



FOUNDATION EVENTS



January...time to exercise. Join MaryAnn for her ever popular "Lo-Impact Personal Fitness" or see insert for more options

MIX IT UP

5:00pm-7:00pm
Monday, January 29
Carmel Foundation Singles
Mix and Mingle

see page 3 for more
information

COFFEE WITH THE POLICE CHIEF

10:30am-11:30am
Monday, January 8
Join the Chief for a cup of
coffee and a chat

TECH CLASSES

Photoshop is back! So is
Corel Painter Facebook
and iPad instruction.

see Activities, Events &
Programs insert for more
information

SPECIAL VALENTINE LUNCH

12:00pm
Tuesday, February 13
Prime Rib Luncheon for \$10!

see page 3 for more
information

Philanthropic Foodies Thursday, February 1, 2018

Come experience Philanthropic Foodies; an elegant evening filled with seasonal cuisine and some of Monterey County's finest wines. Held at La Playa Carmel, the evening will begin with a champagne reception on the terrace. Soon after, while listening to the guitar music of Terrence Farrell, enjoy a 4-course meal prepared by Chef Ilabaca with local wines, as well as the company of good friends. Proceeds benefit The Carmel Foundation. This year's menu is listed below:

Grilled Persimmon Salad
Salinas Valley bitter greens, goat cheese, toasted hazelnuts, balsamic vinaigrette
2013 Scheid Vineyards Chardonnay

Roasted Butternut Squash Soup
toasted pumpkin seeds, crème fraiche, chives

2012 DiOrio Cellars Pinot Noir

Braised Beef Short Ribs
horseradish mashed potatoes and roasted seasonal vegetables

2013 Blair Estate Pinot Noir, Delfina's Vineyard, Arroyo Seco AVA

Warm Apple Pie
spiced cream

Coffee and tea service

vegetarian option is available upon request.

Tickets are \$120 per person. For more information contact Leanne Leonard at 620.8702. For reservations, sign-up online at carmelfoundation.org or with member services, 624.1588. Limited tickets are available. One does not need to be a Foundation member to attend.

Carmel Foundation Holiday Closures

The Carmel Foundation will be
CLOSED

January 1, New Year's Day
&

January 15, Martin Luther King Jr Day

Remember to Renew!

If you haven't already renewed your 2018 membership, please do so to ensure you can continue to participate in the many offerings at the Foundation. Whether you enjoy having a home-cooked lunch amongst friends, a tour to a local point of interest, one of the 60+ classes and activities offered each week, or learning a new program in our Tech Center, the Foundation has something for everyone.

You can easily renew online (www.carmelfoundation.org) or you can mail or personally deliver your renewal to the Foundation. We forward to seeing you throughout the year!

Nonprofit of the Year!

On December 6th, The Carmel Chamber of Commerce held their "Awards of Excellence" dinner event at Quail Lodge. We are honored to report that The Carmel Foundation was named the 2017 Nonprofit Organization of the Year. President/CEO Holly Zoller accepted the award on behalf of her predecessor Jill Sheffield, the Board of Directors, the Staff, the Volunteers, the Donors and the over 3500 Members who benefit from the services we provide. As a recipient of a 2017 award, The Carmel Foundation will now be one of 14 businesses to be considered for next year's 2018 Business of the Year.



FOCUS ON THE FOUNDATION



Monterey Bay Village Gathered



Monterey Bay Village hosted a Social Gathering for volunteers and members to connect and mingle over food and beverages on December 7th at Rio Grill! Over 40 people attended. Monterey Bay Village hosts a couple of social gatherings a year as a fun way for volunteers and members to meet new people, reconnect and feel a part of the Village community. Please contact Kristine Ware at 831-620-8717 or kware@carmelfoundation.org if you are interested in becoming a member or volunteer.



WORKSHOPS

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

Holiday Thank You!

Thanksgiving and Christmas dinners at the Foundation were exceptional! Thank you to the Carmel Host Lions Club for loyally delivering dinner with all of the trimmings to our homebound members! Also, we are grateful to the Carmel-by-the-Sea Rotarians for serving our members dinner at the Foundation on Thanksgiving Day and Christmas Day. What a special day to be shared with friends! Additionally, we are very appreciative to the Carmel-by-the-Sea Garden Club for donating the amazing topiaries that decorated Diment Hall and that were delivered to our homebound members.

