealth and we can live our best lives. We will be learning breathing techniques to increase our life force.” Sign up online at carmelfoundation.org or with Member Services, 624.1588. No experience is necessary, all levels are welcome. No fee.

The Carmel Foundation Wins Two Golden Pine Cones



For the first time in 6 years, The Carmel Foundation was honored to win not one but two Golden Pine Cone Awards, for “My Favorite Nonprofit” and “Best Place to Volunteer.” Thank you to everyone who voted for us!

Christmas Dinner & New Year's Eve Party Special Events are BACK!

Reservations for Christmas dinner and New Year's Eve party begin **Thursday, December 1, 9:00am** online at carmelfoundation.org or with member services, 624.1588. **Deadline for sign-up is Monday, December 12, 12:00pm.**

A delicious holiday pork loin dinner, with all of the trimmings prepared by your Foundation chefs, will be served by the Carmel-by-the-Sea Rotary Club on Sunday, December 25 at 1:00pm. Doors to Diment Hall open at 12:30pm. The price of dinner, for members only, is \$12 per person. No curbside or take away is available.

The New Year's Eve party will be held on Saturday, December 31, 3:00pm-5:00pm in Diment Hall! The celebration countdown is Greenwich Mean Time with 2023 ringing in at 4:00pm. Celebrate while enjoying hors d'oeuvres, champagne, cider and dance to Bag O' Tricks live band. Tickets are \$8 per person. Sign up early!

Payments are required at time of reservation. Sign-up online at carmelfoundation.org (go to events tab, scroll to event) or with Member Services, 624.1588. Cancellations received the day before the event are refunded, no shows are not*, reservations are not transferable.

**If you find you are not able to attend the events, notify Member Services, 624.1588, promptly so others may attend.*

Grand Pals

Interested in being a Grand Pal with local Carmel River School 3rd graders? Join in and influence and educate the next generation! Tuesday, December 13, 9:15am–10:15am in Diment Hall. Any questions, call Melissa at 620.8703.

Field Cafe News

Pumpkin muffins are BACK! Make sure to grab one as they will only be available until the end of December!

Complimentary Christmas cards are bundled in the Café as well. Shout out to Pat for organizing free greeting cards for members.

Volunteer Opportunity

Help with mailing projects at the Foundation and hang out with fellow members. Call Gilda at 620.8708. It's FUN!

HOLIDAY CLOSURES

The Carmel Foundation will be **CLOSED** on the following dates/times

December 9 3:00pm(staff party)
December 23 Christmas Eve
December 26 - January 2

Have You Renewed Your Membership Yet?

Last month we mailed out our annual member renewal letters, and we hope you've had a chance to respond. If not, it's not too late! You can renew your membership on our website at carmelfoundation.org, by phone Monday-Friday at 831.624.1588, by mail, or drop off your donation at our Member Services desk on campus. The minimum donation for membership is \$55, but many members choose to give more to support our programs.

The Carmel Foundation was created by local community members for local community members, and your annual membership donation ensures we can continue to provide nutritious meals, social connection, engaging activities, and affordable homes for older adults here in the Monterey Peninsula and beyond. Thank you for being a member of our Community of Caring at The Carmel Foundation.

Programs

American Mah Jong - If you are interested in playing American Mahjong, please join us in the Craft Room, Wednesdays, 1:00pm-3:00pm. Contact Ellen Grossman if you are planning to attend by email: ellenyinyoga5@gmail.com or call 510.410.1271. No fee.

Collage Art/Papercraft - Experience the fun of creative expression through collage art and papercraft with Lisa Handley Wednesday, January 25, 10:00am-12:00pm in the Seideneck Room. \$15 fee, payable to instructor at time of class, includes all materials. Sign up with Member Services, 624.1588 or at carmelfoundation.org.

