



FOUNDATION EVENTS



Take a tour with fellow Foundation members. See schedule on page 5

COFFEE WITH THE CARMEL POLICE CHIEF

Monday, July 10
10:30am-11:30am
Field Café

BREAKFAST AT THE FOUNDATION

Tuesday, July 11 &
Tuesday, July 25
9:00am-10:00am

see Menu on page 4 for details

FOUNDATION HAPPY HOUR!

Friday, July 14
5:00pm-6:30pm

see front page for details

INTRO TO FELDENKRAIS

Monday, July 17
9:00am-10:00am

see page 2 for details

HIKING GROUP

New hiking group to explore Garland Ranch Regional Park

see page 3 for details



Lunch Special, Monday, July 3

Happy 4th of July at the Foundation! Delicious grilled hot dogs with chili, potato salad and watermelon for \$2.00! Get there early! Dessert is a mouthwatering hot fudge sundae for \$1!

Save the Date - Annual Meeting

Mark your calendars! This year's annual meeting will take place on Wednesday, September 20 at the Carmel Mission Inn. Additional details, including information about tickets, will be available in next month's newsletter.

Construction Update!!

The demolition is complete and we are now framing the new walkways. That will continue until July 10 when the concrete will be poured.

The parking lots will continue to be closed and the entry points remain:

- Along south fence line thru the Outcalt Building
 - Thru gate outside of the kitchen located on 8th
 - From the Blanchard House staircase
- Please follow the directional signs and do not enter roped off areas. This is for everyone's safety.

We will continue to post updates on our website, www.carmelfoundation.org and our weekly eblasts. If you are not receiving the weekly eblasts, please call Gilda at 620.8708 or gsoule@carmelfoundation.org.

Many classes will continue to be cancelled during this time so check with your instructor ahead of time or call member services, 624.1588.

Your patience is appreciated.

The Carmel Foundation's mission is to provide a place for seniors to gather and enjoy a variety of activities and services in an environment of respect and camaraderie.

THE CARMEL FOUNDATION WILL BE CLOSED TUESDAY, JULY 4 IN OBSERVANCE OF INDEPENDENCE DAY



Meet Our New Saturday Staff Susan Sailow

Photo by Steven Bergman

Susan came to a Wednesday

program at The Carmel Foundation four years ago, and fell in love with the place. Her background includes technology and art, and she is a web site designer/developer. Susan holds the Monday Scrabble game, helps out in the Technology Center, and loves music! She looks forward to helping with the Saturday programs and beyond.

Planned Giving

What did Abraham Lincoln, Martin Luther King Jr., Howard Hughes and Michael Jackson have in common? They all passed without having a will. Having a will in place enables you to control what happens to your finances. While still providing for loved ones, you can designate a percentage of your estate or a specific dollar amount to a charity upon your passing. When you make an investment in the future of our community's seniors, your legacy will make a difference for years to come. Please contact your financial advisor, CPA or the The Carmel Foundation's Director of Development for more information.

Foundation Happy Hour Continues!

Meet and connect with other members in this after hours event! Wine, cheese & nonalcoholic beverages provided, Friday, July 14, 5:00pm-6:30pm in the Field Café. Cost: \$5 per member by RSVP only; limited space. Sign up online at www.carmelfoundation.org or with member services, 624.1588.

FOCUS ON THE FOUNDATION

CARMEL-BY-THE-SEA CONOURS ON THE AVENUE

Tuesday, August 15, 2017

The Carmel Foundation is pleased to play an integral part in the CARMEL-BY-THE-SEA CONOURS ON THE AVENUE event taking place on Ocean Avenue. For 11 years, the Foundation has been the beneficiary of this prestigious car event.

Event Patron Package

Enjoy what many may never be able to experience: a 30 minute ride in a car from a range of collector vehicles new and old; a car you might find at CARMEL-BY-THE-SEA CONOURS ON THE AVENUE in any given year. Enhancing your event day experience, an automotive consultant and historian will be your personal guide providing you with proprietary insight and introduction to car owners via your private tour for two. Experience this prestigious event first hand by riding in a collector car many only dream of and by sharing the event with some of the most knowledgeable and respected individuals in the industry.



