



**FOUNDATION EVENTS**



Come to the Foundation for the Wednesday Programs, stay for the refreshments

see page 4 for the Wednesday Program schedule.

**NEW FROM THE KITCHEN**

Kelly & Chloe are serving up Catfish, Thursday, March 29

see the Menu on page 4 for the whole month's offerings

**SAVE THE DATE**

Volunteer Appreciation Luncheon  
Wednesday, April 11  
Doors open 11:30am, lunch served promptly at 12:00pm  
Rancho Canada

Be on the lookout for your invitation in the mail

**Piano and Keyboard Lessons on Monday Mornings**

Beginning, intermediate and advanced students welcome.

see Activities, Events, Programs insert for more dates and times

**SATURDAY CINEMA**

Current movies every Saturday with popcorn

see Saturday Cinema on the Menu page (page 4)

**NEW TAX REFORM**

At the end of last year, Congress enacted the most comprehensive tax law changes in more than 30 years. Today, people are trying to assess what this means with regards to charitable giving. As The Carmel Foundation does not accept government funding, we rely on the generosity of others. By supporting the Foundation, you make a difference in changing the lives of seniors in our community.

**Ways to Give in 2018**

Gifts of Cash

If you itemize deductions, your charitable gift may reduce your federal and state income taxes. Gifts of cash could now eliminate tax on up to 60% (formerly 50%) of one's adjusted gross income each year.

Gifts of Stock

Tax benefits that come with making charitable gifts via gifts of securities remain the same. Giving securities in this manner offers savings of both regular income tax and capital gains tax, whether or not you choose to itemize.

Qualified Charitable Distributions

Untouched by the new Tax Reform is the opportunity for those 70 ½ years or older to give up to \$100,000 per year from qualified IRAs. The amount given will qualify as part of the mandatory withdrawal for the year. This is an attractive option if you do not itemize your tax deductions or would like to keep your reportable income down to avoid having your Social Security and other income taxed at a higher rate.

Bequests

As in the past, allocating a certain dollar amount or percentage of your estate is a meaningful way to have your support continue beyond your lifetime.

Please consult with your tax professional, financial advisor or CPA for additional information about your specific circumstances.

**Sunset Center Parking**

Missing out on your favorite Foundation program because of parking? Why not park at the Sunset Center parking lot located on Mission & 8th, just 2 short blocks from the Foundation. It is a free lot with unlimited parking time. There is also an electric charging station!

Coffee with the Carmel Police Chief  
Monday, March 12  
10:30am - 11:30am  
Field Cafe

**Philanthropic Foodies Recap**



Thank you to all who attended the Philanthropic Foodies event February 1st. Guests that night enjoyed incredible food prepared by Chef Boris Ilabaca of La Playa Carmel paired with fine wines from Blair Estate and DiOrio Cellars. A special thanks, to La Playa Carmel for creating an evening to remember!

**Big Sur Artist, Erin Lee Gafill at the Foundation**

Complete Information & Registration  
www.eringafill.com/carmel



Erin Gafill and Tom Birmingham, local artists-teachers who have traveled all over the US, Japan, Italy and Mexico,

bringing creativity and painting techniques to students of all ages, will be offering two one of a kind programs at the Foundation.

**The Passion of Painting: Awaken The Artist Within**

Painting and Creativity Workshop  
Friday, May 11, 1:30pm-4:30pm  
Saturday, May 12, 10:00am-3:30pm  
Registration fee: \$250 plus \$25 materials fee (closes April 15)

Learn tried-and-true tricks and practices to jump-start your creativity and self-expression. We'll write, paint, collage, work in a series, and more. Short timed

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## FOCUS ON THE FOUNDATION

Save the Date



4-14-18



April 14, 2018  
 Nicklaus Club - Monterey  
 (formerly Pasadera)  
 5:30 p.m. Reception • 7:00 p.m. Dinner  
 \$175 per ticket  
 For more information contact  
 Leanne Leonard at  
 831-620-8702  
 lleonard@carmelfoundation.org

## WORKSHOPS

Sign-up for workshops & classes online at [www.carmelfoundation.org](http://www.carmelfoundation.org) or with member services, 624.1588

### Flower Arranging back by popular demand!

Thursday, March 29

9:00am-11:00am

Debra Smith, Craft Room

\$5 payable to Debra at class

Sign up online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624.1588.