Successful Bazaar

Did you know that our Needlecraft, Garden Group, Woodcarvers and Library volunteers work the entire year to benefit the Foundation with the Holiday Bazaar? The success of the Annual Holiday Bazaar goes directly to ALL of our wonderful volunteers who work very hard at making the Bazaar successful!

Memorial Gifts

*Louis Silvestri; Betty-Lou Kullas
Sherod Santos, Harriet Harrell,
Burney Threadgill, Thomas Kenan,
Ann Draper, Ted Leidig, Dale
Leidig, Virginia Leidig, Glenn
Leidig, Marian Leidig, Don Leidig,
Dwan Leidig; Paul Laub*

Tribute Gifts

Herman Van Gansen; Joanna Mason

Transitions & Choices: How To Navigate Palliative Care, Hospice and the End-of-Life Option Act

Tuesday, January 25, 2:00pm-4:00pm
Cindy Onufer, Blanchard A
No fee, sign up online at www.carmelfoundation.org or with member services, 624.1588

Exploring your end of life options? It is never too early to start planning and talking to your family. A conversation will take place on advance healthcare directives, POLST, choosing your healthcare agent, unwanted medical treatment, the End-of-Life Option Act, requirements and definitions, how the option is accessed and how to talk to your doctor about it.

Support Services

Listed below are some of the services offered at the Foundation as well as services of partnering agencies. For more information call Support Services at 620.8705/8706.

Ongoing Services

- Homebound Meal Program. Four complete frozen meals delivered to your home by volunteers every other Wednesday. Cost is \$6 per meal.
- Blood Pressure Check. Every Tuesday, 11:00am-12:00pm in Member Services Room. No appointment necessary, free.
- Medical Equipment Loans. Borrow free medical equipment, M-F, 9:00pm-4:00pm.
- Caregiver Support Group. Facilitated by Rosemarie Axton, LMFT, 2nd & 4th Mondays, 1:30pm-3:00pm, Blanchard A.
- Information and Resources. Staff is available to help you navigate the complex world of services and resources.
- Notary Public. Available by appointment. \$10 per signature.

Mental Health Matters “Mood & Nutrition: Exploring the Relationship of Diet and Mental Health ”

Friday, January 26
10:00am-11:30am
Seideneck Room
Fee: \$25 payable at workshop
Sign up online at carmelfoundation.org or with member services, 624.1588.
Manfred Melcher, LCSW, will be joined by nutritionist Sophie Biddle for an informative discussion about the role and impact of diet and nutrition on our mental health. Special focus will be on anxiety and depression, as we explore what you can do for optimal well-being. Space is limited, so registration is encouraged, but not required.

Partnering Agencies

- Legal Services for Seniors: call 899.0492 to make an appointment.
- HICAP: Alliance on Aging. Questions about Medicare or supplemental insurance, call 800.431.0222 or 655.4245 for an appointment.
- Alzheimer’s Association Melodic Memories. 1st & 3rd Friday, 3:00pm.
- VNA Life After Loss- Grief Support Group. Meets the 2nd & 4th Wednesday, 6:30pm-8:00pm in the Nimmons Room, Norton Court.
- Independent Transportation Network (ITN) Monterey County. Offers rides to seniors in Monterey County. 233.3447.
- MC-CHOICE. Help with applying for Medi-Cal and CalFresh. 1st Thursday of the month, 9:00am-12:00pm

ACTIVITIES • EVENTS • PROGRAMS



Prime Rib Luncheon

RSVP now for a delicious Prime Rib Luncheon at the Foundation- \$10! On Tuesday, February 13, join fellow members for a special treat! A pre-fixe menu of mouthwatering Prime Rib, Duchess Potatoes, Broccoli and Glazed Carrots, Croissants, Chocolate Mousse for dessert and Strawberry Lemonade will be served by Foundation staff.

Diment Hall will be transformed into a lovely setting complete with a Valentine's Day theme. The legendary Bob Philips will be playing all your favorites on our baby grand!

Lunch will be served promptly at noon and seating opens at 11:45am. This is event is RSVP ONLY for members, no walk-ins and regular lunch service will resume on Thursday, February 15. No late arrivals due to service restrictions. Reservations are open January 1 until February 5. No refunds after 2/5 and reservations are non-transferable. Sign up with member services at 624.1588 or register online at carmelfoundation.org.

Images, Imagination, Intuition...SoulCollage®!