You and your guest will enjoy:

- Ride in a vehicle from days gone by or a modern exotic (1 person for 30 minutes or 15 minutes each if 2 people)*
- A private tour with your personal guide on event day
- Preferred parking for one car at The Carmel Foundation on event day
- Lunch for two at Grasings restaurant on event day
- Luxurious gift from Tiffany & Co. (one per couple)
- Membership to The Carmel Foundation

*To take place at a pre-determined time (not on event day)

The cost of this exclusive opportunity is \$2500 for two people.

To reserve your Event Patron Package, please contact:

Kimberly Willison, Director of Development, 620.8701 or kwillison@carmelfoundation.org

WORKSHOPS

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

Mental Health Matters

Friday, July 14, 10:00am-11:30am
Manfred Melcher, Seideneck Room
\$20 participation fee + \$3 material fee, payable to the instructor. Sign up online at www.carmelfoundation.org or with member services, 624.1588.

Local psychotherapist and public speaker Manfred Melcher, MSW, LCSW (CA license #74175) will facilitate an informative conversation on "Grief and Bereavement: Your Personal Journey." Noting that grief is the most universal aspect of the human experience, Manfred will discuss how to recognize (and address) grief reactions in yourself or a loved one. Of special interest to our community will be the discussion of life-stage issues and concerns that make bereavement such a unique challenge. Manfred will also encourage group discussion on what

you can do to improve your emotional well-being while navigating the bereavement process. Community resources will be provided.

An Introduction to the Feldenkrais Method - An Interactive Talk

Monday, July 17
9:00am-10:00am
Patric Zito, Seideneck Room
Free, sign up online at www.carmelfoundation.org or with member services, 624.1588.

The Feldenkrais Method is a way of learning with and through the body by making use of a person's brain plasticity and awareness. This method can teach people about proper dynamic posture and effective body mechanics as well as help alter bad habits that contribute to neck/back pain or pain in general.

Feldenkrais uses gentle movements and directed attention to increase range of

motion, improve flexibility, coordination and performance as well as avoid movements that cause pain, stress, or discomfort. This method, by using awareness and movement, allows people to pay attention to what they are doing and how to shift their attention in a skillful way. Come to this fun and free workshop to learn more! If you like what you hear and experience, join our weekly class at the Foundation. Presenter, Patric Zito, MEd, GCFP, NCTMB, CMT. Patric has a masters degree in education, is a Guild Certified Feldenkrais Practitioner/teacher and is nationally and state certified in therapeutic massage and bodywork.

Brown Bag with Brian Ellinoy, Pharm D.

Thursday, July 27th, 1:00pm-5:00pm
Friday, July 28th, 9:00am-1:00pm
Blanchard B
\$15/30 minute appointment
Register by calling 831.644.8487 or by email rxbrian@yahoo.com
Payable at appointment

Bring your medications & herbal supplements. Brian will review them with you to make sure that there are no possible contraindications in what you are taking on an daily basis.

Memorial Gifts

Roz Moroh; Marsha Moroh

Tribute Gifts

Melissa McKenzie; Suzanne Hendrick, Robert Killian

Melissa Farrell; Robert Killian

Max & Barbara Tadlock; Elizabeth Robinson

ACTIVITIES • EVENTS • PROGRAMS



Cribbage

Cribbage is very much a game of thinking ahead-come and join the fun! 2nd and 4th Wednesday 2:30pm-4:30pm, Craft Room. Any questions, call Larry at 622.7455 or email lparrish@toast.net.

