

THE CARMEL FOUNDATION

AN ADVENTURE IN NEIGHBORLINESS

Volume No. 62, February, 2012

www.carmelfoundation.org



Welcome to Bonnie Jay

Please welcome Bonnie Jay to The Carmel Foundation as the Support Services Coordinator. She previously worked for Community Support Services for Santa Cruz Community Counseling Center and brings a wealth of experience to the Support Services

office. In her free time, Bonnie makes jewelry in metals. You might see some of her creations in local Carmel galleries. Please stop by and say hi!

Changes in Development

Please join the Foundation in bidding best wishes to Linda J. Lee as she retires from The Carmel Foundation as the Director of Development. Linda created the Foundation's Development Office over 8 years ago and has seen the Foundation through the growing pains of a fledgling program. She has also overseen the successful completion of a \$3.5 million Capital Campaign to fund the reconstructed low-income apartment complex Trevvett Court. Linda has continued to foster donor relations and mentor staff in the care of our members. Linda will continue to be a face at the Foundation as she volunteers and attends some of the many great classes we offer. Aimee Cuda has been appointed as the new Director of Development. Aimee and Linda have worked well together as a fundraising team and Aimee looks forward to carrying Linda's torch forward.



VOLUNTEER DRIVERS NEEDED

Do you enjoy helping people? Join us in lending an arm to our members who need assistance with transportation. Volunteers needed for 3 hour shifts, one day a week, driving members to medical appointments, shopping, etc. If you are interested, contact Melissa McKenzie at 620.8703 or at mmckenzie@carmelfoundation.org

**In observance of
President's Day
The Carmel Foundation
will be closed
February 20, 2012**

Dates to Remember

FEBRUARY

- 1 Program - "*Monterey to Big Sur*"
- 4 Movie - "Dolphin Tale"
- 8 Workshop - Cooking for One
- 8 Program - "*Fall Prevention*"
- 11 Movie - "Mr. Popper's Penguins"
- 11 Special Event - Valentine's Bridge Tournament
- 13 Coffee with the Chief
- 15 Program - "*The Carmel Foundation Variety Show*"
- 17 Workshop - Reflexology-Ancient Healing Art
- 18 Movie - "Abduction"
- 20 Closed - President's Day
- 22 Program - "*Touring English Parish Churches of South Cotswolds*"
- 24 Workshop - Make a Bracelet Workshop
- 25 Movie - "Fast Five"
- 27 Member Orientation
- 29 Program - "*Wills and Trusts*"

HAPPY 2012!

A great time was had by all who attended the New Year's Party



Where Does the Money Go?

Does it seem as if the solicitations are endless? Are you being asked to donate to many things, but not sure what each dollar is being used for? Here's a simple guideline to what you are supporting. The Carmel Foundation raises money for the Annual Fund. This fund is used to pay for the daily needs of The Carmel Foundation. The Foundation also raises money to support specific programs or needs. The Transportation Program is an excellent example of this. The money received through transportation fees does not cover the cost to run this vital program. This year, the Foundation's Auction Gala will help fund this program.

The Foundation has some exciting events and opportunities... here is where the money goes:

<u>Time</u>	<u>Event</u>	<u>Funds</u>
Winter 11-12	Membership Renewal	Foundation programs
January 26, 2012	Philanthropic Foodies	Foundation programs
January-February 2012	Birdies for Charity	Monterey Bay Village
May 19, 2012	Carmel goes... Cabaret	Transportation Program

Thank you to our members, friends, and donors who make it possible to continue excellent programming at the Foundation for seniors in this community. If you have any questions or would like to help with one of the events listed above, please do not hesitate to contact Aimee Cuda at 831.620.8701 or acuda@carmelfoundation.org or visit Aimee in Blanchard House.



