



FOUNDATION EVENTS



Thank You Carmel Foundation Volunteers!

COFFEE WITH THE CHIEF

Monday, May 8
10:30am-11:30am
Field Café

BREAKFAST AT THE FOUNDATION

Tuesday, May 9 &
Tuesday, May 23

90'S PARTY

Our annual 90's Party is scheduled for late June. If you are 90 years of age or older, you should be receiving an invitation in the mail by June 1st. Please give us a call at 620.8706 if your invitation does not arrive. Space is limited so be sure to RSVP!

TAKE ME OUT TO THE BALL GAME

Saturday, May 13
San Francisco GIANTS vs the Cincinnati Reds, Club Level Section 230.

see page 5 for details

AARP SAFE DRIVING

Friday, May 12
12:30pm-4:30pm
4 hr refresher course

see Activities, Events, Programs insert for details

THE CARMEL FOUNDATION WILL BE CLOSED MONDAY MAY 29, 2017 IN OBSERVANCE OF MEMORIAL DAY

Best Hangout for Seniors

Thank you for voting for The Carmel Foundation as the "Best Hangout for Seniors" in the recent MC Weekly's "Best of" campaign. We are honored to have this honor for 16 years in a row!

Give Mom a Gift from The Carmel Foundation for Mother's Day

Mother's Day is May 14! Give a gift from the Foundation that your mom, spouse, or that special woman in your life would love this Mother's Day. Gift ideas include: membership, a lunch or coffee card, an honorarium, plant from our Garden Center, or a hand-crafted item! We strive to offer classes and activities that appeal to members of all interests, including something "mom" is sure to enjoy.



Volunteer for Monterey Bay Village!

Volunteer for the MBV and assist members in their homes with:

- Technology - computers, tablets, cell phones
- House maintenance - simple household chores
- Transportation - drive a member to a medical appt. or grocery shopping
- Outdoors - yard work or gardening
- Friendly visitor - take a member for a walk or visit with the member



Visit www.montereybayvillage.org or call 620.8717

The Boomer Humor Series with Richard Stockton continues...
featuring **Will Durst**




plus the comedy and boomer music of Richard Stockton

Comedy Night!
at a sensible hour

Friday June 2, 2017 5:30 pm
The Carmel Foundation
Corner of 8th & Lincoln, Carmel
for advance tickets:
lleonard@carmelfoundation.org 831 620-8702
Tickets: \$25, includes a glass of wine
Doors open: 5:00pm

Boomer Humor

We are excited to announce that our Boomer Humor Series is returning! Come to the Foundation on Friday, June 2 to enjoy comedy and Boomer music from Richard Stockton and see headliner Will Durst. Durst's "BOOMERAGING" is a tribute to the joys, achievements and looming terrors that accompany being a member of the Baby Boomer generation. The New York Times commented on Durst's performance: "Highly recommended! Durst is at his sly, savvy best. A sharp one man show."

The show starts at 5:30pm on Friday, June 2. Doors open at 5:00pm. Tickets are \$25 per person and include one glass of wine. For information or tickets, please contact Leanne at 831.620.8702 or lleonard@carmelfoundation.org.

Artist of the Month

If you are an artist and would like to have an exhibit at the Foundation, we are currently accepting reservations for "Artist of the Month" in the Outcalt Building Gallery for 2018. Exhibits hang for one month and all types of media are welcome. You may also sell your artwork. The Foundation receives a 10% commission on art that is sold to continue to support the Foundation art programs. If you are interested in an exhibit, please contact Gilda at 620.8708 or gsoule@carmelfoundation.org.

FOCUS ON THE FOUNDATION

Gala Thank You



On Saturday, April 8 the Foundation held its annual fundraiser; an elegant and fun-filled evening that was designed to raise funds for the Foundation's meal programs. Held at the Monterey Peninsula Country Club, this year's Gala was enjoyed by nearly 150 people. Thank you to the many individuals, businesses and sponsors that made this event such a success.