Travelogues with Sandy & Gail Cohen: Voodoo in West Africa



In a visit to Ghana, Togo, and Benin in West Africa, Gail and Sandy

got a close-up look at the Voodoo religion. They spent several days in Ouidah, Benin, where they attended the annual Voodoo day, visited the python temple, and observed the hay stack and spirit ceremonies. They also met with the king of Voodoo and visited the fetish market in Lome', Togo. This is an opportunity to learn about an important living African religion that has been mischaracterized in the media. Free presentation Monday, July 17, 1:00pm-2:30pm Seideneck Room.

Flower Arranging

Back by popular demand! Create beautiful summer arrangements for your dining room table with Deborah Smith on Friday, July 21, 10:00am-12:00pm, Seideneck Room. All supplies covered but you will need to bring your own clippers! Sign up online at www.carmelfoundation.org or with member services, 624.1588. Cost \$5 per person, payable to Deborah at class.

COMEDY IMPROV RX – The Brain Improvement Prescription

Tuesdays, 8/8 (no class 8/15)-9/12, 11:00am-12:30pm
Carol Roberts, Blanchard A

Want to improve how your brain works and laugh a lot while doing it? We'll play easy Comedy Improv Theater games based on audience suggestion, the audience being fellow class members. Warning: side effects include improved short term memory and focus, increased attention and processing speed, flexibility, thinking outside the box, limber muscles and in most instances camaraderie. In rare cases happiness occurs. This is a relaxed and easy experiential workshop. No experience necessary. First class is a free

“Try It Workshop.” Come play! The curious and skeptical are welcome. Closed enrollment for those interested up to 12 people. Register online at www.carmelfoundation.org or with member services, 624.1588. Fee: \$50.

New Hiking Group

Are you are looking for a little adventure & outdoor exercise? If so, please consider joining us for a hike on the Waterfall Trail in Garland Ranch Regional Park on Saturday, July 8th, 1:00pm-3:00pm. The Carmel Foundation hiking group will explore intermediate skill level trails on the second Saturday of each month. No fee. For further details and to sign up contact coordinator Kari Martorella at 620.8706.

Writing Poetry for the Senses - Explore and Engage

Remember being bored to death in your high school English class when poetry was presented? Well this isn't your high school poetry! Please join Cheryl Carter as we explore a new way to express yourself -- free verse, free ideas, free associations -- in an atmosphere of community, respect, and non-judgment. Contemporary poets will show us how to engage the senses and inspire you to write, write, write. Classes will be held Fridays, August 4-25, 1:00pm-2:00pm in Blanchard A. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Cost: free!

Line Dancing

Come learn to Line Dance- it's FUN! Line dancing originated from European Folk dances and gained momentum in the 1960s and 1970s especially after the creation of the “Tush Push” and “Electric Slide” in the 70s. Finally in the 1980s, dozens of line dances were choreographed for specific songs and a line dance craze ensued that continues today with thousands of different line dances to every kind of music you can imagine. Join instructor Belle James, Saturdays, starting August 5, 10:00am-11:00am in Diment Hall. \$5, sign up at class.

Tech Classes

For a complete list of technology classes offered at the Foundation, please see the Activities, Events, Programs insert in this newsletter.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

July 5 - Fountain of Youth Training – Restorative Movement and Self-Defense System. Learn to focus and reconnect the body and mind from disconnection that happens from a sedentary lifestyle. A fall can result in a major decline in independence; don't lose your independence. Jason Costanza will bring you greater awareness on the importance of staying active and teach you how to work with your limitations mentally and physically. Start small. Jason will make it fun and exciting for everyone while functionalizing any movement possible in each person. Are you in a wheel chair or using a walker? No problem! Come see for yourself!

July 12 - Living Long, Healthy and Energetic – Prevent Diseases – Did you ever want to learn more about your health, longevity, and how to prevent diseases? Are you or someone you know dealing with a life threatening condition and wanting to maintain vigor, as you address these issues? Come hear a one of kind presentation by Dr. Joel Scheinbaum.

