



FOUNDATION EVENTS



CLASS REMINDERS

Ballroom Dance Class with Michell

Thursdays, September 14 - October 5, 3:00pm-4:00pm
\$40/person/series, pay in full at first class, pre-enrollment is required.

see *Activities, Events, Programs insert*

Golden Oldies Cat Rescue Presentation

Golden Oldies Cat Rescue offers seniors a purr-fect way to make a difference Friday, 9/15, 11:00am-12:00pm, Seideneck Room, no fee.

Eight week Mindfulness Based Stress Reduction Class

Classes are Wednesdays, FREE Introduction Wednesday, September 13, 2:00pm-4:00pm, September 20 - November 8, 2:00pm-4:30pm in Blanchard A with Rochelle Hall LMFT and Corinne Collins RN, FNP. Blanchard A.

see *Activities, Events, Programs insert*

HELP WANTED

Garden Group Volunteers for 11:00am-2:00pm coverage on Mondays

Piano Players for the 2nd, 3rd & 4th Friday of the month

Call Melissa, Director of Programs & Volunteer Services at 620.8703 for more information.

Jill Sheffield announces retirement

At the July board meeting Jill advised the Board of her intention to retire on November 1. She indicated she has been fortunate to have been associated with this organization for the past twelve and a half years as President/CEO and is confident in the board's ability to find a replacement. She also noted the talented and committed staff and their ability to adapt and move forward in a new environment. Janie Franklin, the Board Chair, created a search committee immediately to begin the process of seeking candidates.

Annual Meeting

This year's Annual Meeting will take place on Wednesday, September 20 at Carmel Mission Inn. We encourage you to come hear a Foundation update and afterwards enjoy food, wine and music and the camaraderie shared amongst friends.

The presentation begins at 3:00pm with a wine and hors d'oeuvres reception to follow. Doors open at 2:30pm. Instead of issuing free tickets, this year people will need to register online to RSVP. Please go online to www.carmelfoundation.org under the events tab to sign up or call member services at 624.1588. Limited seating is available. Looking forward to seeing you soon!

Loading Zone

Please be aware that the loading zones both in our parking lot and on the street are for just that LOADING. No parking is allowed. When someone parks there, it takes away the opportunity for a frail member to be dropped off or for a member to load or unload medical equipment. Please be courteous to all members who might need to legitimately use this space for loading.

Carmel International Film Festival - complimentary "555" passes

A limited amount of complimentary tickets are available for the festival, October 18-22. Tickets can be used for any film starting before 5:00pm or if there is availability at a screening that starts after 5:00pm and after priority ticket holders are seated. Sign-up with member services, 624.1588 or on the events tab at www.carmelfoundation.org.

**THE CARMEL FOUNDATION
WILL BE CLOSED
MONDAY, SEPTEMBER 4
IN OBSERVANCE OF
LABOR DAY**

THE BOOMER HUMOR COMEDY SERIES CONTINUES!

The Boomer Humor Series with Richard Stockton continues...

featuring **Kat Simmons**



plus the comedy and boomer music of Richard Stockton

Comedy Night!
at a sensible hour

Friday September 22, 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

Join us for the next Boomer Humor Comedy Show at the Foundation on Friday, September 22. Richard Stockton, the show's emcee, will be welcoming Kat Simmons as the headlining comedian.

Kat Simmons is a 27 year veteran of the international comedy club circuit. You may have seen her at The Improvs, Catch A Rising Star, the Comedy Channel, Fox's Comedy Tonight, or on Candid Camera. She has been favorably compared to Lucille Ball, Carol Burnett and Red Skelton; masters of the craft. Her humor is clean as she elevates and enlightens her audiences.

The show starts at 5:30pm (doors open at 5:00pm). Tickets are \$25 per person and include a glass of wine. Seating is limited, so purchase your tickets today by clicking on the "sign up" button on the events tab on the Foundation website (www.carmelfoundation.org).

