

THE CARMEL FOUNDATION

WINTER CLASS & ACTIVITY SCHEDULE – 2010

DAY OF WEEK	INSTRUCTOR OR LEADER	TIME	BUILDING & ROOM	COMMENTS
MONDAY:				
Yoga^	Theobald	8:30 - 9:30	Blanchard A	Every Monday
Personal Fitness+ (Lo-Impact)	Rousseau	9:00 - 10:00	Diment Hall	Every Monday
Yang Style Tai Chi Part 1^	Allison	9:30 - 11:00	Carmel Presbyterian Church	January 4 - March 8
Outdoor Painting Class	Farina	9:30 - 12:30	Craft Room	Out in field. Inside if inclement weather
Aerobics+	Elder	10:15 - 11:00	Diment Hall	Every Monday
Men's Discussion Group	Peak	10:30 - 11:45	Seideneck Room	Every Monday
Orientation to The Carmel Foundation	CF Staff	10:30 - 11:30	Field Lounge	3rd Monday (3rd Tuesday when Monday is a holiday)
Women's Discussion Group	Albano	1:00 - 2:30	Blanchard A	1st & 3rd Mondays (Group is full/check for availability)
Collecting Memories^	Thompson, I.	1:00 - 3:00	Craft Room	January 4 - March 29
Caregiver's Support Group	Rilling	1:30 - 3:00	Blanchard A	2nd & 4th Mondays
Literature on the Run^	Golden	1:30 - 3:30	Blanchard B	Every Monday
TUESDAY:				
Walking Club	Spake	9:00 - 10:00	Meet at Diment Hall	Every Tuesday
Wood Carving	Ruble	9:00 - 11:30	Seideneck Room	Every Tuesday
Collecting Memories^	Thompson, I	9:30 - 11:30	Craft Room	January 5 - March 30
Legal Services for Seniors	Fonferek	10:00 - 12:00	Blanchard B	Every Tuesday Call: 899-0492 for appointment
Blood Pressure Check	Koehne/Edwards	11:00 - 12:00	Field Lounge	Every Tuesday (Except 5th Tuesday)
Craft Group	Georis	1:00 - 4:00	Craft Room	Every Tuesday
Current Events^	Rodda	1:30 - 3:30	Blanchard B	Every Tuesday
Fine Arts Lab	Harrison	1:30 - 4:00	Seideneck Room	Every Tuesday
Continuing Beginning French^	O'Meara	2:00 - 4:00	Blanchard A	February 16 - March 23 April 6 - May 11
Personal Fitness^	Rousseau	4:15 - 5:00	Diment Hall	Every Tuesday