Linda L. Lester
Lester Investment Properties



Visionary Health Care Services



The Cottages of Carmel



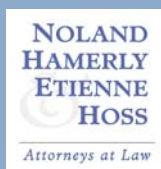
Coastal Valley Dermatology



Sunrise Senior Living



Monterey Insurance Agencies



Noland, Hamerly, Etienne & Hoss



Alvarez Technology Group



The Blind & Visually Impaired Center of Monterey County Inc.

Jeff and Lisa Coburn



Glastonbury, Inc.

WORKSHOPS

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

How to Write an Online Dating Profile That Will Bring Results

Saturday, May 6, 10:00am-12:00pm
Donna Bailey, Craft Room

Fee: \$35/person, pay instructor, sign up online at www.carmelfoundation.org or with member services, 624.1588.

Did you know that over 34% of people who meet and marry today met each other online? If you're truly ready to find someone to share this next amazing chapter of your life, and you want to increase your chances of finding them...online dating can be a fun and exciting way to find someone. Your personal online profile is crucial in so many ways:

-You'll learn so much about yourself as you write your profile.

-Speaking honestly in your own voice, you'll learn how to stay true to yourself yet develop a profile that appeals to the opposite sex and gets results.

Join others who are interested in finding love and ready to write or rewrite an online profile that will get results! Find out how to effectively and safely put yourself out there and enjoy the process.

Blood Pressure Check

Every Tuesday, 11:00am-12:00pm in member services room. Free, no appointment necessary.

Mental Health Matters

Friday, May 26, 10:00am-11:30am
Manfred Melcher, Seideneck Room
\$20 participation fee payable to the instructor. Sign up online at www.carmelfoundation.org or with member services, 624.1588.

"Manifesting Positive Change"
Everything changes! Join us for an informative discussion of things that you can do (and not do) to identify and manifest change in your life. Local psychotherapist Manfred Melcher, LCSW, will facilitate a discussion of contemporary thought that support and encourage simple behavioral and cognitive (thinking) changes you can make to improve the quality of your life, relationships, and health.

May Flowers Paper Craft Workshop

Friday, May 12
10:00am-11:00am,
Lisa Handley, Seideneck Room
\$10 includes materials. Register with Lisa at 831.512.9063 or plumeriapapercraft@gmail.com.

Bloom with creativity as you enjoy learning how to make your own "paper posey" clips and magnets! During this one-hour class, local collage and paper craft artist Lisa Handley will share one of her favorite Springtime crafts with you, and you'll create and take home your own beautiful (and functional!) May flowers!

Weekly E-blasts

Want to have a little reminder on what is happening weekly at the Foundation?

We send out an eblast every Sunday to let you know of some of things that are going on for the week. While we cannot list every class and activity, we do try to let you know about some of the different things going on.

Memorial Gifts

Marilyn Tacker; Gerda Rayne
Gary Hornbuckle; Richard Burns
William D. Curtis; Gerda Rayne

William E. Fisher; Melvin Loop
Frank Savage; Richard Burns

Robert Cater; Landon & Suzette Hofman, Alfred & Carrie Doherty
Wies Norberg; Margaret Frank, Nellie Jane Ryder

ACTIVITIES • EVENTS • PROGRAMS



Mindfulness Based Stress Reduction

Stress reduction and meditation have been shown to have many health benefits including reducing the risk of developing Alzheimer's Disease.

There will be a Mindfulness-Based Stress Reduction Class (MBSR) taught by Rochelle Hall LMFT and Corinne Collins RN, FNP-C, Wednesdays, May 3 - June 14, 2:00pm-4:30pm in Blanchard A and a silent retreat on Saturday, June 17, 9:00am-4:00pm in the Craft Room. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Fee: \$100 for new students, \$60 for repeat students, payable to instructor.

Healthy and Happy Cooking Demos

Chef Instructor Sherrie Ransom continues her nutrition and culinary classes with a couple of make-up classes: Friday, May 5 (make-up for 2/17): Fats & Fatty Acids and Wednesday, May 10 (make-up for 4/7): Adapting Recipes. 11:00am-12:00pm in the Seideneck Room. Fee: \$10 per class, payable to instructor. Guaranteed samples to those who register by the day before class but drop-ins are welcome. Sign up online at www.carmelfoundation.org or with member services, 624.1588.