Beginner Yuan Qigong - Wednesdays, Jan 4-Jan 25, 11:30am-12:30pm in Diment Hall with Instructor Dale Mirmow, Yuan Qigong Master Teacher. Fee is \$45 for 4 sessions, payable to instructor at first class. Sign up online at www.carmelfoundation.org or call Member Services, 624.1588.

FROM THE FOUNDATION

SUPPORT OUR MEAL PROGRAMS WITH MONTEREY COUNTY GIVES!

Last year we provided almost 20,000 affordable, nutritious meals to older adults in our convivial dining hall, via curbside pickup, and home delivered to those in need. We depend on generous donations from our community every year to underwrite the cost of preparing these meals, which is at over twice what we charge.

You can support our meal programs by donating to The Carmel Foundation during the annual Monterey County Gives consolidated charity drive, which runs through December 31st. Best of all your donation will be partially matched through a fund provided by local donors and foundations. Donations can be easily made online here: montereycountygives.com/carmelfoundation or by sending or dropping off a check to The Carmel Foundation, made out to the Community Foundation of Monterey County. Write: "The Carmel Foundation-MC Gives" in the memo line. Unfortunately your membership renewal cannot be made via the MC Gives program.

SURVEY SAYS: OUR MEAL PROGRAMS ARE WONDERFUL

We recently surveyed our members to make sure they continued to find the meals delicious and affordable. 93% of the respondents said our meals were good, very good or excellent and 99% (!) said the value was good, very good or excellent. In addition, we received many wonderful suggestions and feedback including the following:

"Wonderful and very helpful program!"

"I was surprised how good the meals are! Excellent food without the fanfare of a restaurant."

"Incredibly generous program."

"Please don't change the wonderful quality and the great price!!!"

"Thank you for providing this service for nutrition and social interaction."

"Staff is always friendly & professional. Thank you for your hard work."

"Everything about dining at the foundation is delightful!!!"

"The volunteers, chefs, staff are a joy to me!"

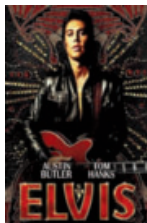
MOVIES • WEDNESDAY PROGRAMS • & MORE

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

Cinema

1:30pm, Diment Hall, No Fee, Free Popcorn

sElvis



Wed, Dec 7, 1:30pm
2022, PG-13, 2Hr 39Min
Drama
Austin Butler, Tom Hanks
Elvis's story is seen through the prism of his complicated relationship with his enigmatic manager, Colonel Tom Parker. As told by Parker, the film delves into the complex dynamic between the two spanning over 20 years, from Presley's rise to fame to his unprecedented stardom, against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the significant and influential people in Elvis' life, Priscilla Presley.

White Christmas



Wed, Dec 21, 1:30pm
1954, NR, 2Hr
Classic Holiday
Bing Crosby, Danny Kaye
Bing and Danny play war buddies turned entertainers who fall for two sisters. The boys follow the girls to a resort owned by their former commanding officer, and he's in danger of losing the place.

Artist of the Month

If you are an artist and would like to have an exhibit at the Foundation, we are currently accepting reservations for "Artist of the Month" for 2023. Exhibits hang for one month and all types of media are welcome. You may also sell your artwork with a 10% art commission to the Foundation. If you are interested in an exhibit, please contact Gilda at 620.8708.

CSUMB Free Hearing Testing

Nov 29 & Dec 13. Call 772-7050 to schedule an appointment. Free!