July 19 - Come enjoy an afternoon of storytelling with Tony Albano. Smile as you listen to some true stories told by the author of "LIFE IS A BUMPY ROAD." Tony, a waiter/host at Carmel's Il Fornaio restaurant for 20 years, lost a leg and was deeply depressed -- until he met Brie, a poodle who also was missing a leg and who “looked into my soul” -- then life got better, smoothed out by the people, and the dogs, you meet along the way. Stories of life in NY, as a '60's hippy-musician, about a “man who had kind eyes,” about remembering the shampoo smell of a girl who rode on his bike handlebars, and much more! Come smile, pause, and think!

July 26 - Monterey Bay Village Looking Ahead Wellness Series – Preventing Type 2 Diabetes – Join Angelica Adragna, Registered Dietitian from CHOMP, as she discusses prediabetes and diabetes. Learn about prevention and treatment, who is at risk for developing diabetes and what resources are available to you.

ARTISTS OF THE MONTH



Eva M. Hlasny, teacher and artist, a native of Czechoslovakia, graduated from Charles University in Prague with a degree in Creative Education and Fine Arts.

In 1959 she came to the U.S.A. and married Karel Hlasny, whom she met as a wounded soldier in the Slovak National Uprising in World War II.

Together with her husband she worked at the Defense Language Institute in Monterey for 20 years teaching her native Czech language.

After her retirement from teaching she devoted more time to painting. Together with her artist friend Anne Longman she traveled to Alaska, the Grand Canyon, Sedona, and Yosemite National Park. In the summers of 1997 to 2001 she worked with Anne as a volunteer at Yosemite Art Center taking small groups of tourists for plein-air painting in the Yosemite Valley.

Eva joined some art groups for watercolor painting on the Monterey Peninsula, including that of Nancy Johnson of The Carmel Foundation, enjoying the beautiful scenery of the Peninsula



JULY • LUNCH • PROGRAMS • MOVIES • 2017

Mon	Tue	Wed	Thur	Fri	Sat
3 4th OF JULY \$2 SPECIAL Grilled Hot Dogs w/Chili, Potato Salad & Watermelon HOT FUDGE SUNDAES Weekly Salad Special Margarita Shrimp	4 Closed in observance of 4th of July	5 Wednesday Program Fountain of Youth Training 2:30pm Diment Hall Refreshments	6 Roasted Orange Chicken Chocolate Cream Pie	7 Salmon Fillet with Mango Salsa Brown Rice Vegetables Key Lime Pie	8 Cinema Fences PG-13, 2016 Drama 2 hrs 19 min Denzel Washington 1:00pm, Blanchard A
10 Roasted Chicken Curry Vegetables Pecan Pear Tart Weekly Salad Special Chicken Sesame	11 <u>Breakfast</u> 9:00am-10:00am, \$3 Breakfast Burritos Honey Lemon Chicken Ice Cream	12 Wednesday Program Living Long, Healthy and Energetic - Prevent Diseases 2:30pm Diment Hall Refreshments	13 Pork Osso Buco; Pork Shank in Sauce, Mashed Potatoes & Vegetables Raspberry Almond Tart	14 Parmesan Encrusted Tilapia Peach Pie	15 Cinema The Jungle Book PG, 2016 Adventure 1 hr 45 min Neel Sethir 1:00pm, Blanchard A
17 NEW! Chicken Divan Creamy Chicken with Broccoli Cherry Pie Weekly Salad Special Strawberry Pecan Chick	18 Beef Bourguignon Mashed Potatoes Blackberry Cobbler	19 Wednesday Program Storytelling with Tony Albano 2:30pm Diment Hall Refreshments	20 Chicken Picatta, Brown Rice, Vegetables Birthday Cake	21 Sand Dabs with Asian Citrus Sauce Ice Cream	22 Cinema A Dog's Purpose PG, 2017 Drama 1 hr 40 min Dennis Quaid 1:00pm, Blanchard A
24 Roast Pork Loin Red Potatoes & Vegetables Triple Berry Pie Weekly Salad Special Chopped Turkey	25 <u>Breakfast</u> 9:00am-10:00am, \$3 Pancakes Roast Turkey Dinner Stuffing, Cranberry Sauce, Gravy Pumpkin Pie	26 Wednesday Program Monterey Bay Village Looking Ahead Wellness Series, Preventing Type 2 Diabetes 2:30pm Diment Hall Refreshments	27 Jambalaya Ice Cream	28 Beef Brisket Baked Beans Apricot Custard Tart	29 Cinema Arrival PG-13 2016 Sci-Fi 1 hr 48 min Amy Adams 1:00pm, Blanchard A
31 Lasagna Caesar Salad Spumoni Weekly Salad Special Taco	<u>Lunch served Mon, Tue, Thur & Fri, 11:45am-1:00pm</u> 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				Hot Breakfast served for \$3 Tuesday, July 11 & 25 9:00am-10:00am Bring a guest to lunch for member price: 2nd Tues of the month