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WEDNESDAY:				
Yoga^	Theobald	8:30 - 9:30	Blanchard A	Every Wednesday
Personal Fitness+ (Lo-Impact)	Rousseau	9:00 - 10:00	Diment Hall	Every Wednesday
Social Security	Gabriel	9:00 - 12:00 1:00 - 3:00	Blanchard B	2nd Wednesday
HICAP	Johnson	9:00 - 12:00	Blanchard B	3rd & 4th Wednesday <i>Call: 655-4245 for an appt.</i>
From the Bookshelf+	Headly	10:00 - 12:00	Seideneck Room	February 17 - March 24
Aerobics^	Elder	10:15 - 11:00	Diment Hall	Every Wednesday
Over the Hill but Not Out to Lunch Bunch	Kelley	10:30 - 12:00	Blanchard A or Field Lounge	Every Wednesday
Feldenkrais^	Van Ness	11:00 - 12:00	Nimmons Room Norton Court	March 10 - April 7
Choral Practice	Lampi	1:00 - 2:00	Diment Hall	Every Wednesday
Mah Jongg	Bui	1:00 - 3:00	Craft Room	March 17 - April 7 <i>call 372-6326 to register</i>
Mah Jongg/Bridge Free Time	No Instructor	1:00 - 4:00	Craft Room	Beginning April 14
Acrylic Art Class*	Bispo	1:00 - 4:00	Seideneck Room	January 13 - March 17
Reader's Theater+	Brady	1:00 - 4:00	Blanchard A	February 17 - March 10
THURSDAY:				
Wood Carving	Beety	9:00 - 11:45	Seideneck Room	Every Thursday
Yang Style Tai Chi Part 2^	Allison	9:00 - 10:30	Diment Hall	January 7 - February 25
Intermediate Bridge^	Leach	9:30 - 11:30	Craft Room	April 8 - May 27 <i>call 625-4421 to register</i>
Walking Club	Spake	10:00 - 11:00	Meet at Diment Hall	Every Thursday
Medical Insurance Mysteries - Managing Your Paperwork	Siebert	10:00 - 12:00	TBD	2nd & 4th Thursdays <i>Call Millie at 624-1588 to make an appointment</i>
Non-Fiction Reading Discussion	Wunsch	10:30 - 12:00	Blanchard A	Every Thursday
Photography Workshop	Eastman/Tarter	1:00 - 2:30	Seideneck Room	Every Thursday
Chess	Greenwood	1:00 - 4:00	Field Lounge	Every Thursday
Continuing Intermediate/Advanced French ^	O'Meara	2:00 - 4:00	Blanchard B	April 1 -1 May 27
"The Tibetan Book of Living & Dying"+	Provost	3:00 - 5:00	Blanchard A	April 8 - May 20
Personal Fitness^ (Lo Impact)	Rousseau	4:15 - 5:00	Diment Hall	Every Thursday

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FRIDAY:				
Yoga^	Theobald	8:30 - 9:30	Blanchard A	Every Friday
Personal Fitness^ (Lo-Impact)	Rousseau	9:00 - 10:00	Diment Hall	Every Friday
AARP: Save Driving	Ferrante	9:00 - 5:30	Seideneck Room	January 15 (<i>register with Millie</i>)
Totally Beginning Bridge^	Leach	9:30 - 11:30	Craft Room	April 9 - May 28 <i>call 625-4421 to register</i>
Jazz Appreciation^	Newmark	10:00 - 12:00	Blanchard A	1st & 3rd Fridays
Aerobics+	Elder	10:15 - 11:00	Diment Hall	Every Friday
Feldenkrais^	Van Ness	11:00 - 12:00	Nimmons Room Norton Court	March 12 - April 9
Duplicate Bridge	Klein	12:00 - 4:30	Craft Room	Every Friday
Low Vision	Wilson	1:00 - 2:00	Blanchard A	March 5, May 7, July 2, September 3, November 5
SATURDAY: Staff in Charge - George Bowery				
Topics in Music*	MacClelland	10:00 - 12:00	Blanchard A	January 9 - March 20
Line Dancing^	James	10:30 - 11:30	Diment Hall	Every Saturday
Conversational Spanish*	Hernandez	10:00 - 12:00	Seideneck Room	January 16 - March 6
Creativity With Friends^	Constant	1:00 - 3:30	Seideneck Room	March 13, April 10, May 8, June 12
Saturday Cinema	Bowery	1:00 - 4:00	Blanchard A	Surround Sound & Popcorn!
Ballroom Dancing^	Bruce/Samuel	2:00 - 3:30	Diment Hall	February 27 - April 3
SUNDAY: Staff in Charge - Marge Simmons/Susan Miller				
Open House	Simmons	1:00 - 4:00	Admin. Bldg.	
Ping Pong		1:00 - 3:00	Diment Hall	
Tea		2:30 - 4:00	Field Lounge	

SYMBOLS KEY

+ = Monterey Peninsula College
No Fees are Charged
Register: 646-4058

* = Carmel Adult Education
Fees are Charged
Register 624-1714

^ = Independent Instructors
May/May Not be a Fee

THE CARMEL FOUNDATION

FACILITY DIRECTORY