Memorial Gifts

Lloyd Wells; Duplicate Bridge Group, Sydney Roussel

Lee Cogan; Sue Wulfmeyer, Marilee & Joe Wandke, Barbara & Chuck Sedelmeyer

Becky Hanna; Liz Dilbert, Francis & Ralph Sackerman

John Reinhardt, Lori Lewis

Harriet Lynn, Sunee Jines

Jean White, Charles C Fox

Paul A. Trujillo, Rachel & Monci Zepeda

Tribute Gifts

Holly Zoller; Gin Donohoo

Barbara Wells; Duplicate Bridge Group, Sydney Roussel

Wednesday Programs

2:30pm, Diment Hall
Free - Refreshments Served

Dec. 14 - The Christmas Truce of 1914

World War I was fully underway by August 4, 1914. Neither leaders nor soldiers foresaw the devastating consequences of modern weaponry. As early as September 10, 1914, French casualties reached 385,000. By mid-September, German casualties were 250,000. Amid this carnage occurred one of the war's most poignant moments. On Christmas Eve, lighted Christmas trees, a favorite gift to German soldiers by friends and relatives back home, were placed on the parapets of the German trenches and candles were lit along a whole sector. As striking as the sight presented by the German trenches was, the sound coming from them—the distant, haunting sound of men singing, harmoniously and with deep emotion—the Christmas hymns which they had known since childhood. The British responded with calls for more, and with songs and carols of their own. Then invitations to come and meet were exchanged. Regrettably, within a few days, the killing began again. In retrospect, what do we make of the Christmas Truce of 1914? Richard Kezirian will offer his thoughts on the lessons that may be drawn from this spontaneous outburst of decency when foes found themselves trapped in a killing machine by pressure from above.



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. Call 624.1588.

Blood Pressure Check Free. Every 2nd & 4th Tuesday, 10:30am– 11:30am in Staff Room in the Admin Building. No appointment necessary.

Mobility Equipment Loans Borrow free medical equipment, Mon-Fri, 9:00am-4:00pm. Call Kim 624.1588 or email kerlandson@carmelfoundation.org to reserve or donate mobility equipment.

Caregiver Support Group facilitated by Rosemarie Axton, LMFT, 646.8196 (call between 10:00am-4:00pm, Monday-Friday), 2nd & 4th Monday, 1:30pm-3:00pm, Blanchard A. Must call before attending.

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

Call Support Services at 620.8705

PARTNERING AGENCIES

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

HICAP: Alliance on Aging Answering 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 1.800.434.0222. Blanchard B.

VNA Life After Loss - Grief Support Group Contact Mick at 831.236.1015

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, call 1.866.361.0477 or apply online at www.c4yourself.com.

Lightspeed Testing – free or low-cost COVID-19 testing, Fridays, 9:00am-11:00am, Blanchard B. Walk-in or by appt. 831.583.7863. For quicker service, register in advance at lightspeedtesting.net.

Health Projects Center supports people as they age to live safely at home by delivering high quality services and programs. 1.800.624.8304. hpcn.org

THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

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Mon-Thur 8:30am-4:30pm
Fri: 8:30am-4:00pm

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Artist of the Month - Norm Johnson



Hello everybody. Most of you know me from around here. You might have taken one of my classes in Photoshop, Picasa or Introduction to Computers. I have been taking pictures for about forty years and was a member of the Foundation's photo club until the poker club was formed. They both meet on the same day and time so I had to pick one. When I started my photography hobby I amassed a suitcase full of cameras and equipment, had all the latest stuff. I finally found out that with all that equipment, it took all the spontaneity out of shooting and I lost a lot of good shots. Finally I dumped everything except one camera that shoots good telephoto and excellent close-ups. For the December show I picked out some favorites. Some might look strange and that is because sometimes I take a picture and start playing with it in Photoshop. See if you can tell. If you want to take one home at the end of the month, tell the office and give the Foundation a donation of 75 bucks.

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.



December 8, Thursday • San Francisco Express to Union Square. Take the San Francisco Express bus to Union Square. Enjoy a day in the city! The bus will leave The Crossroads at 8:30am for Union Square. You will arrive in San Francisco at approximately 11:00 am for a day on your own. Depart Union Square at 5:00pm. Arrive Carmel by 7:30pm. Cost: \$70 member; \$80 guest. Call Member Services at 624.1588 to be added to wait list.