Step into the flow of SoulCollage®, and immerse yourself in mindful self-expression! Join Lisa Handley, SoulCollage® facilitator and artist, the 2nd & 4th Wednesdays January through March, 10:00am-12:30pm as she gently inspires and guides participants through each 2.5-hour class and helps you tap into your imagination and intuition to gather images, collage personally meaningful cards, contemplate their significance and consult with them as springboards to your own inner wisdom. Join us for creativity and camaraderie! Both new and experienced are welcomed. All materials are provided.

\$30 per individual class (or receive \$20 off for full payment of the whole series with \$160 due at first class (1/10/18).

Please register for each class with Lisa at 831 512-9063 or plumeriapapercraft@gmail.com.

Mindfulness and Meditation

Wednesdays, January 17 - March 7, 2:00pm-4:30pm, Blanchard A. This eight-week program has been shown to rewire the brain, bringing improved memory, better sleep, and decreased anxiety. Do yourself a favor - sign up

and involve yourself in an eight week experiment! Corrine Collins RN, FNP and Rochelle Hall LMFT will explain all in the free introduction Wednesday January 10, 2:00pm. Cost is \$100 for members, \$60 for former students. Sign up online at carmelfoundation.org or with member services, 624.1588.

Story Telling & Music with Ahna Forman

Remember what it felt like to be a child when we were carefree? Come join others and experience spontaneous creativity with music, dance, song and storytelling in Diment Hall the 4th

Friday of every month beginning January 26, 3pm-4:00pm. The cost is free for members, guests pay \$10 to group leader. Sign up with member services at 624.1588 or register online at carmelfoundation.org.

Playing with Shakespeare!

This is a fun class for either the newcomer to Shakespeare or the fully initiated. Students will learn, or review, principles of interpreting the Bard. Using "A Midsummer Night's Dream," each class will consist of two aspects. There will be analysis of rhetorical devices and exercises to ensure understanding of the language. And there will be 'on the feet' rehearsal of short assigned scenes from the play. Kurt Schweickhardt, MFA, will lead the class on Wednesdays, January 3 - March 7, 10:00am-11:30am in the Seideneck Room. Cost: \$50, payable to the instructor, sign-up online at carmelfoundation.org or with member services, 624.1588.

Carmel Foundation Singles Mix and Mingle

Are you a hopeless romantic and tired of watching sunsets alone? Ready to find someone with whom to share this next amazing chapter of your life?

Meet fellow Foundation singles at The Fuse Lounge at Mission Inn on Monday, January 29, 5:00pm-7:00pm. Bring a friend or two with you! Event is open only to Foundation members. Sign up with member services at 624.1588 or register online at carmelfoundation.org

Fee: \$5 suggested donation to facilitator, Donna Bailey. At the Fuse Lounge you can buy a beverage of your choice and nosh on the provided buffet for an additional \$5.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

January 3 - Member Orientation – All new members and returning members are invited to learn about the variety of classes, support services, and volunteer opportunities available through their Foundation membership. Prize drawing!

January 10 - Monterey –The Language Capital of the World- Join Dr. Christine Campbell, President of Campbell Language Consultants, Ph.D. in Foreign Language Education from Purdue University; as she reveals the importance of Monterey's recognition as the Language Capital of the World by Congress to reflect the many institutions and businesses involved with international studies and language instruction in Monterey County, such as Morovia, LanguageLine Solutions, DLI, MIIS, CSUMB and NPS.

January 17- The 10 Most Common Estate Planning Mistakes – Join Eric Holk, CA State Bar Certified Specialist in Estate Planning, Trust and Probate law as he discusses the biggest mistakes most often made by people in planning their estates. He will address such matters as what happens if you die without a will or trust, improper beneficiary designations, improperly funded living trusts, how to minimize or eliminate estate taxes, potential problems with joint tenancy titling, and much more.

January 24 - Monterey Bay Village Looking Ahead Wellness Series – Exercise to Improve Physical Function and Sleep in People With Parkinson's Disease – Exercise has proven to have a myriad of positive effects for chronic diseases. Current research is using high-intensity exercise to elicit improvements in both physical function and sleep quality in people with Parkinson's Disease. Please join Maria Bellumori to learn more about recent research findings as well as opportunities to participate in local research activities.