ACTIVITIES & EVENTS

New classes starting in February are outlined in our Class Schedule. The schedule can be picked up at the front desk or viewed online at our website: www.carmelfoundation.org

Volunteer positions are still available in a variety of areas including **Café Cashiers, Pianists for our Luncheon Program, Tea Hostesses, Librarians, Gardeners, Friendly Visitors, Meal Delivery, and Checks and Balances.** These are just a few of the areas where help is needed. Call Melissa for more information at 620.8703.

Welcome to New Members! Join our staff for an introduction to The Carmel Foundation on Monday, February 27 at 10:30am in Blanchard A. This time is set aside to give you information on the wonderful services, programs, and activities that are available to members. We will answer questions and give you a tour of the facility so you'll know where your favorite classes are held. Stay and try one of our delicious lunches and get to know other members.



Poetry, stories, memoirs and MORE! Join the **Creative Writing Class with Cecilia George** every Friday in Blanchard A, 1:30-3:30pm. **To register call Cecilia at 372.4172.** No FEE

Line Dancing with Belle James. Kick up your heels and learn how to line dance in a fun class. Can you beat this? Wednesdays 6:00-7:00pm or Saturdays 10-11am. **Sign up with Millie at front reception.**

Valentines Bridge Tournament! Come and have a good time playing Bridge! Join us for an exciting two hour Bridge Tournament at the Foundation on Saturday, February 11, 2:00-4:30pm. Juice, coffee and treats will be served! Prizes for 1st and 2nd place pairs. Cost: \$10 **Contact Jill Leach if you need a partner and to register at 625.4421.** Deadline to register is Monday, February 6.

Zumba Gold, the lower impact, easy-to-follow, Latin inspired dance fitness party that keeps you in the groove of life. Wednesdays, 4:30pm. **Call Susan Dixon at 625.1360.** Drop In \$10 or 5 class cards: \$40.

Collage will get your creativity flowing. Workshops are the second Saturday of each month in the Seideneck Room 1:00-3:00pm. \$5 donation for supplies appreciated. **Sign up at the front reception desk.** Jacquie Boomer Adams, M.A. begins teaching her

Serene Body Stretch and Strength class on Wednesdays in Diment Hall, from 11:30am-12:30pm. Class begins February 1 and is a 'free' introductory class. Bring an exercise mat and wear comfortable and warm clothing. The first half hour of the class is dedicated to gentle strengthening of major muscle groups, and the second half of the class is Jacquie's signature "Serene Body Stretch". This class offers fluid movements incorporated with soothing stretches that lead you into blissful relaxation. Class fees: \$6.00 per class with advanced purchase of a 10 class 'punch card.' \$8.00 per class individual payment. **Please register with Millie at reception.**

Playwright and MPC Professor Emeritus Allston James will be teaching **From the Bookshelf** series the "Two from Shakespeare: The Merchant of Venice and Hamlet." Allston's four-week course meets from February 29 – March 21 on Wednesdays, 9:30-11:30am. **Call MPC at 646.4058** for more information and to register.

You are invited to join our **Literature on the Run Group** which meets every Monday at 1:00pm in Blanchard B. The group is reading a rich and diverse collection of the modern short story from around the world. **Call Marge at 624.3386** if you have any questions.

Memoir Writing: Record Your Life's Journey, Mondays 10:00am - 12:30pm OR Wednesdays 9:30am - 11:30am. All levels welcome. **Call Illia at 659.5210 for details,** \$35 monthly fee.

Gain balance, strength and flexibility through **Yoga.** Join us on Monday, Wednesday, and Friday mornings 8:30-9:30am in Blanchard A. **Call Lynn for Mon/Fri class at 625.1253; Deborah at 920.8130 for Wed class** Fee: \$8 per class



Life Transitions Class, with Donna Harris Gain tools in this FUN 4-week course to navigate through difficult events in a nurturing and supportive atmosphere with Donna Harris. Mondays, 1:00-2:30pm, Seideneck Room. Cost: \$80. **Sign up with Millie at reception.**

Coffee with the Chief is back and scheduled for Monday, February 13, 10:30-11:30am in the Cafe. No appointment necessary; just stop by.