Whose Class is it Anyway? Comedy Improv

In this experiential course, students will learn the craft of comedy improv - the art of plugging audience suggestions into spontaneous funny scenes and theater games like those seen on the TV Show "Whose Line is it Anyway?" through playing warm-up and skill building games followed by the theater games. Students will learn the rules of improv, trusting/supporting fellow players and asking for and incorporating suggestions. Students will be in a supportive atmosphere designed for experienced and inexperienced improvisers. Comedy improv is a good foundation for memory, writing, public speaking, standup comedy, acting, positive outlook and being able to PLAY as an adult! Come prepared to laugh. Blanchard A Tuesdays, 11am -12:30pm beginning May 2 through May 30 First two classes are free as "Try It" classes, and then a closed enrollment for those interested up to 12 people. Register online at www.carmelfoundation.org with member services, 624.1588 Fee: \$50 payable to instructor.

Last Call for Cribbage

The challenge - the competition - the camaraderie! Come and play in a monthly or twice-monthly mini-tournament as part of the new Cribbage Group. Maybe a championship is in store. Imagine yourself as the first ever "Carmel Foundation Cribbage Champion." It could be you!

Creativity! Calculating! Confirming! "C" is for Cribbage. Hope to C you there. Call Larry Parrish at 622.7455 or lparrish@toast.net. Beginners welcome.

Creative Expressions with Tehila Eisenstat

1:00pm to 3:00pm, Mondays, May 15 & May 22, June 5 & 19, Seideneck Room

Tehila is a professional artist and an art therapist. Her work covers a broad range of subjects, including landscapes, portraits, still life and non-objective art.

Painting techniques will be taught in a supportive and non-judgmental atmosphere. Personal attention is given to each participant. Tehila will demonstrate and explain colors while teaching how different colors and mixing colors help with moods, energy and even health.

All levels of experience are welcome. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Fee: \$20, payable to instructor. 1st class, supplies included, additional classes supply list provided upon registration.

Travelogues with Sandy & Gail Cohen: Teaching English in China



Sandy and Gail took part in a program sponsored by 'Global Volunteers' to teach English in Xi'an, China for two weeks. This travelogue documents this teaching experience and additionally provides scenes from Beijing and Xi'an, location of the Terra Cotta Warriors. The film also shows intimate encounters with Chinese students, who are energetic and intelligent, and who pose insightful questions about the U.S. Free presentation Monday, May 8, 1:00pm-2:30pm in the Seideneck Room.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

May 3 - Monterey's La Merienda 86th Celebration – Join Eric H. Sand as he presents a one of a kind historical presentation of La Merienda's 86th Celebration. Eric has been deeply involved in the Monterey History & Art Association and La Merienda for decades. He is a winner of the prestigious Laura Bride Powers award presented annually at La Merienda.

May 10- Golden Girls of Hollywood – A staged reading by Carol Marquart. Enjoy an afternoon of laughs in this staged reading featuring The Golden Girls of Hollywood. There's going to be a lot of serious namedropping and insult swapping, as rival gossip columnists Louella Parsons and Hedda Hopper battle it out. Part two features an exclusive with Bette Davis who confesses the un-sanitized truth of her life along with her trials and triumphs at Warner Brother Studios.

May 17 - Lieutenant Frank Luke - James R. (J.R.) Williams – Join J.R. Williams, an Aviation Historian affiliated with organizations that focus on Aviation during the Great War. He is past president of League of WWI Aviation Historians and member of WWI Aero and Cross and Cockade Great Britain. J.R. will talk about the history and life of Lieutenant Frank Luke, WWI flying ace and the first person to win the Congressional Medal of Honor for air combat. His brief, meteoric career and somewhat mysterious death has been the subject of several books.