Create beautiful Easter arrangements for your home with Deborah Smith. All supplies are covered but you will need to bring your own clippers!

### Brown Bag with Brian Ellinoy, Pharm D.

Tuesday, March 20

9:00am-1:00pm

Thursday, March 22

1:00pm-4:30pm

Blanchard B

\$15/30 minutes, payable at appt. Register by calling 831-644-8487 or by email [rxbrian@yahoo.com](mailto:rxbrian@yahoo.com)

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 a daily basis.

### Advanced Skin Care - Men & Women

Friday, March 30

10:00am-12:30pm

Fran Roberston, Seideneck Room

Fee: \$10 payable at workshop

Sign up online at [carmelfoundation.org](http://carmelfoundation.org) or with member services 624.1588

What works - What doesn't....

•Moisturizer •Peels •Laser• Retinol?

We CAN look years younger... You'll learn about YOUR skin type and the BEST way to care for it - without spending \$\$\$\$. Join Fran Robertson, local Esthetician and Make-up Artist for an interactive, fun, learning experience.

### SoulCollage®!

Wednesday March 14: Nature's Wisdom

Wednesday, March 28: Stretch Your Imagination

10:00am-12:30pm

Lisa Handley, Seideneck Room

\$30 per individual class

Please register for each class with Lisa at 831 512-9063 or [plumeriapapercraft@gmail.com](mailto:plumeriapapercraft@gmail.com).

Step into the flow of SoulCollage®, and immerse yourself in mindful self-expression! Lisa Handley, SoulCollage® facilitator and artist, gently inspires and guides participants through each 2.5-hour class as 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.

### Erin Gafill at the Foundation

cont. from page 1

exercises designed to awaken out-of-the-box thinking will help you tap into your own true voice. Award-winning teachers Erin Lee Gafill and Tom Birmingham will offer ample demonstration, feedback, and encouragement.

### A Life in the Arts - Jane Gallatin Powers Slideshow and Talk

Friday, May 11, 7:00pm

Registration fee: \$15

Diment Hall

Erin Gafill traces her roots in the arts back to her great-great grandmother, artist Jane Gallatin Powers, the spiritual godmother of Carmel-by-the-Sea's art colony days. After the 1906 San Francisco Earthquake, Jane and her husband Frank, president of the Carmel Development Company, hosted artists, poets and writers in their seaside cottage. After a privileged childhood in Gold Rush Sacramento, Jane was celebrated in her own lifetime, yet died penniless and alone in war-torn Rome in 1944, her luminous paintings all but forgotten. This is a riches-to-rags story of discovery, transformation and redemption, the history of Carmel's first woman in the arts and her enduring legacy.

Erin Lee Gafill is an award-winning artist, writer, and teacher living in Big Sur, California. For three of the last four years, Gafill has been voted "Best Artist of Monterey County" by the MC Weekly readers' poll. She is an Artist Member of the Carmel Art Association. Along with her husband, Tom Birmingham, she teaches in Mexico, Italy, and around the US.

### Memorial Gifts

**Milt Jines;** The Jines Family

**Robert Hopkins** Carol Jan Hopkins

**Delmar Ault** Patricia Ault

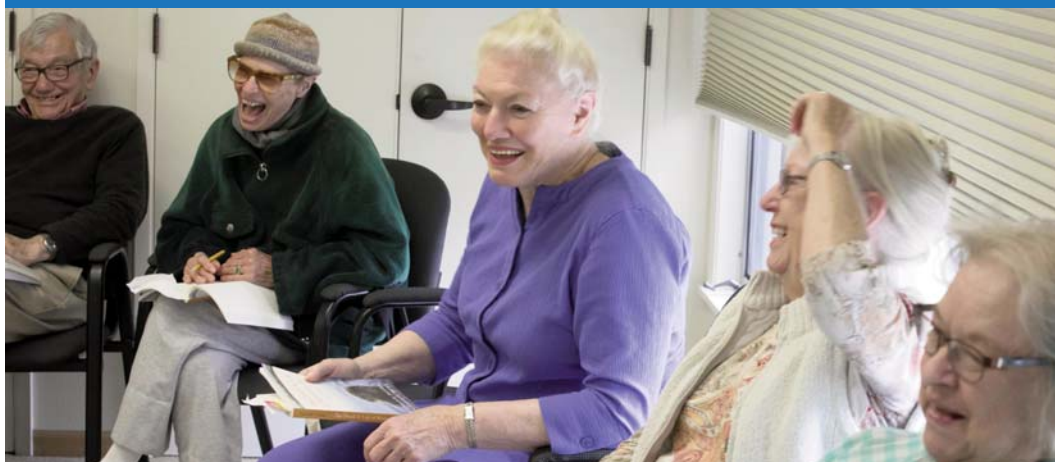
**Robert Davis;** Tracy Dudkiewicz, Tap Marketing, Lucille Clark, Milt & Jamesa Schulle