MONTEREY BAY VILLAGE UPDATE

Development of The Carmel Foundation's Monterey Bay Village is underway with Nettie Porter, Director, at the helm. Permanent new offices for the Village are now in Blanchard House adjacent to Room A on the main level.

The Village is a new model for retirement to help seniors remain in their homes and the neighborhoods they love as they age. Our goal is to create a member driven program that offers a menu of assistance with ease, referrals to a screened network of service providers and vendors, and volunteer opportunities – neighbors helping neighbors.

Membership provides: lifestyle insurance, peace of mind, bundled service discounts, one phone call assistance with services offered, and access to over 50 activities and programs offered weekly at the Foundation. Another unique aspect is volunteer assistance that will be available for transportation to errands, medical appointments, grocery shopping, prescription delivery and more.

The Foundation was fortunate to receive a \$25,000 grant from the Monterey Peninsula Foundation, and support from generous individuals to get this project off the ground. After counting projected membership revenue, we are only \$15,300 away from securing funding needed for the first year of operation. If you are interested in learning more about the Monterey Bay Village or would like to make a donation, please contact Nettie Porter at 831.620.8717.

DON'T FORGET TO RENEW YOUR MEMBERSHIP

Thank you to our members who are helping us reach our goal of \$210,000 by January 31, 2012. We haven't quite reached that goal, but we're getting close... Keep watching the thermometer in February to see if we hit the mark! If you haven't renewed your membership, we don't want you to miss out on the monthly newsletter, superb lunches, fun activities, inspiring Wednesday programs, tours to great destinations, free equipment loans, transportation, library, green house, computer lab, and so much more. If you haven't renewed your membership, please stop by Reception today!

WEDNESDAY PROGRAM

2:30pm

Diment Hall

Refreshments Served

Immediately Following the Program

February 1: John Harris, Pacific Grove filmmaker presents his award winning film "Monterey to Big Sur". This film has been called an "incredibly 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

Lifestyle & Wellness

Cooking for One or Two

Wednesday, February 8th, 4:00-6:00 pm

Blanchard A

Karen Anne Murray of Eddison & Melrose presents stress free recipes to cook for one or two. Workshop will include buffet of bites, glass of wine, and recipes to take home. Cost: \$10 per person (*limited enrollment). Please pre-register at the Reception Desk.

The Carmel Foundation Book Club

Monday, February 20, 2:00 p.m.

(3rd Monday of each month)

Location: Nimmons Room at Norton Court Apartments

(Corner of 5th and Dolores near the post office)

This book group has been meeting for a year and discusses a book a month. February selection is Cleopatra – A Life. The books are provided to the group members for free.

For more information or to sign up, please contact: Support Services staff

Low Vision Support Group

Monday, February 13, 11:00am - 12:00pm

(2nd Monday of each Month)

Blanchard A

Facilitated by: Janet Louise Wilson

Guest speaker Jackie will discuss services available through The Blind & Visually Impaired Center of Monterey County and other community resources.

Reflexology – Ancient Healing Art

Friday, February 17th, 10:30-11:30am

Seideneck Room

Learn about the ancient art of reflexology. with SkyyeSong Fell, Certified Reflexologist. Modern reflexology is now scientifically validated and globally practiced. This alternative medicine focuses on physical, emotional, mental and spiritual balance. Come and learn how you can empower yourself to better health. Please register at the Reception Desk. FREE.

Make a Bracelet Workshop

Friday, February 24th, 10:30-11:45am

Seideneck Room

Bonnie Jay, (metal smith and new Support Services Coordinator) will lead this workshop where you will make your own unique copper bracelet. The process will include filing, sanding, hammering, stamping and forming copper blanks into your own wearable bracelet. You may want to bring a hammer that is comfortable for you to use (ear plugs will be provided). Other supplies will be provided. Sign up early. Limited to 10 members. Call Bonnie at 620.8706 to sign up. \$5.00 material fee due at first class.

