

THE CARMEL FOUNDATION

CLASS & ACTIVITY SCHEDULE - JANUARY - APRIL 2012

updated 2/12/12

DAY OF WEEK	INSTRUCTOR OR LEADER	TIME	BUILDING & ROOM	COMMENTS
MONDAY:				
Yoga^	Geisen	8:30 - 9:30	Blanchard A	Every Monday
Personal Fitness^ (Lo-Impact)	Rousseau	9:00 - 10:00	Diment Hall	Every Monday
Outdoor Painting Class	Farina	9:30 - 12:30	Out in Field	Every Monday
Beginning Writing Memoirs+	Thompson	10:00 - 12:00	Craft Room	Every Monday
Coffee with the Chief	Calhoun	10:30 - 11:15	Cafe	2nd Monday of Every Month
Men's Discussion Group	Stern	10:30 - 11:45	Seideneck Room	Every Monday
Member Orientation	Foundation Staff	10:30 - 11:30	Blanchard A	3rd Monday (3rd Tues if Mon is a holiday)
Low Vision	Wilson	11:00- 12:00	Blanchard A	2nd Monday of Every Month
Women's Discussion Group	Albano	1:00 - 2:30	Blanchard A	1st & 3rd Mondays <i>call Anne at 620.8705 to register</i>
Life Transitions thru Creative Arts	Harris	1:00 - 2:30	Seideneck	Every Other Monday <i>February 13 & 27</i>
Collecting Memories^	Thompson	1:00 - 3:00	Craft Room	Every Monday
Caregiver's Support Group	Rilling	1:30 - 3:00	Blanchard A	2nd & 4th Mondays
Literature on the Run^	Adams	1:00 - 3:00	Blanchard B	Every Monday
The Carmel Foundation Book Club	Albano	2:00 - 4:00	Nimmons Room Norton Court	3rd Monday every Month
TUESDAY:				
Wood Carving	Hawthorne	9:00 - 11:30	Seideneck Room	Every Tuesday
Legal Services for Seniors	Fonferek	10:00 - 12:00	Blanchard B	Every Tuesday call 899.0492 for appointment
Easy Does It Yoga^	Lallaman	10:00 - 11:00	Blanchard A	Every Tuesday
Blood Pressure Check	Edwards/Koehne	11:00 - 12:00	Computer Lab	Every Tuesday <i>(Except 5th Tuesday) Cancelled for January</i>
Craft Group	Georis	1:00 - 4:00	Craft Room	Every Tuesday
Fine Arts Lab	Harrison	1:30 - 4:00	Seideneck Room	Every Tuesday
Beginning French^	O'Meara	2:00 - 4:00	Blanchard A	January 31 - March 6, 2012
The Carmel Foundation Walking Group	Jay	3:30 - 4:30	Meet bottom of 8th & Beach Walking Path	Every Tuesday Sign up with Bonnie, 620.8706
Personal Fitness^	Rousseau	4:00 - 4:45	Diment Hall	Every Tuesday