**Pat Lockhart;** Vinzenz & Barbara Hake

**Tien Tao;** Alice Tao

**John Grundy;** Denny Paul

# ACTIVITIES • EVENTS • PROGRAMS



## Dance for Healing

Trina Frómeta is a dancer, choreographer and contemporary dance teacher renowned for her creativity and live performances in her native country of Venezuela and around the world. Most recently, Trina was awarded a full scholarship from Mark Morris Dance Group and the Dance for PD program to become certified as a dance teacher for Parkinson Disease.

Trina's Dance for Healing classes, Fridays March 9 & March 23, 3:00pm-4:30pm in Diment Hall, are an aesthetic experience that uses the elements of narrative, imagery, live music, and community to develop artistry and grace while addressing such issues as Parkinson Disease - specific concerns as balance, flexibility, coordination, isolation and depression. The classes will engage your minds and bodies, creating an enjoyable, social environment that emphasizes dancing rather than therapy. Active demonstration by Trina will inspire you to recapture grace, while guided improvisation fosters creativity and experimentation with movement.

There is a \$10 suggested donation cost, payable to the instructor at time of class. Sign up online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624.1588.

## Creative Expressions with Tehila Eisenstat

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. Classes are Mondays, March 12 & 26 and April 2, 16 & 30. Fee is \$20 per class, sign up online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624.1588. More about Tehila: visit her website [www.tehila-art.com](http://www.tehila-art.com).

## Mindfulness Returns to the Foundation

Corrine Collins RN, FNP and Rochelle Hall LMFT offer a free introduction to Mindfulness and Meditation on Friday, March 30, 2:00pm-3:30pm in the Blanchard A. The introduction will be followed by the Mindfulness and Meditation Eight Week Class on Fridays, April 6 - May 25, 2:00pm-4:30pm with an all day retreat Saturday, May 19, 9:00am-3:30pm. The program has been shown to rewire the brain, bringing improved memory, better sleep, and decreased anxiety. Fee is \$100 for members, \$60 for former students. Sign up online at [carmelfoundation.org](http://carmelfoundation.org) or with member services, 624.1588.

## Topics in Music RETURNS on SATURDAY mornings!

Scott MacClelland's "Topics in Music" interactive lecture series returns to the Foundation on Saturday mornings. The 12 week semester starts Saturday, March 17, 10:00am-11:45am in Blanchard A. A former classical music radio presenter (KWAY & KBOQ locally) and journalism graduate from the University of California, Scott, has been lecturing and writing about music on the Monterey Peninsula for more than 40 years. He is the founding editor of Performing Arts Monterey Bay, a weekly-updated on-line service that covers live performing arts in Monterey and Santa Cruz counties. The semester fee remains at \$50, payable to the instructor. Students are invited to submit suggestions for topics of interest at [breakingrecords@sbcglobal.net](mailto:breakingrecords@sbcglobal.net).

## Spanish for the Traveler

Whether you are travelling to Buenos Aires, Barcelona or Bogota, this course will help you brush up on the practical phrases that you will need for your trip. Topics will include transportation, hotels, restaurants, shopping, and sightseeing. Join us for conversational practice in a relaxed atmosphere Friday mornings 10:00am-11:30am, April 6 - May 25 in Blanchard A. Pay instructor, Laura Sanjurjo in class. Sign up online at [carmelfoundation.org](http://carmelfoundation.org) or call member services, 624.1588. Cost: \$90 with text

## Wednesday Programs

2:30pm, Diment Hall  
Refreshments Served

**March 7-** Home Care, What is it and what are my options? – As a person begins to age, family members often feel the need to help with everyday tasks that are now challenging for a loved one. This can include activities like meal preparation, laundry and housekeeping. Eventually, many family members find themselves assisting in ways they never expected, like hygiene and grooming. David Bullard, founder and President of Right at Home - Monterey Bay Area will discuss and take questions regarding home care options.