Walking Group

Tuesdays, 3:30-4:30pm

Join staff member Bonnie Jay and walk various local easy paths and trails and enjoy getting fit with friends. Call Bonnie at 620.8706 to sign up to join this group. FREE.

Ongoing Services

i **Homebound Meal Program** - offers four complete frozen meals delivered to your home by volunteers every other week. The cost is \$6.00 per meal.

i **Blood Pressure Check** - Every Tuesday, except 5th Tuesday from 11:00am - 12:00pm in the Computer Room. No appointment necessary.

i **Medical Equipment Loans** - borrow *free* medical equipment.

i **Caregiver Support Group** - facilitated by Von Rilling, MSN, 2nd & 4th Monday, 1:30-3:00pm in Blanchard A.

i **Low Vision Support Group** - Meeting dates have changed to the 2nd Monday of the month. Next meeting is February 13, 11:00am - 12:00pm, Blanchard A.

i **Early Stage Group** - for people with memory loss due to Early Stage Alzheimer's or a related disorder. Co-sponsored with the Alzheimer's Association. Call 647.9890 for more information.

i **Information and Referral** - staff are available to help you navigate the complex world of services and resources, by phone or drop in.

**Call Support Services at
620.8705 or 620.8706**

Partnering Agencies

i **Social Security** – the second Wednesday of each month from 9:00am – 12:00pm and 1:00 – 3:00pm in the Outcalt Building (computer lab). Please check in at the reception desk.

i **Legal Services for Seniors** – each Tuesday from 10:00am – 12:00pm in Blanchard B. Call **899.0492** to make an appointment.

i **HICAP: Alliance on Aging** - questions about Medicare or supplemental insurance. Call 655.4245 to make an appointment; available every Wednesday in Blanchard B.

Computer Learning Class Highlights Center

Tracing Your Family Tree

Tracing your family tree involves research whether your goal is to make an ancestor chart, find your ancestor's homeland, or solve a family mystery. Learn about the research cycle and the 'Genealogical Proof Standard' used to distinguish between 'fact & fiction.' Class discussion will focus on research steps and how to individualize a research plan needed for a successful research experience. Junel Davidsen is returning in February and March to instruct in this popular subject.

FEBRUARY SCHEDULE

Monday

Open Lab

1:00 – 3:00pm; Bob Runkel; \$1 per hour

Tuesday

Open Lab

1:00 – 3:00pm; Paula Cianciarulo; \$1 per hour

Tracing Your Family Tree

February 14 & 21, March 6; 1:30 – 3:00pm;
Junel Davidsen; \$30 for 3 sessions

Wednesday

Open Lab

10:00am – 12:00pm; Bob Runkel; \$1 per hour

Thursday

Picasa

February 10:00am – 12:00pm
Norm Johnson; \$35 for 4 sessions

Friday

Picasa Lab

9:00 – 10:00am; Norm Johnson; \$3 per hour

Intro to the Personal Computer

February; 10:00am – 12:00pm;
Norm Johnson; \$25 for 4 sessions

Corel Painter Workshop

February 3 -24; 1:00 – 3:00pm;
Roy Hilts; \$3 for each session

MARCH SCHEDULE

Monday

Open Lab

1:00 – 3:00pm; Bob Runkel; \$1 per hour

Tuesday

Open Lab

1:00 – 3:00pm; Paula Cianciarulo; \$1 per hour

Tracing Your Family Tree

March 6; 1:30pm – 3:00pm;
Junel Davidsen; \$30 for 3 sessions

Wednesday

Open Lab

10:00am – 12:00pm; Bob Runkel; \$1 per hour

Thursday

Picasa

March 1 - 22; 10:00am – 12:00pm;
Norm Johnson; \$35 for 4 sessions

Friday

Picasa Lab

9:00 – 10:00am; Norm Johnson; \$3 per hour

Intro to the Personal Computer

March 2 -23; 10:00am – 12:00pm;
Norm Johnson; \$25 for 4 sessions

Corel Painter Workshop

March 2 - 23; 1:00 – 3:00pm;
Roy Hilts; \$3 for each session

COMPUTER CLASS REGISTRATION

Please be sure to sign up for your choice of computer classes no later than one week prior to the start date of each session. Register with Millie at the Reception Desk. ~~Thank you!