January 31 - Care Management Programs and Services For Seniors – Join Donna George and Shirley Kiatta, RN's, Care Managers who will provide you with an overview of geriatric care management, information on their unique methods of working with patients and families, as well as tips on deciding when care management may be appropriate for you or your loved ones!

ARTIST OF THE MONTH



Marion Von Talley

Marion's initial motivation for studying photography was to learn how to photograph landscapes in order to paint them since that was her primary artistic medium. In 1989-90 she studied under John Paul Homes, intaglio print making master at UCI and gained a reputation for her intaglio prints and paintings while living in San Francisco. However, the beauty of black and white photography mesmerized her and drew her into a new realm of creativity.



Marion arrived in Carmel in 1994 and joined The Carmel Foundation. She was a student of Roger Fremier at MPC and enjoyed the fellowship of the Foundation's Photography Group.

JANUARY • LUNCH • PROGRAMS • MOVIES • 2018

Mon	Tue	Wed	Thur	Fri	Sat
1 Closed 	2 Honey Lemon Chicken Ice Cream Weekly Salad Special Cobb	3 Wednesday Program Member Orientation 2:30pm Diment Hall Refreshments	4 Pot Roast Red Potatoes Vegetables Apple Crisp	5 Salmon Fillet with Mango Salsa Brown Rice Vegetables Key Lime Pie	6 Cinema Allied R 2016 Espionage Thriller 2 hr 4 min Brad Pitt 1:00pm, Blanchard A
8 Chicken Divan; Creamy Chicken with Broccoli Blackberry Cobbler Weekly Salad Special Flat Iron	9 Lasagna Caesar Salad Spumoni Bring a guest to lunch for member price	10 Wednesday Program Monterey - The Language Capital of the World 2:30pm Diment Hall Refreshments	11 Fettuccine Alfredo With Pesto & Grilled Chicken Breast Peach Berry Pie	12 Parmesan Encrusted Tilapia Pecan Pear Tart	13 Cinema Wonder Woman PG-13, 2017 Action Adventure 2 hr 21 min Gal Gadot 1:00pm, Blanchard A
15 Closed for MLK Day 	16 Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie Weekly Salad Special Southwestern Chicken	17 Wednesday Program The 10 Most Common Estate Planning Mistakes 2:30pm, Diment Hall Refreshments	18 Beef Stroganoff Mushroom Cream Sauce, Egg Noodles Birthday Cake	19 Braised Boneless Beef Short Ribs Red Potatoes Vegetables Ice Cream	20 Cinema Paris Can Wait PG, 2017 Romantic Comedy 1 hr 32 min Diane Lane 1:00pm, Blanchard A
22 Roasted Orange Chicken Chocolate Cream Pie Weekly Salad Special Margarita Shrimp	23 Korean Beef & Broccoli Blueberry Pie	24 Wednesday Program MBV/Looking Ahead Wellness Series: Exercise to Improve Physical Function with Parkinson's Disease 2:30pm, Diment Hall Refreshments	25 Chicken Picatta Brown Rice & Vegetables Ice Cream	26 Tilapia Vera Cruz, Tomato Caper Sauce Cherry Cobbler	27 Cinema Dunkirk PG-13 2017 War Drama 1 hr 47 min Fionn Whitehead 1:00pm, Blanchard A
29 Quiche; Spinach or Bacon/Onion Salad Butterscotch Pie Weekly Salad Special Strawberry Pecan Chick	30 Jambalaya Ice Cream	31 Wednesday Program Care Management Programs & Services for Seniors 2:30pm, Diment Hall Refreshments	Lunch served Mon, Tue, Thur & Fri, 11:45am-1:00pm Hot Entree \$4.00 Large Hot Entree \$7.00 Salad Entree/Du Jour \$4.00 (Chicken Caesar, Shrimp, Chinese Chicken) 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-\$1.00		

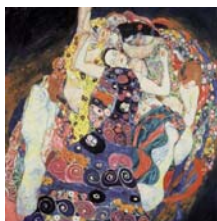


TOUR PROGRAM

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. Guests additional \$10 to tour cost. \$3 bank fee will no longer be charged when reserving with your credit card.

Tour is subject to cancellation if minimum number of reservations are not received.