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WEDNESDAY:				
Yoga^	Russell	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	Computer Lab	2nd Wednesday
HICAP	Brumfield	9:00 - 12:00	Blanchard B	Every Wednesday <i>call 655.4245 for an appt</i>
Collecting Memories^	Thompson	9:30 - 11:30	Craft Room	Every Wednesday
From the Bookshelf <i>The Merch of Venice</i>	James	9:30 - 11:30	Seideneck Room	February 29 - March 21
Over the Hill but not Out to Lunch Bunch	Kelley	10:30 - 12:00	Nimmons Rm/Norton	Every Wednesday
Qigong	Lansdale	10:00 - 11:00	Blanchard A	Jan 11 - Free Demo Jan 18 - Feb 22
Serene Body Stretch	Jacque	11:30 - 12:30	Diment Hall	Every Wednesday
Reader's Theater+	Brady	1:00 - 4:00	Blanchard A	April 11 - May 16, 2012
Game Room: Bridge, Mah Jongg, Scrabble	No Instructor	12:00 - 3:00	Craft Room	Every Wednesday
Wednesday Programs	Albano	2:30 - 3:30	Diment Hall	Every Wednesday
Sing-A-Long	Nelson	1:00 - 2:00	Diment Hall	Every Wednesday
Acrylic Art Class*	Bispo	1:00 - 4:00	Seideneck Room	Dec 7, 2011- Feb 15, 2012 March 7 - May 16, 2012 <i>call 624.1714 to register</i>
Zumba Gold	Dixon	4:30 - 5:15	Diment Hall	Every Wednesday
Line Dancing	James	6:00 - 7:00 pm	Diment Hall	Every Wednesday
Meditation	Medina	7:00 - 8:30 pm	Nimmons Rm,Norton	Every Wednesday
THURSDAY:				
Tai Chi	Allison	9:00 - 10:30	Diment	Every Thurs (Jan 5 - Feb 6, 2012)
Wood Carving		9:00 - 11:45	Seideneck Room	Every Thursday
Intermediate Bridge^	Leach	9:30 - 11:30	Craft Room	Jan 19-Feb 23 / Apr 12-May 17 <i>call 625.4421 to register</i>
Non-Fiction Reading Disc	Grundy	10:30 - 12:00	Blanchard A	Every Thursday
Photography Workshop	Tarter	1:00 - 2:30	Seideneck Room	Every Thursday
Chess	Greenwood	1:00 - 4:00	Craft Room	Every Thursday
Advanced French^	O'Meara	2:00 - 4:00	Off Site	February 2 - March 8, 2012
Personal Fitness^(Lo Impact)	Rousseau	4:00 - 4:45	Diment Hall	Every Thursday

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FRIDAY:				
Yoga^	Geisen	8:30 - 9:30	Blanchard A	Every Friday
Personal Fitness^ (Lo-Impact)	Rousseau	9:00 - 10:00	Diment Hall	Every Friday
Beginning Bridge^	Leach	9:30 - 11:30	Craft Room	Jan 20-Feb 24 / Apr13-May 18 <i>call 625.4421 to register</i>
Jazz Appreciation^	Newmark	10:00 - 12:00	Blanchard A	1st & 3rd Fridays
Early Memory Loss Support Group	Alzheimers Association	10:00 - 11:30	Blanchard A	2nd & 4th Fridays <i>call 647.9890 to register</i>
Early Memory Loss Support Group	Alzheimers Association	10:00 - 11:30	Blanchard B	2nd & 4th Fridays <i>call 647.9890 to register</i>
Duplicate Bridge	Klein	12:00 - 4:30	Craft Room	Every Friday
Creative Writing^	George	1:30 - 3:30	Blanchard A	Every Friday <i>call 372.4172 to register</i>
SATURDAY: Staff in Charge - George Bowery				
Beginning Tai Chi^ Cheng Man-Ching Style	Lallaman	10:00 - 11:00	Craft Room	Every Saturday <i>call 372-1448 to register</i>
Line Dancing^	James	10:00 - 11:00	Diment Hall	Every Saturday
Topics in Music*	MacClelland	10:00 - 12:00	Blanchard A	Dec 10, 2011- Feb 18, 2012 Mar 5 - May 19, 2012 <i>call 624-1714 to register</i>
Conversational Spanish	Hernandez-Spencer	10:00 - 12:00	Seideneck Room	Dec 10, 2011- Feb 18, 2012 Mar 5 - May 19, 2012 <i>call 624-1714 to register</i>
Continuing Tai Chi^ Cheng Man-Ching Style	Lallaman	11:30 - 12:30	Craft Room	Every Saturday <i>call 372.1448 to register</i>
Intro to Piano ^	Lewis	1:00 - 2:00	Blanchard B	<i>call 624.1353 to register</i>
Collage ^	Constant	1:00 - 3:30	Seideneck Room	2nd Saturday of the month
Saturday Cinema	Bowery	1:00 - 4:00	Blanchard A	Surround Sound & Popcorn!

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

~ = Osher Lifelong Learning
Institute CSUMB
Register: 582.5500

THE CARMEL FOUNDATION

FACILITY DIRECTORY