MEMORIAL & TRIBUTE GIFTS

Your contribution to The Carmel Foundation is sincerely appreciated.

MEMORIAL GIFTS

In Memory of Bjorn Lenck

Sam & Gisele Ginsburg
Mr. & Mrs. Clive Rayne

In Memory of Dorothea "Terry" Layne

Dick & Maria Fetherstonehaugh
Tostevin Accountancy Corporation

In Memory of Lucy Owens

Carroll Fergusson
Lillian Lampi
Remaining Five of the super six group:
Lilian Lampi, Barbara Lopp, Bunny
Pratt, Irene Savo, Bettye Stennis
Vi & Chuck Fox

In Memory of Vivien Dike

Claire Goldberg

In Memory of Violet Calleta

Gerda Rayne

In Memory of Barbara Nelson

Richard Burns

In Memory of Bruce Evans

Richard Burns

In Memory of Milt Kegley

Betty Rust
Richard Burns

In Memory of Suzanne Wood

Nora London

In Memory of Elinor Simpson

Gerda Rayne

In Memory of Allen Woodhour

Richard Burns

In Memory of Tien F. Tao

Alice Tao

In Memory of Trudy Post

Vi & Chuck Fox

TRIBUTE GIFTS

In Honor of Dr. Ruth Madamba

Borit Reeder

In Honor of the Foundation Staff

The Friday Afternoon Bridge
Bunch

In Honor of Homebound Meal

Deliverers Gaby Walters &
Mary Boyken
Eva Marie Stricker

OBITUARIES

G Harry Anderson

Bruce Patrick Evans

Henry Edmond Gilpin

Anne Marie Montano Phillips

Zaza Trina Skidmore

Zane Paul Speiser

*When you are sorrowful
look into your heart
and you shall see that
you are weeping
for that which has been
your delight*

~ Kahlil Gibran

THE CARMEL FOUNDATION NEWSLETTER
An Adventure in Neighborliness since April 21, 1950

Published by The Carmel Foundation
 Editor: Jill Sheffield
 Asst. Editor: Gilda Soule
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 Carmel, CA 93921
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VOLUNTEER COORDINATORS

Craft Group: Connie Georis
 Library Group: Barry Kohler/Jeanne Hope
 Gardening Group: Carolyn Thomas
 Tea Servers: Sari Powles
 Computer Center: Norm Johnson
 Tours: Mary Lou Kisseil
 Newsletter Mailing: Lois Anzini
 Vivian Blakeman

Weekday hours 9:00am to 5:00pm

FOR YOUR INFORMATION

- Luncheons from 11:40am to 1:00pm
- Wednesday Program weekly at 2:30pm
- Open Saturdays 9:00am to 4:00pm
- Member Orientation 3rd Monday at 10:30am
- Tours - see Reception Desk

THE CARMEL FOUNDATION
 P.O. Box 1050, Carmel, CA 93921
Volume 62, No. 2, February 2012
 831.624.1588
 www.carmelfoundation.org

**Time Sensitive Material
 Please Do Not Delay**

save the date...
**Carmel Goes Cabaret
 Auction Gala**
 Saturday, May 19, 2012
 Carmel Valley Ranch

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THE CARMEL FOUNDATION TOUR PROGRAM



ALL TOURS LEAVE FROM THE CROSSROADS SHOPPING VILLAGE

For Tour Information: contact **Suzan at the reception desk at 620.8711**. Payment must be received in order to reserve a space on the tour. Payment may be made at the reception desk or by sending a check including a self-addressed, stamped envelope to: The Carmel Foundation Tours, PO Box 1050, Carmel, CA, 93921. Telephone reservations may be made with a Credit Card - VISA or MasterCard (*plus \$3 bank fee*).