January 11, Thursday • Klimt and Rodin: An Artistic Encounter at The Legion of Honor . Marking the centenary of Rodin's death in 1917 and that of Gustav Klimt in 1918, KLIMT & RODIN: An Artistic Encounter examines the diverse connections between these artists and their impact upon the art world. While Rodin is widely regarded as "the father of modern sculpture," Klimt was a groundbreaking painter and member of the modernist Vienna Secession movement. This exhibition marks the first time these two artists have been shown together in California. Sharing the galleries with the Legion of Honor's important holdings of Rodin's sculpture, the tour will include works by Klimt on loan from public and private collections in the United States and Europe, including the artist's estate in Vienna and the Österreichische Galerie Belvedere, which holds the world's largest and finest collection of Klimt paintings anywhere. Leave The Crossroads at 8:30am. Depart museum at 3:30pm. Arrive Carmel at 6:30pm. Cost: \$90 member, \$100 guest.



January 16, Thursday • Asian Art Museum - Couture Korea. Discover the past, present and future of Korea in this first U.S. exhibition to consider Korean fashion as an expression of social and cultural values. Couture Korea showcases historical Korean fashion and its modern reinterpretations at a moment when young Seoul-based designers are making the leap to the global stage and international haute couture is finding inspiration in Korean art and culture. With more than 120 works, the exhibition considers fashion as an enduring expression of social and cultural values. The bus will leave The Crossroads at 9:00am for Union Square. You will arrive in San Francisco at 11:30am for a day on your own. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$75 members, \$85 guest.



January 23, Tuesday • SF Express to Union Square. Time to hit the streets of San Francisco! Visit a museum, go shopping, dine at one of the amazing restaurants in this exciting city! The bus will leave The Crossroads at 9:00am for Union Square. You will arrive in San Francisco at 11:30am for a day on your own. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.

February 8, Thursday • Computer History Museum- Mountain View . Spend a day at the Computer History Museum. Find out why computer history is 2000 years old. Learn about computer history's game-changers in our multimedia exhibitions. Play a game of Pong or Spacewar! Listen to computer pioneers tell their story from their own perspective. Discover the roots of today's Internet and mobile devices. See over 1,100 historic artifacts, including some of the very first computers from the 1940s and 1950s. The Computer History Museum is a nonprofit organization with a four-decade history as the world's leading institution exploring the history of computing and its ongoing impact on society! The bus will leave The Crossroads at 9:00am. Depart the museum at 3:00pm. Arrive Carmel at 5:30pm. Cost: \$75 member, \$85 guest.



February 20, Tuesday • SF Express to Union Square. Time to hit the streets of San Francisco! Visit a museum, go shopping, dine at one of the amazing restaurants in this exciting city! Leave The Crossroads at 9:00am. Arrive Union Square at 11:30am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: \$55 member, \$65 guest.

March 3, Saturday • San Francisco Express to Union Square. Take time out on the weekend to enjoy the city on a Saturday! Visit a museum, go shopping, dine at one of the fabulous restaurants. The bus will leave The Crossroads at 8:30am for Union Square. Depart the city at 5:00pm. Cost: \$55 member, \$65 guest.



March 14, Wednesday • De Young Fine Art Museum. One week only! Bouquets to Art is the De Young museum's annual floral takeover, now in its 34th year. Florists from San Francisco to Tokyo breathe new life into our collections, creating their own masterpieces inspired by famed artworks. The annual event that showcases floral designs ranging from the stunningly simple to the elaborately intricate! The bus will leave The Crossroads at 9:00am. Exhibit entrance is at 1:00pm. Depart the museum at 3:30pm. Arrive Carmel 6:00pm. Cost: \$75 member, \$85 guest..



The Carmel Foundation

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.

Blood Pressure Check Every Tuesday, 11:00am–12:00pm in Member Services. No appointment necessary. Free.

Medical Equipment Loans Borrow free medical equipment, Mon-Fri, 9:00am-4:00pm. Call 620.8706 to reserve or donate medical equipment.

Caregiver Support Group facilitated by Rosemarie Axton, LMFT, 646.8196 (call prior to attending), 2nd & 4th Monday, 1:30pm–3:00pm in Blanchard A.

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

Notary Public Available by appointment. \$10 per signature. Call Kari at 620.8706.

Call Support Services at 620.8705/8706

PARTNERING AGENCIES

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

HICAP: Alliance on Aging Questions about Medicare or supplemental insurance. Available every 3rd Thur, 9:30am-4:00pm, and Wed, 9:00am-12:00pm by appt. only, call 655.4245 or 1.800.434.0222. Blanchard B.