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.



July 11, Tuesday • SF Express to Union Square. Head to the city for a lovely day on your own! 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.

July 22, Saturday • The Book of Mormon. The New York Times calls it “the best musical of this century.” The Washington Post says “it is the kind of evening that restores your faith in musicals.” This outrageous musical comedy follows the misadventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. Leave The Crossroads at 10:00am. Depart theater at 5:00pm. Arrive Carmel at 6:30pm, approximately. Cost: \$160 member, \$170 guest.

August 4, Friday • American Craft Council San Francisco Show. Fort Mason Center, Festival Pavilion - Celebrate all things handmade when the American Craft Show, San Francisco, 2017 returns to Fort Mason Center for Arts & Culture's Festival Pavilion! More than 225 of the country's best contemporary jewelry, clothing, furniture, and home décor artists participate in the largest juried craft show west of the Rockies. Touch and explore high-quality craft from established and emerging artisans. Be sure to make a reservation for lunch at Greenes Restaurant; reserve online via OpenTable or by phone at 415.771.6222. Leave The Crossroads at 8:30am. Depart Fort Mason at 4:00pm. Arrive Carmel at 6:30pm. Cost: \$75 member, \$85 guest.

August 17, Thursday • Filoli. Recognized as one of the finest remaining country estates of the early 20th century, Filoli welcomes the public to this remarkable 654-acre property, including the 36,000 square foot Georgian country house and spectacular 16-acre English Renaissance garden. You will be able to explore the historic House and Garden at your leisure, or take a tour at 1:00pm. Self-guided booklets and docents are available to answer questions. Grab lunch at the Filoli Café which boasts a high-quality luncheon menu, complete with some standards and many imaginative combinations. Leave The Crossroads at 9:00am. Depart Filoli at 4:00pm. Arrive Carmel at 6:00pm. Cost: \$65 member, \$75 guest.

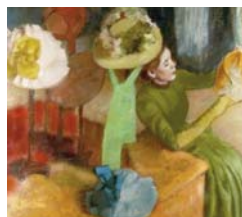
September 12, Tuesday • SF Express to Union Square. Get on the SF Express and enjoy your day! Visit a museum, go shopping, dine at one of the amazing restaurants in this exciting city! The bus will leave The Crossroads at 9:00am for Union Square. You will arrive in San Francisco at 11:30am for a day on your own. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.

September 16, Saturday • Santa Cruz Follies. Come see the latest production of the Santa Cruz Follies, one of the best-kept secrets in the Bay Area! This is an annual musical production full of wonderful singing, dancing and comedy that's performed every September at the Santa Cruz Civic Auditorium. Join us to see the “The Best of Broadway - Then and Now.” Have lunch on your own in downtown Santa Cruz. Leave The Crossroads at 9:30am. Arrive Santa Cruz at 10:30am. Depart show at 3:00pm. Arrive Carmel at 4:30pm. Cost: \$60 members, \$70 guest.