Contact Leanne Leonard at 620.8702 or lleonard@carmelfoundation.org with questions or for additional information or ticket purchase.

FOCUS ON THE FOUNDATION

CARMEL-BY-THE-SEA CONCOURS ON THE AVENUE



On August 15, the streets of Carmel by the Sea were filled with world class cars for residents and visitors to enjoy. Since CONCOURS ON THE AVENUE's inception 11 years ago, The Carmel Foundation has been fortunate enough to be the nonprofit beneficiary. Through the years, well over \$300,000 has been donated to help seniors in our community. Thank you to the many volunteers and supporters that made this event such a success once again!



WORKSHOPS

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

Learning about Osteoporosis

Friday, September 22

10:00am-11:30am,

Alejandra Arriaran

Seideneck Room

No fee, sign up online at www.carmelfoundation.org or with member services, 624.1588.

Join Alejandra Arriaran, American Bone Health peer educator, for a workshop which will cover the disease we call osteoporosis and how it is diagnosed. Learn why bone health matters now and what can be done to keep bones strong. Information on how to prevent bone loss and falls, as well as the current treatments that are available to prevent fractures will be presented.

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.

Mental Health Matters

Mental Health Matters- "Grief and Bereavement: Your Personal Journey."

Join us Friday, September 22, 10:00am-11:30am in Blanchard A as 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. This workshop has a \$20 participation fee, plus a \$3 materials fee (\$23 total, payable to the instructor at the workshop).

Maybe You'll Be Kissing Someone Under the Mistletoe This Year!

"A Dating Primer for Grown-Ups"

Saturday, September 23, 1:00pm-2:00pm

If you're over 55 and you'd like to find love again, but are not sure if you're ready or don't know where to begin, come to this hour-long workshop to explore what it takes to find someone to love.

Cost: \$15.00 per person, Seideneck Room.

"I Just Haven't Found Him/Her Yet...The Dating Journey for Grown-ups"

Saturday, September 23, 2:00pm-4:00pm

How's Your Love Life??? Have you been dating or trying to get yourself out there and feeling discouraged or confused about why it isn't working for you? It may feel like you're the only one that feels like that, but you're not alone. Come join with other courageous folks over 55 who would love to share the upcoming holidays with someone special. Learn what might be getting in the way, what steps you can take to improve your chances and how to actually enjoy the dating process. Cost: \$30.00 per person, Seideneck Room.

If you've been to one of my workshops on dating and relationships, come back and share your experiences and wisdom and maybe renew that courage!

Donna Bailey, MS owner of Donna's Big Red Chair is a Dating and Relationship Coach.

www.carmelfoundation.org

Memorial Gifts

Ingrid E. King; Kim Gach, Yoland Saruaeza

Rita Reiman; Friday Bridge Group

Tribute Gifts

The Carmel Foundation Staff; Robert Killian

Ana Almazan; Rita Roberts

ACTIVITIES • EVENTS • PROGRAMS

Write Your Own Obituary and Eulogy

Celebrate your life and save your loved ones the added stress of scrambling to write your obituary and eulogy! This fun and meaningful workshop is hosted by Susan Cantrell who has helped students create lasting albums of their lives, words for obituary publication and poignant eulogies using her talents as a 30-year published journalist, author and writing teacher. With humor, honesty, meaning and purpose she will gently guide you through lessons and discussions that lead you to summarize your life by first identifying your true essence. Saturdays, September 23 - October 14, 10:30am-12:00pm in the Seideneck Room. Register with Susan at 372.2231. Cost is \$50 payable to instructor.

Spanish for Travelers

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. 10:00am-11:30am Fridays, September 29 - November 17 in Blanchard A. Pay instructor Laura Sanjurjo in class. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Fee: \$ 90 with text book.