Alzheimer's Association Melodic Memories 3:00pm. A program for persons concerned about early memory loss and those who enjoy singing. 1st & 3rd Fri. Call 620.8705 for more information.

VNA Life After Loss - Grief Support Group Facilitated by Mick Erickson, Chaplain and Bereavement Counselor for the VNA; 2nd & 4th Wednesday evenings, 6:30pm-8:00pm in the Nimmons Room, Norton Court, NW corner 5th & Dolores, Carmel.

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, come to The Carmel Foundation, Blanchard B every first Thursday of the month from 9:00am-12:00pm, first come, first serve. Call 1.866.361.0477 or apply online at www.c4yourself.com.

THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

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Mon-Fri 9:00am-5:00pm
Sat 9:00am-4:00pm

TAX ID #94-1225368

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Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • January 2018

To sign up for classes online, visit www.carmelfoundation.org or call member services, 624.1588

Creative Arts & Self Expression

Acrylic Art Class

1:00pm-4:00pm, Wed: 11/29/17 - 2/18/18

Instructor Melissa Bispo; Seideneck Room

\$90, register at class

Coloring with Zesty Art

10:00am-11:30am, 2nd & 4th Tues

Instructor Jeanne Hamilton, Craft Room

\$5/class, sign-up at class, drop-ins welcome

Creative Expressions with Tehila Eisenstat

2:00pm-4:00pm, Mon, 1/8, 22, 29

Instructor Tehila Eisenstat; Seideneck Room

\$20/class, payable to instructor, register online at

www.carmelfoundation.org or member services, 624.1588

Drumming Circle: drums, percussion, didgeridoo & fun!

3:30pm-4:30pm, Thurs

Leader Lee Lotz, Seideneck Room

No fee, experience or drum required. 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: "Whose Class Is It Anyway" Comedy Improv

11:00am-12:30pm, Tues, 1/9 - 1/30

Instructor Carol Roberts, Blanchard A

\$50/series, payable to instructor, register at

www.carmelfoundation.org or member services, 624.1588

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, 9:00am-4:00pm, Sat

Manager: Peter Moppert, 415.310.9622

No fee, open, call in advance

Photography Group

1:00pm-2:30pm, Thurs

Leader Joyce Tarter Rideout; Seideneck Room

\$12/annual, guests welcome, sharing/guest speakers

www.cfphotographers.org, register at class

Playing with Shakespeare

10:00am-11:30am; Weds, 1/3 - 3/7

Instructor: Kurt Schweickhardt

\$50/series, payable to instructor, register online at

carmelfoundation.org or with member services, 624.1588

Reader's Theatre

10:00am-12:00pm, Wed, resumes in February

Facilitator Carol Marquart, Seideneck Room

No fee, sign-up online at carmelfoundation.org or with

member services, 624.1588

SoulCollage, Images, Imagination, Intuition

10:00am-12:30pm, 2nd & 4th Wed, 1/10 - 3/28

Instructor Lisa Handley, Blanchard A

\$30/class, \$160/series, includes materials, sign-up with Lisa,

512.9063 or plumeriapapercraft@gmail.com

Story Telling & Music with Ahna Forman

3:00pm-4:00pm, 4th Fri, beginning 1/26

Instructor Ahna Forman. Diment Hall

Fee: free for members, guests \$10 payable to instructor, sign

up online or with member services

Watercolour Painting with Julia Harnett Harvey

1:00pm-4:00pm, Fri

Instructor Julia Harnett Harvey. Seideneck Room

Fee: \$20/session, drop ins welcome, sign-up at class

Wood Carving

9:00am-11:30am; Tues, Open

9:00am-11:45am; Thurs, Open

6:00pm-8:00pm, Wed, Leader Steve Davalos

Seideneck Room. No fee, drop-ins welcome

Dance

Greek Dance Class

4:00pm-5:30pm, Tue

Instructor Janet Tezak, Lois Lynne, Diment Hall

No fee, register at class

Line Dancing

10:00am-11:00am, Sat

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 Peter Powles; Craft Room

No fee, drop-ins welcome

Great Minds Online (edX & TED Talks)

