

## Wednesday Program

2:30pm

Diment Hall

Refreshments Served

Immediately Following the Program

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- February 1: John Harris, Pacific Grove filmmaker presents his award winning film "Monterey to Big Sur". This film has been called an "indescribably exquisite" and "beautifully filmed" masterpiece.
- February 8: "Fall Prevention" – speakers Jim Barnes, PT, OCS, CSCS and Melissa Dalton, R.N., Director of Clinical Services for Alliance Home Health, will present a program on what you can do to prevent falls. One out of three adults age 65 and older falls each year. Among those age 65 and older, falls are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions. Join Alliance Home Health for an enlightening and educational talk and question and answer program. Alliance Home Health is Medicare certified Home Health Agency.
- February 15: Join us for "The Carmel Foundation Variety Show" as talented Carmel Foundation members showcase their singing/acting or reading talents. In celebration of Valentine's Day, we will also have a special goodies afterwards.
- February 22: "Touring English Parish churches in the South Cotswolds" – Charlie March will give a presentation on touring the Early Gothic style churches in the Southern Cotswold region of England. Charlie is also directing a cathedral and parish church learning tour, June 3-12, 2012 to the beautiful Herefordshire and Gloucestershire counties and hopes this presentation will draw interest in what promises to be a fascinating and highly educational tour. This presentation will be of great interest to those fascinated with England's medieval period, ancient architecture, and the adventure of searching out places the "tourist" rarely sees.
- February 29: "Wills and Trusts" – what's the difference? Join Eric Fonferek, J.D. of Legal Services for Seniors will talk about Wills and Trusts...and the differences between the two.