September 21, Thursday • Legion of Honor: Degas, Impressionism, and the Paris Millinery Trade. This exhibition features 60 Impressionist paintings and pastels, including key works by Degas—many never before exhibited in the United States—as well as those by Pierre-Auguste Renoir, Édouard Manet, Mary Cassatt, Henri de Toulouse-Lautrec and 40 exquisite examples of period hats. Best known for his depictions of Parisian dancers and laundresses, Edgar Degas was enthralled with another aspect of life in the French capital—high-fashion hats and the women who created them. The bus will leave The Crossroads at 9:00am. You will arrive in San Francisco at 11:30am. Depart the museums at 4:00pm. Arrive Carmel at 6:30pm. Cost: \$80 member, \$90 guest.

October 3, Tuesday • SF Express to Union Square. Head to the city for a lovely day on your own! 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.

October 20, Friday • A Day of Learning on Your Own. Choose CA Academy of Sciences to purchase on your own. One general admission to this popular Bay Area attraction includes a wide range of daily programs and activities, including dive shows, penguin feedings, swamp talks and more. Or, spend a day at the de Young Museum or maybe stop by the Japanese Tea Garden. All admission is on your own for the day. Eat at the The Academy Café which offers a multicultural menu designed to appeal to appetites of all ages. Or dine at the wonderful de Young Café with its inviting view of the Sculpture Garden. Soups, salads, sandwiches, and hot entrees are available for dining in the café or to take-out. The bus will leave The Crossroads at 9:00am. You will arrive in San Francisco at 11:30am. Depart the museums at 4:00pm. Arrive Carmel 7:00pm. Cost: \$55 member, \$65 guest.





The Carmel Foundation

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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

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The Carmel Foundation Activities • Events • Programs • July 2017

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: 6/14 - 8/16

Instructor Melissa Bispo; Seideneck Room

\$90, register w/Carmel Adult School, 624.1714

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

1:00pm-3:00pm, Mon, 7/3, 17

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, 8/15 (no 8/15)-9/12

Instructor Carol Roberts, Blanchard A

First week free "try it class"

\$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

Watercolour Painting with Julia Harnett Harvey & Beginners Corner

1:00pm-4:00pm, Fri

Instructor Julia Harnett Harvey. Seideneck Room

Personal projects coached. Easy assignments for beginners.

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

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, 7/12, 26

Leader Joan Beller, Blanchard A

No fee, register w/Joan, 626.1090

Men's Discussion Group

10:30am-11:45am, Mon

Leader Herb Stern, Seideneck Room

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

Leader Marlana Tumlin; Blanchard A

Free, register w/Marlana, 747.1864

Women's Discussion Group 2

3:00pm-4:30pm, 1st & 3rd Mon of the month

Blanchard A

Register w/Melissa McKenzie, 620.8703,

Driving

AARP Safe Driving

12:30pm-4:30pm, Mon, 10/16 & Fri, 10/20

(8 hr class / 2 sessions)

Instructor: Curt Tipton, Seideneck Room

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

w/member services, 624.1588 at least one week prior

Games

Bridge, Beginning

9:30am-11:30am, Fri, 4/28 - 7/21

Instructor Doug Halleen, Craft Room

Fee: \$80/8 sessions, register w/instructor, 917.2502

Bridge, Intermediate - Brush up on Basics #1

2:00pm-4:00pm, Mon, 8/7-9/11 (no 9/4)(5wks)

Instructor Lyde McReynolds, Craft Room

Fee: \$65/5 sessions. Registration begins 7/3, 9:00am, online at

www.carmelfoundation.org or member services, 624.1588

Bridge, Intermediate - Brush up on Basics #3

9:30am-11:30am, Thur, 8/10-9/14 (6 wks)