<p>March 20 Tuesday</p> 	<p>Asian Art Museum: Maharaja's The Splendor of India's Royal Courts. Explore the life and times of India's great kings by getting close to the objects they used and the art they commissioned, collected, and loved. Visit a variety of kingdoms to learn about India's shifting political powers, its colonization by Great Britain, and the emergence of the independent nations of India and Pakistan in the modern era. Leave the Crossroads at 9:00am. Arrive at 11:30am for lunch on your own. Depart the Museum at 4:30pm. Arrive Carmel at 7:00pm. Cost: \$61.</p>
<p>March 11 Sunday</p> 	<p>Cirque Du Soleil, Under the Grand Chapiteau, "the Big Top," San Jose. A fascinating journey into the evolution of mankind! Come with us to see the Cirque Du Soleil's new show, Totem! "Forget reality and let this magical world full of spectacular acts enchant you." Refreshments and snacks are available in the entrance tent. Leave the Crossroads at 9:00am. Arrive San Jose at 10:30am. Depart San Jose at 4:30pm. Arrive Carmel at 6:00pm. Cost: \$77.</p>
<p>February 25 Saturday</p> 	<p>San Francisco Ballet. It's time for a return to the incredible San Francisco Ballet! This presentation is a "Mixed Bill" and will appeal to many. Join us for the return of Wayne McGregor's stunning Chroma, an award-winning contemporary work proclaimed "ravishing on all fronts" set to music compositions by Jody Talbot. In addition, you will see a world premier work by acclaimed choreographer Mark Morris in the breathtaking Number Nine featuring a large ensemble of 24 dancers. Depart Crossroads at 9:00am, arrive SF at 11:30am for lunch on your own. The ballet begins at 2:00pm. Depart SF at 4:30pm. Arrive Carmel at 7:00pm. Cost: \$80</p>
<p>February 15 Wednesday</p> 	<p style="text-align: center;">EXPLORE YOUR BACKYARD SERIES</p> <p><i>Monterey County highlights everything that's best about California. From historic Monterey Peninsula cities on the bay to the agriculture fields of Salinas Valley, Monterey County is a very diverse region. The Foundation will be offering a series of excursions exploring our very own backyard, Monterey County.</i></p> <p>Monterey Movie Tours® showcases the Monterey Peninsula's legendary scenery along with the big screen splendor that made the area famous. You will appreciate this peek into local and cinematic history – complete with classic Hollywood clips and celebrity stories. Watch clips and hear personal accounts of a young Jimmy Stewart, who filmed Hitchcock's thriller, "Vertigo," in Pebble Beach. Remember how teen heartthrobs Troy Donahue and Sandra Dee fall in love in "A Summer Place", then learn about the movie's unforgettable theme song. Check out the link online to catch a glimpse of how much fun this tour is: http://www.montereymovietours.com/home. Meet at the Monterey Conference Center in downtown Monterey. You can park at the Portola Plaza Hotel or a few short blocks away at the corner of Washington and Del Monte Ave. City parking lot at \$7 all day. Board at 12:30pm, depart 1:00pm. Return at 4:00pm. Cost: \$45</p>

Collette Vacations



Southern Charm. This seven day trip will begin April 15, 2012. Taking in Charleston, SC, Savannah, GA, Jekyll Island, GA as well as Jacksonville, FL. You will visit old towns, Spanish quarters and the United States oldest city, St. Augustine, FL settled in 1565. Enjoy a week of Southern hospitality and fabulous meals and sights! The price includes 10 meals. Double occupancy per person is \$2,269 and includes round trip fare from San Jose, CA.



NEW - New York City. Experience the best of “the Big Apple” in this spectacular 5-day vacation starting May 31, 2012. Enjoy two exciting Broadway Shows. Visit Ellis Island, Little Italy and Greenwich Village. See the Statue of Liberty, the Empire State Building and the United Nations. Explore The Metropolitan Museum of Art, shop and explore this fabulous city on your own. \$2,349 for double occupancy, \$2,499 if booked after November 30, 2011.