**March 14 -** Being Mortal: Medicine and What Matters in the End – Join Hospice Giving Foundation for a screening and discussion of the PBS FRONTLINE film *Being Mortal*. Based on the best-selling book by Atul Gawande, MD., this documentary explores the hopes of patients and families facing terminal illness and their relationships with the physicians who treat them. See the film and be part of a facilitated discussion with Shary Farr on what matters most to patients and families facing difficult treatment decisions and how to have these conversations ahead of a medical crisis.

**March 21-** Safe and Sane Use of the Internet - Join Todd Sergot, an information technology professional and Director of Service for The Alvarez Technology Group, as he gives you the tools to protect your identity online. In addition, we'll allow expanded time for questions and answers after the presentation.

**March 28 -** Monterey Bay Village Looking Ahead Wellness Series – Leading the Way to a World Without Alzheimer's: An Update on the Latest Research – Join Claire Day, Chief Program Officer from Northern California Alzheimer's Association, to hear some results from the 2017 and 2016 Alzheimer's Association International Conference (AAIC) related to both pharmacological and non-pharmacological studies. In addition, you will learn how research has advanced through the years and how funding is impacting the trajectory of the disease.

# ARTIST OF THE MONTH



**Nancy Zimmerman**

**Artist with the Central Coast Art Association**

Some would say I'm a late bloomer, but for me art has always been a part of my life. I've enjoyed drawing since I was a young girl. As an elementary teacher for 35 years I was always teaching children all kinds of arts and crafts. I've always involved myself in all kinds of artistic endeavors. Sewing, needlecraft, jewelry making, card making, interior decorating and design, faux painting, pottery and landscape design. As the years passed I realized I wanted to try my hand at painting on canvas. I decided it was something I would pursue when I retired from teaching. Instead, upon retiring I got involved in remodeling, landscaping and staging homes. But alas, about 8 years after retiring I bought paints, canvasses and began a new passion. I've taken a weekend workshop from Mary Titus and many classes from Marie Massey. The chance to be very creative is what

challenges me and keeps me intrigued. My abstract paintings are done in acrylics and my other works are usually a combination of an acrylic layer with the top detailed layer in water mixable oils.