10:30am-12:00pm, Wed, 1/10 & 24

Leader Joan Beller, Blanchard A

No fee, register w/Joan, 626.1090

Men's Discussion Group

10:30am-11:45am, Mon

Leader Lou Andala, Seideneck Rom, No fee, drop-ins welcome

Men's & Women's Discussion Group

3:15pm-4:45pm, Tues

Sponsored by Alliance on Aging Facilitators: Ted Hill, Babs

Andruzak, Blanchard A

No fee, sign-up at class

Women's Discussion Group

1:00pm-2:30pm, 1st & 3rd Mon of the month

Facilitator: Laurie Dineen, Blanchard A

Free, open group, contact Laurie before attending,

408.893.7917

Women's Discussion Group 2

3:00pm-4:30pm, ~~1st & 3rd Mon~~ 2nd & 4th, Jan only, 1/8 & 22

Blanchard A

Free, open group, contact Melissa before attending, 620.8703

Driving

AARP Safe Driving

12:30pm-4:30pm, Mon, 3/5 & Fri, 3/9/2018 (8 hr class)

12:30pm-5:00pm, Mon 9/10/2018 (4 hr refresher)

12:30pm-4:30pm, Mon, 12/3 & Fri, 12/7/2018 (8 hr class)

Instructor: Curt Tipton, Seideneck Room

\$15 for AARP members, \$20 for non-members, register online

at www.carmelfoundation.org or w/member services, 624.1588

at least one week prior

Games

Bridge, Intermediate

2:00pm-4:00pm, Mon, 1/8, 22, 29 & 2/5

4 weeks, \$60, payable to instructor

9:30am-11:30am, Thur, 1/4, 11, 18, 25, & 2/1

5 weeks, \$75, payable to instructo

Instructor Lyde McReynolds, Craft Room

Register online at www.carmelfoundation.org or member

services, 624.1588 starting 9:00am, Mon, 10/2

Bridge, Duplicate

12:00pm-4:30pm, Fri

Leader Richard Klein; Craft Room

\$2/per session, open room, register at 624.5461

Chess

2:00pm-4:30pm, Thurs

Leader Chet Lowney; Field Café

No fee, open room, drop-ins welcome

Cribbage

2:00pm-4:30pm, 2nd & 4th Wed

Leader Larry; Craft Room

No fee, register w/instructor 622.7455, lparrish@toast.net

Games: Bridge, Mah Jongg, Scrabble, etc.

12:00pm-3:00pm, Wed; 1:00pm-4:00pm, Thur

No leader; Craft Room, no fee, open room

Scrabble with Susan

1:00pm-4:00pm, Mon

Leader Susan Sailow, Field Café, no fee, open game

Shanghai Rummy

11:00am-3:30pm, Sat, resumes in February
Leader Pam Ajir; Seideneck Room
No fee, sign-up online: carmelfoundation.org or member services, 624.1588

Texas Hold'em

1:00pm-4:00pm, Thurs, full to capacity
12:30pm-3:30pm, Sat, full to capacity
Facilitator Micky Lawler, Craft Room

Health & Wellness

Awareness Through Movement - Feldenkrais

9:30am-10:30am, Thurs
Instructor Patric Zito, Diment Hall
\$10/class (1st class free), sign-up at class

Hiking Group, The Carmel Foundation

1:00pm-3:00pm, 2nd Sat
Coordinator Kari Martorella; local hiking trails
No fee; register w/Martorella 620.8706

Melodic Memories - Sing-a-long

3:00pm-4:00pm, 1st & 3rd Fri
In collaboration w/Alzheimers Assoc., Diment Hall
No fee, call support services, 620.8705

Mindfulness and Meditation

2:00pm-4:00pm, Wed, 1/10, free introd class, Blanchard A
2:00pm-4:30pm, Wed, 1/17-3/7, Blanchard A
9:30am-3:30pm, Sat, 2/24, all day retreat, Craft Room
Instructors Corinne Collins, Rochelle Hall, Blanchard A
\$100/members, \$60/former students, pre-registration required online or with member services. 624.1588

Personal Fitness, Lo-Impact

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

Serene Body Stretch

12:00pm-1:00pm, Weds
Instructor Jacquie Adams; Diment Hall
\$6/class w/prepaid 10 class card; \$8 single, sign-up at class

Tai Chi for Health/Arthritis

10:15am-11:15am, Weds
Instructor Liana Olson, Diment Hall
\$48/6 wks, \$80/10 wks, \$10/drop-in, register at class

Walking Group, The Carmel Foundation

2:30pm-4:00pm, Tues
Coordinator Kari Martorella; local paths, beaches & parks
No fee; register w/Martorella 620.8706