Tropical Costa Rica includes an optional 3-night ‘jungle adventure’. The nine day tour begins June 23, 2012, in the capital city of San Jose and takes in Tamarindo Beach, the Doka Coffee Estate, Monteverde, the Cano Negro Refuge and includes a cruise on Lake Arenal. The price of this trip includes 14 meals at \$2329 per person, double occupancy and leaves from San Jose, CA.

Diamond Tours



Grand Canyon and the Hoover Dam. The 7 day 6 night trip starts September 27, 2012 leaving on a motorcoach from Carmel. The trip includes 6 breakfasts and 4 dinners, guided tours of Grand Canyon National Park and Valley of Fire State Park. Visit the Hoover Dam’s Visitor Center and see the brand new Hoover Dam Bypass Bridge. Also included is admission to the Historic Route 66 Museum and the Mohave Museum of History and Arts. The price of this trip is \$609 per person, based on double occupancy (add \$210 for single occupancy).

FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Prices</p> <p>Hot Entree \$4.00 (Salmon \$5) Large Hot Entree \$7.00 (Salmon \$8) Salad Entree/Du Jour \$4.00 (Chicken Caesar, Shrimp, Chinese Chicken or Tofu)</p>		<p>1</p> <p>PROGRAM</p> <p><i>“Monterey to Big Sur”</i></p> <p>2:30pm Diment Hall Refreshments</p>	<p>2</p> <p><u>Dover Sole Stuffed w/ Crab & Bay Shrimp</u> served w/Brown Rice & Asparagus</p> <p>Apple Berry Crisp</p>	<p>3</p> <p><u>Beef Bourguignon</u> Beef Tips & Mushrooms in a Burgundy Sauce Served Over Mashed Potatoes</p> <p>Cherry Crisp</p>
<p>6</p> <p><u>Pork Osso Bucco</u> Pork Shank in a Traditional Sauce Served with Creamy Mashed Potatoes & Vegetables</p> <p>Tapioca w/Berries</p>	<p>7</p> <p><u>Coq Au Vin</u> Chicken braised in Red Wine with Mushrooms served with Egg Noodles & Vegetables</p> <p>Coconut Cream Pie</p>	<p>8</p> <p>PROGRAM</p> <p><i>“Fall Prevention”</i></p> <p>2:30pm Diment Hall Refreshments</p>	<p>9</p> <p><u>Mom’s Meatloaf</u> Served with Garlic Mashed Potatoes, Green Beans & Savory Gravy</p> <p>Cherry Pie</p>	<p>10</p> <p><u>Catch of the Day</u> Come see what’s new!</p> <p>Lemon Meringue Pie</p>
<p>13</p> <p><u>Chicken Cordon Bleu</u> Breaded Chicken Filled with Velvety Swiss Cheese & Ham</p> <p>Apple Pie ala Mode</p>	<p>14</p> <p><u>Pot Roast</u> Slow Cooked Beef with Savory Gravy, Red Potatoes & Sweet Carrots</p> <p>Cherry Crisp</p>	<p>15</p> <p>PROGRAM</p> <p><i>“The Carmel Foundation Variety Show”</i></p> <p>2:30pm Diment Hall Refreshment</p>	<p>16</p> <p><u>Chicken Picatta</u> In a Lemon Butter Caper Sauce, Served with Brown Rice and Vegetable</p> <p>Birthday Cake!</p>	<p>17</p> <p><u>Chile Relleno</u> Topped with Cheese, Served with Fiesta Corn & Refried Beans</p> <p>Flan</p>
<p>20</p> <p>President’s Day</p>  <p>Foundation is CLOSED</p>	<p>21</p> <p><u>Beef Stew</u> Super Hearty w/Beef, Carrots & Potatoes in a Savory Gravy</p> <p>Peach Pie</p>	<p>22</p> <p>PROGRAM</p> <p><i>“Touring English Parish Churches in the South Cotswolds”</i></p> <p>2:30pm Diment Hall Refreshments</p>	<p>23</p> <p><u>Roast Turkey Dinner</u> Served with Herb Stuffing, Cranberry Sauce & Gravy</p> <p>Pumpkin Pie</p>	<p>24</p> <p><u>Salmon Fillet with Mango Salsa</u> Poached in White Wine and Served with Brown Rice & Vegetables</p> <p>Key Lime Pie</p>
<p>27</p> <p><u>Parmesan Encrusted Roast Chicken</u> Served with Mashed Potatoes & Country Gravy</p> <p>Cherry Crisp</p>	<p>28</p> <p><u>Mixed Grill</u> Steak, Chicken & Sausage with Rosemary Roasted Potatoes</p> <p>Ice Cream</p>	<p>29</p> <p>PROGRAM</p> <p><i>“Wills & Trusts”</i></p> <p>2:30pm Diment Hall Refreshments</p>	<p>Prices Continued</p> <p>Cup of Soup \$1.25, Bowl of Soup \$2.00 Fruit Cup \$1.25 Large Green Salad \$3.00 Small Variety/Fruit Salad \$1.75, Jello \$1.00 Dessert \$1.50 Sides \$1.00 Beverages \$.50</p>	