Instructor Lyde McReynolds, Craft Room

Fee: \$75/6 sessions. Registration begins 7/3, 9:00am, online at

www.carmelfoundation.org or member services, 624.1588

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

2:30pm-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, returns August

Leader Pam Ajir; Craft Room

No fee, register online, www.carmelfoundation.org or

w/member services, 624.1588

Texas Hold'em FULL to capacity

1:00pm-4:00pm, Thurs, Sat

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

Greek Dance Class

4:00pm-5:30pm, returns in September

Instructor Janet Tezak, Lois Lynne, Diment Hall

No fee, register at class

Hiking Group, The Carmel Foundation

1:00pm-3:00pm, Sat, 7/8

Coordinator Kari Martorella; local hiking trails

No fee; register w/Martorella 620.8706

Line Dancing

10:00am-11:00am, Sat (no July classes, back in August)

Instructor Belle James; Diment Hall

\$5/class, sign-up at class

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 Based Stress Reduction

2:00pm-4:00pm. Wed, returns in September

Instructors Corinne Collins, Rochelle Hall, Blanchard A

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

Learn to Tango

4:00pm-5:00pm, Fri

Instructor Nance Hoeft, Diment Hall

Fee: \$15/lesson

Register w/Nance, 915.7523 or tangonance@gmail.com

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, Gentle

8:30am-9:30am, Mon (FULL), Weds, Fri (FULL)

Instructor Lynn Geisen(M&F) Monica Johnson(W)

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, on break, returning in September

Instructor: Laura Sanjurjo, Blanchard A

\$90, register on-line at www.carmelfoundation.org or

w/member services, 624.1588

Lecture

Travelogues with Sandy & Gail Cohen

1:00pm-2:30pm, Mon, 7/17

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

The Carmel Foundation Women's Book Club

6:00pm-8:00pm, 4th Wed/mo

Facilitator: Vicky Torcolini, Craft Room.

No fee.

Music

Guitar

Instructor Terrence Farrell, Blanchard B

\$25/class, register w/Farrell, 241.6062, by appt.only

Technology Center

Android Tablet & Cell Phone Basics

2:30pm-4:00pm, Thurs 7/20

Instructor Ted Hill

\$5/class, register online at www.carmelfoundation.org or

member services, 624.1588

Apple Mac for Beginners Part 2

10:00am-12:00pm, Thurs, 7/11

Instructor Henry Teng

Prerequisite: must have taken Part 1

\$5/class, register online at www.carmelfoundation.org or

member services, 624.1588

Corel Painter

1:00pm-3:00pm, Fri, 7/7,14, 21, 28

Instructor Roy Hilts

\$3/class, register online at www.carmelfoundation.org or

member services, 624.1588

Fix IT (Mobile Devices, Windows and Mac PC)

10:00am-12:00pm, Tues, 7/25

Instructor Henry Teng

\$5/class, register online at www.carmelfoundation.org or

member services, 624.1588

Intro to PC's: How Do I Do That?

1:00pm-3:00pm, Thur, 7/27

Instructor Joan Crenshaw

\$5/class, register online at www.carmelfoundation.org or

member services, 624.1588

iPad Basics

1:00pm-3:00pm, Mon, 7/24

Instructor Jeff Fisher

\$5/class, register online at www.carmelfoundation.org or

member services, 624.1588

iPad Beyond the Basics

1:00pm-3:00pm, Mon, 7/10

Instructor Jeff Fisher

\$5/class, register online at www.carmelfoundation.org or

member services, 624.1588

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, 3rd Thurs, 7/20

Drop-in, no fee

USB Flash Drive/WiFi (Expanding Your iPhone/iPad Storage or Memory with Ease)

10:00am-12:00pm, Fri, 7/28

Instructor Henry Teng

\$5/class, register online at www.carmelfoundation.org or

member services, 624.1588

Writing

Book Bound Women's Writing

10:00am-11:15am; Mon

Leader Susan Cantrell, Blanchard A

\$10/class, register at class

Poetry Writing

1:30pm-3:00pm, Mon

Instructor: TBA, Blanchard B

No fee, register at class

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

Writing Poetry for the Senses

1:00pm-2:00pm; Fri, 8/4 - 8/25

Leader Cheryl Carter, Blanchard A

Free, register online at www.carmelfoundation.org or with

member services, 624.1588