February 19, Sunday • California Theater - San Jose Opera. Women take charge in Verdi's hilarious and beloved comedic masterpiece, *Falstaff*. Adapted from Shakespeare's *The Merry Wives of Windsor* and scenes from *Henry IV, Parts 1 and 2*, this rollicking production offers a joyful look at one of the Bard's most popular characters — the boisterous knight Sir John Falstaff and his misadventures at the hands of four witty women. Music by Verdi, libretto by Boito. Orchestra seats and transportation included in price! Lunch is on your own, restaurants are within walking distance. Matinee showtime is at 2:00pm. The bus will leave The Crossroads at 10:00am; arriving in San Jose at approximately 11:15am. Depart the theater at 5:00pm. Arrive in Carmel by 6:30pm. Fee: \$140, member, \$150 guest. Sign up online at carmelfoundation.org or with Member Services, 624.1588.

The Carmel Foundation Activities • Events • Programs • December 2022

Creative Arts & Self Expression

Collage Art/Papercraft Class

10:00am-12:00pm, Wed, monthly starting 1/25: Vision Boards
Instructor Lisa Handley; Seideneck Room
\$15/class, includes materials, sign-up at carmelfoundation.org or Member Services 624.1588.

Creativity, Camaraderie...Coloring!

10:00am-11:30am, 2nd & 4th Tues
Instructor Lisa Handley; Craft Room
\$5/class, sign-up at class, 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 Comedy RX

11:00am-12:30pm, Mon, 12/5& 12/12 Blanchard A Deck
Leader Carol Roberts, Blanchard A deck
Call member services, 624.1588, for information

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
Manager Peter Moppert; call prior, 415.310.9622, no fee, open

Photography Group

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

SoulCollage®

10:00am-12:30pm, Wed, 12/7
Instructor Lisa Handley; Seideneck Room
\$30/class, includes materials, sign-up w/Lisa, 512.9063 or plumeriapapercraft@gmail.com

Wood Carving

8:30am-11:30am, Tues & Thurs; Leader Jerry Park
Seideneck Room, no fee, drop-ins welcome

Dance

Greek Dancing

3:00pm-4:30pm, Tues
Instructor Janet Tezak & Rick McCarthy; Diment Hall
No fee, sign-up at class

Line Dancing

3:00pm-4:00pm, Thurs
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 Maria-Litka Bennett; Craft Room
No fee, drop-ins welcome

Gratitude and Empathy Group

3:00pm-4:15pm, Thurs
Leader Ted Hill; Blanchard A (will meet in the Garden Courtyard weather permitting)
No fee, sign-up w/Ted at tedsup@gmx.com

Great Minds Online (edX & TED Talk)

11:00am-12:30pm, Wed
Leader Joan Beller, ZOOM
No fee, register w/Joan, 238.2087

Men's Discussion Group

10:30am-11:45am, Mon
 Leader Lou Aldana, Seideneck Room
 No fee, open to all members; walk-ins are welcome

Golden Rule Discussion Group CO/ED

3:15pm-4:15pm, Tues, full to capacity
 Facilitator Walt Notley Craft Room

Games

Bridge, Duplicate

12:00pm-4:30pm, Fri
 Leader Barbara Wells; Craft Room

Canasta - Third Monday Canasta

1:00pm-4:00pm, Mon, 12/19
 Facilitator Vicki Torcolini; Craft Room B
 No fee, sign-up online carmelfoundation.org or with member services, 624.1588

Chess

1:00pm-4:30pm, Thurs
 Field Café or Courtyard
 No fee, drop-ins welcome

Cribbage

1:00pm-4:00pm, Wed, 12/14
 Leader Larry Parrish; Craft Room
 No fee, register w/instructor 622.7455, lparrish@toast.net

Cribbage Lessons

By appointment
 Instructor: Larry Parrish; Craft Room
 Sign-up w/instructor 622.7455

Games: Open Game

12:00pm-3:00pm, Wed; 1:00pm-4:00pm, Thur
 No leader; Craft Room, no fee, open room