Artist of the Month

Carol Harrison's Fine Arts Lab



The Carmel Foundation provides a huge, bright room for artists. There they find a retreat to spread out their work and enjoy an afternoon of painting. All medias are encouraged: oil, acrylic, watercolor, pen and ink, pastel, and even the pencil. The afternoon is rather quiet, but conversations of art history, critiques on gallery openings, discussion from Renaissance to contemporary ripple through the room. They meet each Tuesday afternoon from 1:30-4:00pm. It is more like a college lab than a classroom. Artists can come and go as they please. It's free to all who are current members of The Carmel Foundation.

Please note: The Carmel Foundation receives a 30% commission from the sales resulting from this show. Your patronage of these artists will in turn benefit the Seideneck Fund of The Carmel Foundation, which supports all art related activities of The Carmel Foundation. Please see Gilda Soule, in the Administration Building, if you are interested in purchasing a painting.

Saturday Cinema

MOVIES & POPCORN



1:00pm
Blanchard House
Surround Sound Movies!

FEBRUARY 4

*Dolphin Tale*****
(PG) - 2011 - True Life Drama- 113 min.
Morgan Freeman, Ashley Judd

FEBRUARY 11

*Mr. Popper's Penguins****
(PG) - 2011 - Comedy - 95 min.
Jim Carrey, Carla Gugino

FEBRUARY 18

*Abduction*****
(PG-13) 2011 - Thriller - 107 min.
Taylor Lautner, Lily Collins

FEBRUARY 25

Fast Five
(PG-13) 2011 - Action & Adventure - 131 min.
Van Diesel, Paul Walker



Making Healthy Snacks

A big part of healthy eating is eating more whole grains, fruits, vegetables, and low-fat milk products. Healthy snacks are a great way to make sure that you get plenty of these nutritious foods every day. Use these ideas to get started.

Snack ideas

- Combine honey and peanut butter or almond butter for a protein-rich dip for raw apples, carrots, celery, and pretzel sticks. This spread also tastes great on bagels, rice cakes, and whole-grain crackers.
- Mix fresh or frozen berries with low-fat yogurt. Top with sliced almonds or granola to make a fruit parfait.
- Top whole-grain crackers with low-fat cottage cheese or ricotta cheese and sliced tomatoes or red pepper strips.
- Make your own healthy trail mix with high fiber cereal, dried fruit (such as cranberries, blueberries, and dates), and nuts such as almonds. This mix also makes a great topping for yogurt.
- Spread low-fat cream cheese on a whole-grain bagel. Sprinkle sunflower seeds and raisins on top of the cream cheese for extra flavor.
- Dip colorful sliced vegetables in low-fat salad dressing or hummus. Try red, yellow, and orange bell peppers; broccoli; cauliflower; and cherry tomatoes.

WebMD Medical Reference from Healthwise