## MARCH • LUNCH • PROGRAMS • MOVIES • 2018

Mon	Tue	Wed	Thur	Fri	Sat
<p><u>Lunch served Mon, Tue, Thur &amp; 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</p>			<p><b>1</b>            Honey Lemon Chicken            Peach Pie             Weekly Salad Special            Greek</p>	<p><b>2</b>            Salmon Fillet with            Mango Salsa            Brown Rice            Vegetables            Tapioca</p>	<p><b>3</b>            Cinema            Goodbye Christopher Robin            PG, 2017            Drama            1 hr 47 min            Domhnall Gleeson            1:00pm, Blanchard A</p>
<p><b>5</b>            Beef Stroganoff            Mushroom Cream            Sauce, Egg Noodles            Apple Pie             Weekly Salad Special            Cobb</p>	<p><b>6</b>            Chicken Picatta            Brown            Rice &amp; Vegetables            Peach Berry Pie</p>	<p><b>7</b>            Wednesday Program            Home Care - What is it            and what are my            options?            2:30pm            Diment Hall            Refreshments</p>	<p><b>8</b>            Jambalaya            Chocolate Cream Pie</p>	<p><b>9</b>            Sand Dabs            with            Asian Citrus Sauce            Ice Cream</p>	<p><b>10</b>            Cinema            Logan Lucky            PG-13, 2017            Comedy            1 hr 59 min            Logan Lucky            1:00pm, Blanchard A</p>
<p><b>12</b>            Fettuccine Alfredo            With Pesto &amp;            Grilled Chicken Breast            Ice Cream             Weekly Salad Special            Flat Iron</p>	<p><b>13</b>            Pork Scallopini            Butterscotch Pie             Bring a guest to lunch            for member price</p>	<p><b>14</b>            Wednesday Program            Being Mortal: Medicine            and What Matters in the            End            2:30pm, Diment Hall            Refreshments</p>	<p><b>15</b>            Chicken Divan;            Creamy Chicken with            Broccoli            Birthday Cake</p>	<p><b>16</b>            Corned Beef            &amp;            Cabbage            Key Lime Pie</p>	<p><b>17</b>            Cinema            Wonder            PG, 2017            Drama            1 hr 53 min            Julia Roberts            1:00pm, Blanchard A</p>
<p><b>19</b>            Korean Beef            &amp; Broccoli            Blackberry Crisp             Weekly Salad Special            SW Chicken</p>	<p><b>20</b>            Roast Turkey Dinner            Stuffing            Cranberry Sauce            Gravy            Pumpkin Pie</p>	<p><b>21</b>            Wednesday Program            Alvarez Technology            2:30pm, Diment Hall            Refreshments</p>	<p><b>22</b>            Quiche;            Spinach or            Bacon/Onion            Salad            Ice Cream</p>	<p><b>23</b>            Salmon Fillet            with Hollandaise            Brown Rice &amp;            Vegetables            Peach Cobbler</p>	<p><b>24</b>            Cinema            Just Getting Started            PG-13 2017            Comedy            1 hr 31 min            Morgan Freeman            1:00pm, Blanchard A</p>
<p><b>26</b>            Parmesan Encrusted            Roast Chicken,            Mashed Potatoes &amp;            Gravy            Pecan Pear Tart             Weekly Salad Special            Grilled Shrimp</p>	<p><b>27</b>            Lasagna            Caesar Salad            Banana Split Pie</p>	<p><b>28</b>            Wednesday Program            MBV/Looking Ahead            Wellness Series: Leading            the Way to a World            Without Alzheimer's            2:30pm, Diment Hall            Refreshments</p>	<p><b>29</b>            NEW!            Catfish            Cherry Pie</p>	<p><b>30</b>            Ham with            Macaroni &amp; Cheese            Ice Cream</p>	<p><b>31</b>            Cinema            The Mountain Between            Us            PG-13 2017            Drama            1 hr 52 min            Kate Winslet            1:00pm, Blanchard A</p>



# TOUR PROGRAM

All Tours Leave from The Crossroads Carmel

Register for tours online at [www.carmelfoundation.org](http://www.carmelfoundation.org) or by contacting member services, 624.1588. Payment must be made at time of reservation. Guests additional \$10 to tour cost. No bank fee will be charged when reserving with your credit card.

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



**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. Arrive Carmel at 7:30pm. 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 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.



**April 3, Tuesday • Filoli Mansion.** It's Spring - time to go to Filoli Mansion! Designed between 1915 – 1917 and set against the dramatic backdrop of the northern Santa Cruz Mountains in Woodside, California, Filoli is an excellent example of the Golden Age of American garden design and country house architecture. The estate boasts a 654-acre property featuring a Georgian revival-style mansion turned living museum, 16-acres of exquisite formal gardens, an operating Gentleman's Orchard, and a nature preserve with a public Estate Trail. 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 6:30pm. Cost: \$65 member, \$75 guest



**April 22, Sunday • Beach Blanket Babylon.** "Beach Blanket Babylon," the world's longest running musical revue and one of the most popular San Francisco attractions, is a high energy pop culture satire! The San Francisco Chronicle says Beach Blanket Babylon is a "must-see" and gives the show its highest rating! Celebrating over 16,000 performances, Beach Blanket Babylon has become a world renowned record-breaking success. Seen by over six million people from around the world, this internationally acclaimed musical revue continues to delight audiences with its hilarious spoofs of pop culture, spectacular costumes and outrageously gigantic hats! The bus departs from The Crossroads at 9:00am for Club Fugazi in the heart of San Francisco's North Beach district. Dine at Original Joe's nearby for lunch or one of the other great restaurants near the theater! You will arrive at 11:30am for lunch on your own. Show begins at 2:00pm. Depart San Francisco at 4:00pm. Arrive Carmel 6:30pm. Cost \$125 member, \$135 guest.