Texas Hold'em

1:00pm-4:00pm, Thurs, Craft Room - full to capacity
 Facilitator Micky Lawler; 831.238.3867

Texas Hold'em - First Monday Texas Hold'em

1:00pm-4:00pm, Mon, 12/5 (no Jan game)
 Facilitator Vicky Torcolini; Craft Room B - full to capacity
 No fee, sign-up with Member Services, 624.1588

Health & Wellness

Art of Breathing/Fun and Joy of Laughing Yoga

11:15am-12:15pm Tue, starting 1/10
 Instructor Antonio Morocco; Blanchard A
 No fee
 Sign-up at carmelfoundation.org or Member Services, 624.1588

Lightspeed COVID Testing

9:00am-11:00am, Fri, Free or low cost, Blanchard B
 Walk-in or by appt. 831.583.7863
 for quicker service, register in advance at lightspeedtesting.net

Personal Fitness, Lo-Impact

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

Walking Group, The Carmel Foundation

1:30pm-3:00pm, Wed
 Guides: Sarah & Geoff Cocks; local paths, beaches & parks
 No fee; register w/member services, 624.1588

Yoga, Chair

8:30am-9:30am, Thur
 Instructor Jody Emerson Quintana; Blanchard A
 \$8 per class, register at class

Yoga, Gentle

10:00am-11:00am, Tues - full to capacity
 Instructor Kathleen Karachale; Blanchard A
 \$5 per class

Yuan Qigong Beginner Series

11:30am-12:30pm, Wed, 1/4 - 1/25
 Instructor Dale Mirmow, Master Teacher, Diment Hall
 \$45/4 sessions, payable to instructor at class
 Sign-up online at carmelfoundation.org or Member Services, 624.1588.

Yuan Qigong Class Series

10:00am-11:15am, Wed
 Instructor Dale Mirmow, Diment Hall
 \$10 drop-in, payable to instructor at class

Language

Spanish, Conversational

9:30am-10:30am, Tue, 1/17-3/21
 Instructor: Majo Spencer, Garden Courtyard
 Fee: \$200/10 class series, payable to instructor
 Sign-up at majospencer@yahoo.com or 801-560-8437

Lecture

History and Philosophy Lectures

10:00am-11:30am, Fri
 Instructor: Lawrence Harris; Seideneck Room
 Fee: \$10/class, payable to instructor. Sign-up at class

Literature

Non-Fiction Reading Discussion Group

10:30am-12:00pm, Thurs - full to capacity
 Leader Jim Emery; Blanchard A

Foundation Reading and Discussion Group

10:30am-11:45am; Weds
 Leader Bill Richards, Blanchard B
 No fee, drop-ins welcome

The Carmel Foundation Book Club

1:30pm-3:00pm, Fri, Dec 2
 "The Code Breaker" by Walter Isaacson
 Leader Carleen Whittelsey, Blanchard A
 No fee, sign-up at class

Music

Piano Lessons with Pam Lawrence

1:00pm-4:00pm, Tues, by appt; beginners welcome
 Instructor Pam Lawrence; Blanchard B
 \$35/30 minute session; \$100/1st month. Schedule at 277.7638

The Joy of Singing

2:30pm-3:30pm, Fri
 Instructor Nancy Bennett, M/A, Diment Hall
 Fee: \$12, payable to instructor at class, sign up online, carmelfoundation.org or w/member services, 624.1588

Writing

Creative Writing: The Short Story

12:00pm-3:00pm, Fri
 Instructor Lawrence Harris; Seideneck Room
 Fee: \$10/class, sign-up online, carmelfoundation.org or member services, 624.1588

Writing Memoirs (two separate classes)

10:00am-12:00pm, Mon, Craft Room/Courtyard
 9:30am-11:30am, Wed, Craft Room/Courtyard
 Instructor Illia Thompson
 Fee: \$50/mo, register w/Thompson, 236-1118