Yoga, Chair

8:15am-9:15am, Tue
Instructor Mae Woodward (T)
Blanchard A, \$8 per class, register at class

Yoga, Gentle

8:30am-9:30am, Mon (FULL), Tue, Weds, Fri (FULL)
Instructor Lynn Geisen(M&F) Monica Johnson(W)
Mae Woodward (T)
Blanchard A, \$8 per class, register w/Geisen 625.1253

Horticulture

Garden Group

12:00pm-3:00pm, Tues, Thurs; 10:00am-12:00pm, Wed, Fri
Leader Carolyn Thomas; Garden Center
No fee, drop-ins welcome

Language

Spanish

10:00pm-11:30am, Fri, resumes in March
Instructor: Laura Sanjurjo, Blanchard A
\$90, register on-line at www.carmelfoundation.org or w/member services, 624.1588

Lecture

Travel with Sandy & Gail

1:00pm-2:30pm, Mon, resumes in February
Seideneck Room
Presenters: Sandy & Gail Cohen, No fee

Literature

Non-Fiction Reading Discussion- FULL to capacity

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

Out to Lunch But Not Over the Hill Reading Group

10:00am-12:00pm; Weds
Leader Wayne Kelley, Nimmons Room, Norton Ct
No fee, drop-ins welcome

Poetry for the Senses

3:30pm-4:30pm; Tue, resumes in January
Leader Cheryl Carter, Craft Room
\$10/class payable to instructor, register online at www.carmelfoundation.org or with member services, 624.1588

The Carmel Foundation Women's Book Club

6:00pm-8:00pm, 4th Wed/mo
Facilitator: Barbara Svetlik, Craft Room.
No fee.

Music

Topics in Music

10:00am-12:00pm, Fri
Instructor Scott MacClelland, Blanchard A
\$50/semester, register online, carmelfoundation.org, or member services, 624.1588

Technology Center

?s techcenter@carmelfoundation.org

For all Tech Classes, register online, carmelfoundation.org, or members services, 624.1588

Android Cell Phones and Tablets, Basics

(includes Samsung, Asus, Google, Lenovo & Huawei)
2:30pm-4:00pm, Thur, 1/18
Instructor Ted Hill; \$5/class

Corel Painter - turn photos into paintings

1:30pm-3:30pm, Fri, 1/5
Instructor Roy Hilts; \$3 fee

Corel Painter - special features and techniques

1:30pm-3:30pm, Fri, 1/19
Instructor Roy Hilts; \$3 fee

Facebook, Intro to

10:00am-12:00pm, Wed, 1/17
Instructors Joan Crenshaw
Learn how to setup a Facebook account using the Tech Center computers.; \$5 fee

Facebook, Advanced Facebook Overview

10:00am-12:00pm, Wed, 1/24 & 1/31
Instructors Joan Crenshaw
Individual instruction. Must have already setup a Facebook account; \$5 fee/class

iPad, Beginning

1:00pm-3:00pm, Mon, 1/8
Instructor Jeff Fisher/sub J. Todd
Learn the basics of using your iPad; \$5/class,

Open Lab (except for scheduled classes)

10:00am-4:00pm Monday - Thursday
Come in and use the technology equipment on your own

Open Session with Instructors

10:00am-12:00pm, Thur, 1/18
Several instructors will be available to answer your tech questions and/or demo new computers; drop-in, no fee

Microsoft Word, Intro to

10:00am-12:00pm, Fri, 1/19
Instructor Cynthia Schmidin; \$5/class

Photoshop Elements, Intro to -

10:00am-12:00pm, Thurs, 1/4
Instructor Roy Hilts; \$3/class

Photoshop Elements - tips and advanced techniques

10:00am-12:00pm, Thurs, 1/25
Instructor Roy Hilts; \$3/class

Writing

Writing Memoirs (two separate classes)

10:00am-12:00pm, Mon - FULL
9:30am-11:30am, Wed
Instructor Illia Thompson; Craft Room
Fee: \$40/mo, register w/Thompson, 659.5210

Write Your Own Obituary and Eulogy

10:30am-12:00pm, Sat, 1/6 - 1/27 & 2/3 - 2/24
Instructor: Susan Cantrell, Seideneck Room
Fee: \$50 plus \$15 for personalized workbook, payable to instructor, pre-register w/instructor required, 372.2231