**May 13, Sunday • Golden Gate Park.** Spring is here and the day is yours to explore Golden Gate Park! Go to the free Mother's Day Rose Show where you can see many types of roses (hybrid teas, grandifloras, miniatures, David Austin roses, and old garden roses from the 19th century) in the County Fair Building at Golden Gate Park. The show runs 12:30pm-4:00pm. Or walk to the S F Botanical Garden, one of the most diverse gardens in the world. Escape to a unique, 55-acre urban oasis of extraordinary beauty. The Botanical Garden is a living museum within Golden Gate Park, offering 55 acres of both landscaped gardens and open spaces, showcasing over 8,500 different kinds of plants from around the world. Or, make your way to the beautiful Conservatory of Flowers via the Park's free shuttle. Dine at one of the Museum Cafes, Conservatory of Flowers, or at the serene Japanese Tea Garden! As part of a citywide effort to promote public transportation to destinations and attractions, the Golden Gate Park shuttle service is provided free to park visitors. Shuttle stop maps and places of interest will be provided on the trip. Discovery will drop passengers at the bus lot near the Academy of Sciences/De Young Museum. The bus will leave The Crossroads at 9:00am. You will arrive at the park approximately 11:30am for a day on your own. Depart at 3:30pm. Arrive Carmel 6:00pm. Cost: \$55 member, \$65 guest.



**May 17, Thursday • SF Express to Union Square.** Spend a wonderful day in SF! 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 9, Saturday • Jersey Boys - Broadway San Jose.** "Jersey Boys" is the Tony, Grammy, and Olivier Award-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! The bus will leave The Crossroads at 10:00am. Lunch is on your own (Hostess will give out a list of nearby restaurants). Depart the theater at 5:00pm. Arrive Carmel at 6:30pm. Cost: \$115 member, \$125 guest.



## The Carmel Foundation

P.O. Box 1050, Carmel, CA 93921

[www.carmelfoundation.org](http://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 655.655.7667 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](http://www.c4yourself.com).

## THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

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Asst. Editor: Gilda Soule  
P.O. Box 1050  
Carmel, CA 93921  
SE Corner of 8th & Lincoln  
831.624.1588  
831.620.8720 Fax

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

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### Staff

**President/CEO** Holly Zoller, 620.8700 [hzoller@carmelfoundation.org](mailto:hzoller@carmelfoundation.org)

**Programs & Volunteer Services** Melissa McKenzie, Director 620.8703  
[mmckenzie@carmelfoundation.org](mailto:mmckenzie@carmelfoundation.org)

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**Development** Kimberly Willison, Director 620.8701 [kwillison@carmelfoundation.org](mailto:kwillison@carmelfoundation.org)

**Monterey Bay Village** Kristine Ware, Director 620.8717 [kware@carmelfoundation.org](mailto:kware@carmelfoundation.org)

**Facilities** Carlos Correa, Director 620.8707 [ccorrea@carmelfoundation.org](mailto:ccorrea@carmelfoundation.org)

**Member Services** 624.1588



# The Carmel Foundation Activities • Events • Programs • March 2018

To sign up for classes online, visit [www.carmelfoundation.org](http://www.carmelfoundation.org) or call member services, 624.1588

## Creative Arts & Self Expression

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### Acrylic Art Class

1:00pm-4:00pm, Wed: 3/14-6/6

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, 3/12 & 26

Instructor Tehila Eisenstat; Seideneck Room

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

[www.carmelfoundation.org](http://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, Mon, 3/12, 19, 26

Instructor Carol Roberts, Blanchard A

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

[www.carmelfoundation.org](http://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](http://www.cfphotographers.org), register at class

### SoulCollage

10:00am-12:30pm, Wed, 3/14 Nature Wisdom, 3/28 Stretch Your Imagination

Instructor Lisa Handley, Blanchard A

\$30/class, includes materials, sign-up with Lisa, 512.9063 or [plumeriapapercraft@gmail.com](mailto:plumeriapapercraft@gmail.com)

### 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

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### Dance for Healing **CANCELLED**

3:00pm-4:30pm, Fri, 3/9 & 23

Instructor Trina Frómeta, Diment Hall

\$10 suggested donation, sign-up online,

[carmelfoundation.org](http://carmelfoundation.org) or member services, 624.1588

### 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

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### 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, 3/14 & 28