May 24 - Looking Ahead Wellness Series: Prevention and Management of Neurologic Disease - Join CHOMP's Neurologic Physical Therapist Sasha Spadoni's discussion about recognizing signs and symptoms of stroke and how to reduce risk factors for neurologic injury. Additional topics include treatment for balance disruption, Parkinson's disease, Traumatic Brain Injury, Multiple Sclerosis and Spinal Cord Injury.

May 31 - Roundabout Hwy 68 Holman Highway Updates - The Holman Highway 68 Roundabout Project will relieve congestion at the intersection of Highway 68/Highway 1, and will improve access to the Community Hospital, Pacific Grove, Monterey and Pebble Beach. Construction is estimated to be complete by September of 2017.

ARTIST OF THE MONTH



The coloring craze is alive and well at the Foundation! Artist Jeanne Hamilton created a coloring book with her unique pattern-filled designs and thought it'd be a great idea to offer a coloring class at the Foundation. Coloring with Zesty Art began in February of 2016 and has been going strong ever since! Each week artists gather to not only color, but to learn more about how colors interact with each other, how to use different coloring media including colored pencils, gel pens, watercolor pencils and markers. Not only are friendships being formed, but artists are benefitting from increased motor skills, stronger hand muscles, improved eye-hand coordination, a new or renewed sense of color, and experience a relaxation that becomes meditative.

This class is clearly making a difference in people's lives:

"This class got me out of depression and out of the house after my husband died." – Marla

"This class has allowed me to once again be creative. Aging has taken away my usual ways of self-expression. The social side is also enjoyable as I enjoy meeting new people. Going to class gets me away from the day to day jobs at home. I didn't realize there were so many different ways of coloring and it's exciting to learn. Thanks Jeanne." – Barbara

"I have such an active mind. Coloring has helped me to focus and pay attention to what I'm doing and my thoughts don't go hither and yon." – Ted

MAY • LUNCH • PROGRAMS • MOVIES • 2017

Mon	Tue	Wed	Thur	Fri	Sat
1 NEW! Jambalaya Peach Pie Weekly Salad Special Sesame Chicken	2 Italian Chicken Parmesan; Mozzarella & Marinara Sauce Spumoni Korean Beef & Broccoli Raspberry Almond Tart	3 Wednesday Program Monterey's La Merienda 86th Celebration 2:30pm Diment Hall Refreshments	4 Roast Pork Loin Red Potatoes & Vegetables Brownie a la mode	5 Salmon Fillet with Mango Salsa Brown Rice Vegetables Tapioca	6 Cinema La La Land PG-13, 2016 Romantic Drama 128 minutes Emma Stone 1:00pm, Blanchard A
8 Roasted Rosemary Lemon Chicken Rice & Vegetable Ice Cream Weekly Salad Special Strawberry, Pecan Chicken	9 Breakfast: Biscuits & Sausage Gravy Korean Beef & Broccoli Raspberry Almond Tart	10 Wednesday Program Golden Girls of Hollywood - A Staged Reading by Carol Marquart 2:30pm Diment Hall Refreshments	11 Chicken Cordon Bleu Brown Rice & Vegetables Cherry Pie	12 Parmesan Encrusted Tilapia Key Lime Pie	13 Cinema Passengers PG-13 2016 Sci-Fi Adventure 116 minutes Chris Pratt 1:00pm, Blanchard A
15 Beef Bourguignon Mashed Potatoes Chocolate Eclair Pie Weekly Salad Special Chopped Turkey	16 Fettuccine Alfredo With Pesto & Grilled Chicken Breast Peach Cobbler	17 Wednesday Program LT. Frank Luke - James R. (J.R.) Williams 2:30pm Diment Hall Refreshments	18 Lasagna Caesar Salad Birthday Cake	19 Sand Dabs with Asian Citrus Sauce Ice Cream	20 Cinema 20th Century Women R, 2016 Comedy 116 minutes Annette Bening 1:00pm, Blanchard A
22 Chicken Picatta, Brown Rice, Vegetables Bread Pudding Weekly Salad Special Taco	23 Breakfast: Belgian Waffles Pork Osso Buco; Pork Shank in Sauce, Mashed Potatoes & Vegetables Apricot Custard Tart	24 Wednesday Program Looking Ahead Wellness Series: Prevention & Management of Neurologic Disease 2:30pm Diment Hall Refreshments	25 Honey Lemon Chicken Ice Cream	26 Beef Brisket Baked Beans Triple Berry Pie	27 Cinema Lion PG-13 2016 Drama 118minutes Dev Patel 1:00pm, Blanchard A
29 Closed in observance of Memorial Day	30 Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie Weekly Salad Special Nicoise	31 Wednesday Program Roundabout Hwy 68 Holman Highway Updates 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 Hot Breakfast served for \$3 Tuesday, May 9 & 23, 9:00am-10:00am 2nd Tuesday of every month bring a friend to lunch, pay membership price		



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.



May 9, Tuesday • SFMOMA Matisse/Diebenkorn Exhibit. Presenting a new view of two of the twentieth century's most extraordinary painters, Matisse/Diebenkorn is the first major exhibition to explore the profound inspiration Richard Diebenkorn (1922-1993) found in the work of Henri Matisse (1869-1954). It brings together 100 seminal paintings and drawings—40 by Matisse and 60 by Diebenkorn—that reveal the connections between the two artists in subject, style, color, and technique. The exhibition unfolds across the arc of Diebenkorn's career—from early abstractions, through his Bay Area figurative years, to his majestic Ocean Park series—all in direct dialogue with works that he knew and admired by Matisse. Leave The Crossroads at 9:00am. Depart 4:00pm. Arrive Carmel at 6:30pm. Cost: \$90.



May 13, Saturday • San Francisco Giants vs Cincinnati Reds. Join Discovery Charters and The Carmel Foundation for a fun and exciting day at the scenic AT & T ballpark! Contact Jeanne Dorr at 633.7111 and mention The Carmel Foundation. Game time: 1:05pm. Seating: Club Level Section 230. Limited seats available so please reserve ASAP. Payment is required when reservation is made. Leave the Crossroads at 8:45am. Return to Carmel subject to game length. Cost: \$140.



May 16, Tuesday • Google. We are excited to offer a small guided tour to the Google campus in Mt. View, the main Google campus! This trip includes a campus guide, access to the Google Store, a lunch hosted by Google, insight to the world of Google famous on campus sights. Leave The Crossroads at 9:00am. Depart Google 3:00pm. Arrive Carmel 5:00pm. Cost: \$55, member, \$65 guest.



May 22, Monday • SF Express to Union Square. Get on the SF Express and enjoy your day! Visit a museum, go shopping, dine at one 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.

June 6, Tuesday • SF Express to Union Square. Have a great day in the 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.



June 10, Saturday • Cabaret. This divinely decadent masterpiece comes to San Jose direct from Broadway! Award-winning and critically acclaimed Roundabout Theatre Company presents Sam Mendes's (Skyfall, American Beauty, the films) and Rob Marshall's (Into the Woods, Chicago, the films) revival of Tony Award®-winning CABARET. In its 50th Anniversary Season, CABARET includes some of the most memorable songs in theatre history: "Cabaret," "Willkommen," and "Maybe This Time." Leave the Crossroads at 10:00am. Depart theater at 5:00pm. Arrive Carmel at 6:30pm, approximately. Cost: \$150 member, \$160, guest.

June 13, Tuesday • Stanford Shopping Center. Northern California's premier open-air shopping and dining destination with Bloomingdale's, Neiman Marcus, and more than 140 world-class specialty stores, ranging from luxury brands to local favorites. Enjoy an extraordinary mix of restaurants and cafes. Shop the European Street Market for the freshest California produce and gourmet specialty foods. Breathtaking gardens, sculptures and fountains accent the gardens. Whatever the season, it's always magically in bloom! Leave the Crossroads at 9:00am. Depart the mall at 3:30pm. Arrive Carmel 5:30pm. Cost: \$50, member, \$60, guest.