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, Facilitator: Ted Hill

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

Blanchard A

Free, open group, contact Melissa before attending, 620.8703

## Driving

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### 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](http://www.carmelfoundation.org) or w/member services, 624.1588

at least one week prior

## Games

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### Bridge, Intermediate

2:00pm-4:00pm, Mon, 4/23, 30, 5/7, 14, 21

5 weeks, \$75, payable to instructor

9:30am-11:30am, Thur, 4/19, 26, 5/3, 10, 17

5 weeks, \$75, payable to instructor

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

### Cribbage

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

Leader Larry; Craft Room

No fee, register w/instructor 622.7455, [lparrish@toast.net](mailto: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

### Mah Jongg, Beginners

9:00am-11:00am, Fri, 3/2, 9, 16, 30(no 3/23)

Leader Dzuong Bui; Craft Room

\$35/4 week session, register w/instructor 372.6328

### Scrabble with Susan

1:00pm-4:00pm, Mon

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

### 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

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### 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-3:30pm, Fri, 3/30, free introduction  
2:00pm-4:30pm, Fri, 4/6 - 5/25, Blanchard A  
9:30am-3:30pm, Sat, 5/4-12, all day retreat, Craft Room  
Instructors Corinne Collins, Rochelle Hall  
\$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  
Blanchard A, \$8 per class, register at class

### 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

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### 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

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### Spanish

10:00pm-11:30am, Fri, 4/6 - 5/25  
Instructor: Laura Sanjurjo, Blanchard A  
\$90, register on-line at [www.carmelfoundation.org](http://www.carmelfoundation.org) or  
w/member services, 624.1588

## Lecture

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### Travel with Sandy & Gail

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

## Literature

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### 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: Barbara Svetlik, Craft Room.  
No fee.

## Music

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### Piano and Keyboard Lessons

9:00am-12:00pm, Mon, by appt.  
Instructor Marina Minnelli, Blanchard B  
\$70/duet, \$140/private, register wth Marina, 277.0179

### Topics in Music

10:00am-12:00pm, Fri 3/2, 9  
10:00am-11:45pm, Sat beginning 3/17  
Instructor Scott MacClelland, Blanchard A  
\$50/12 week semester, register online, [carmelfoundation.org](http://carmelfoundation.org),  
or member services, 624.1588

### Vintage Records, Listen & Chat with Youth **CANCELLED**

10:00am-11:30pm, Sat, 3/3, 10, 17, 24  
Instructor Aaron Eden, Seideneck Room  
No fee, register online, [carmelfoundation.org](http://carmelfoundation.org), or member  
services, 624.1588

## Technology Center

?s [techcenter@carmelfoundation.org](mailto:techcenter@carmelfoundation.org)

For all Tech Classes, register online, [carmelfoundation.org](http://carmelfoundation.org),  
or members services, 624.1588

### Android Cell Phones & Tablets, Basics

2:30pm-4:00pm, Thur, 3/15  
Instructor Ted Hill  
\$5 fee

### Corel Painter

1:30pm-3:30pm, Fri, 3/9, 23  
Instructor Roy Hilts  
\$5 fee

### Facebook Your Way

10:00am-11:00am or 11:00am-12:00pm, Fri, 3/9, 16  
Instructor Joan Crenshaw  
\$5 fee

### Family History Search Basics

1:30pm-3:00pm, Tue, 3/27  
Instructor Junel Davidson, Certified Genealogist  
\$5 fee payable to instructor, register by 3/19

### iCloud Storage

10:00am-12:00pm, Mon, 3/12  
Instructor Cynthia Schmidlin  
\$5 fee

### iPad, Basics

1:00pm-3:00pm, Mon, 3/12  
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 (no Wed)  
Come in and use the technology equipment on your own

### Open Session with Instructors

10:00am-12:00pm, Thur, 3/15  
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, 3/2  
Instructor Cynthia Schmidlin  
\$5 fee

### Photoshop Elements, Intro to

10:00am-12:00pm, Thurs, 3/8  
Instructor Roy Hilts  
\$5class

### Photoshop Elements

10:00am-12:00pm, Thurs, 3/29  
Instructor Roy Hilts  
\$5class

### Windows 10 Basics

10:00am-12:00pm, Tue, 3/13  
Instructor Rick Butterworth  
\$5class

## Writing

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### Writing Memoirs (two separate classes)

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