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. Now standing room only productions in London, on Broadway, and across North America. The Book of Mormon has truly become an international sensation. Contains explicit language. Leave the Crossroads at 10:00am. Depart theater at 5:00pm. Arrive Carmel at 6:30pm, approximately. Cost: \$160, member, \$170, 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 New time: 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 complete 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 • May 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: 3/15 - 6/7

Instructor Melissa Bispo; Seideneck Room

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

Creative Expressions with Tehila Eisenstat

1:00pm-3:00pm, Mon 5/15, 22 & 6/5, 19

Instructor Tehila Eisenstat; Seideneck Room

\$20/class, payable to instructor, register online at www.carmelfoundation.org or member services, 624.1588

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

Improv: "Whose Class Is It Anyway" Comedy Improv

11:00am-12:30pm, Wed, 5/2 - 30

Instructor Carol Roberts, Blanchard A

\$50/series, payable to instructor, register at www.carmelfoundation.org or member services, 624.1588

Drumming Circle

3:30pm-4:30pm, Thurs

Leader Lee Lotz, Seideneck Room

No fee, 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

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, 5/10 & 24

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, 1st & 3rd Tues

Sponsored by Alliance on Aging Facilitators: Ted Hill, Babs

Andruzak, Blanchard A

No fee, sign-up at class

Women's Discussion Group -open to new participants

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

Leader Marlena Tumlin; Blanchard A

Free, register w/Marlena, 747.1864

Women's Discussion Group 2 FULL

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

Facilitator Vicky Torcolini; Blanchard A

Driving

AARP Safe Driving

12:30pm-4:30pm, Fri, 5/12 (4 hr refresher)

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 - 6/16

Instructor Doug Halleen, Craft Room

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

Bridge, Intermediate - Brush up on Basics #2 FULL

2:00pm-4:00pm, Mon, 4/24 - 6/5

Instructor Lyde McReynolds, Craft Room

Bridge, Intermediate - Brush up on Basics #2 FULL

9:30am-11:30am, Thur, 4/27 - 6/1

Instructor Lyde McReynolds, Craft Room

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

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, 5/13, 6/10

Leader Pam Ajir; Craft Room

No fee, register online, www.carmelfoundation.org or w/member services, 624.1588

Texas Hold'em FULL

1:00pm-4:00pm, Thurs

Facilitator Anthony Pagano, 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, Tues

Instructor Janet Tezak, Lois Lynne, Diment Hall

No fee, register at class

Healthy and Happy Raw Cooking Demonstration

Make-up classes

11:00am-12:00pm, Fri, 5/5 & Wed 5/10

Instructor Sherrie Ransom, Seideneck Room

\$10/class, register online at www.carmelfoundation.org or w/member services, 624.1588

Line Dancing

10:00am-11:00am, Sat

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 May 5/3 - 6/17, Blanchard A

9:00am-4:00pm, Sat, 6/14, Craft Room

Instructors Corinne Collins, Rochelle Hall, Blanchard A

\$100/series, register online at www.carmelfoundation.org or w/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

12:00am-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, 4/21 - 6/9

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, 5/8

Seideneck Room

Presenters: Sandy & Gail Cohen, No fee

Literature**Non-Fiction Reading Discussion- FULL**

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-3:30pm, Thur, 5/11

Instructor Ted Hill

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

member services, 624.1588

Corel Painter

1:00pm-3:00pm, Fri, 5/5, 12, 19, 26

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, Fri, 5/5, 12, 26

Instructor Henry Teng

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

member services, 624.1588

Fun-da-mental Internet Computer Class

1:00pm-3:00pm, Thur, 5/18

Instructor Holger Hubbs

\$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, 5/25

Instructor Joan Crenshaw

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

member services, 624.1588

iPad Basics

1:00pm-3:00pm, Mon, 5/22

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, 5/8

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, 5/18

Drop-in, no fee

Writing**Book Bound**

10:00pm-11:15am; Mon

Leader Susan Cantrell, Blanchard A

\$10/class, register at class

Dream Big

10:00am-11:30am, Wed, 5/3

Instructor Gloria Valentino, Seideneck Room

Fee: \$40 payable to instructor, register online at

carmelfoundation.org or w/member services, 624.1588**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