Tech Center News

Open session with Instructors is every 3rd Thursday, 10:00am-12:00pm in the Technology Center. This is a wonderful – and FREE – opportunity to get your specific questions answered by our knowledgeable and friendly volunteer Technology Instructors. Time spent per student is dependent on how many need help, but everyone will be served. Tech Center Hours: 9:00am-4:00pm (unless there is a scheduled class) Please plan your visit around these hours.

New Class – Pinterest for Beginners

Ever wanted to start a Pinterest account? This fun and interactive site is easy to set up and fun to use. Think of it as a digital form of scrapbooking. Learn how to set up “boards” from internet sites for your hobbies, recipes, travel destinations, art and more! The objectives of this class will be to learn how to set up a Pinterest account, have a basic understanding of the purpose of Pinterest, and learn how to use Pinterest to communicate. First class will be Thursday, September 14, 1:00pm-3:00pm. Sign up online at www.carmelfoundation.org or by calling member services 624.1588.

Attaining Individuality: 'I Feel, I Think, I Wonder - Who Am I Really?'

Thursdays, October 5 - November 9, 2:00pm-4:15pm, Blanchard A Seminar ‘catalyst’: Elayne Wareing Fitzpatrick, Journalist, retired professor in humanities, Monterey Peninsula College; adjunct member, American Philosophic Practitioners Association. The six week seminar will cover: Stuff you probably didn't learn in school, from existentialism to thinking in terms of inclusive opposites; Robert Louis Stevenson and Carmel's early nature bohemians to Robinson Jeffers; Jiddu Krishnamurti, and Henry Miller. More discussion to include, taking Socrates' advice to examine our own lives; exploring wisdom in classic films: Zorba the Greek; The Razor's Edge and Managing Love and Violence. Sign up online at www.carmelfoundation.org or with member services, 624.1588. No cost: with exception of \$5 syllabus payable to instructor.

Readers Theatre of Famous Americans

The Lives of the rich and famous (and sometimes infamous) Americans. Join READERS THEATRE , October 11 & 18 and November 8 & 15, 10:00am-12:00pm in the Seideneck Room where they will select parts and read biographical plays by playwright, Carol Marquart. All of these plays have been performed locally, but this time, YOU are in the show! We will start out with THE LIFE AND TIMES OF WILLIAM RANDOLPH HEARST (Yes, Marion Davies and Julia Morgan are also in this). Next they will select from a list of other biographical plays which include such names as Mark Twain, The Duchess of Windsor, J. Paul Getty, Kurt Vonnegut Jr. and Bette Davis. Non-readers are also welcome. There is no fee, sign up with member services, 624.1588. or online at www.carmelfoundation.org.

Travels with Sandy and Gail Travels thru Northern India

Free presentation on Monday, September 11, 1:00pm-2:30pm, Seideneck Room. Join Sandy and Gail Cohen on their travels through Northern India. Arriving in Delhi, they drive South to the elegant Taj Mahal, followed by a sojourn to Vrindavan, the home of the exuberant Hare Krishna movement. The final stop is Varanasi (aka Banaras), India's most sacred city. Here, all of life revolves around the sacred Ganges River, where the pilgrims come to bathe, conduct ceremonies, and ultimately die.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

September 6 - Strange Bedfellows: Robert Louis Stevenson & Henry Valentine Miller. Please join veteran journalist and MPC professor emeritus Elayne Wareing Fitzpatrick who will discuss some little-known affinities between these literary greats who sojourned -- in different eras -- on our Big Sur-Monterey coast. RLS is remembered most for adventure tales like Treasure Island - -devoured by children during years of genderless reading -- and for the psychological horror story The Strange Case of Dr. Jekyll and Mr. Hyde. Miller, on the other hand, titillated readers with banned books like Tropic of Cancer and Quiet Days in Clichy. But both writers questioned and quested and grew to share a common philosophy under the soft and violent influence of our coast.

September 13 - The Peter Pan Connection: Robert Louis Stevenson & Sir James M. Barrie. Elayne Wareing Fitzpatrick will return! She will present reflections on Peter Pan & Wendy Darling: A personal experience. Fitzpatrick, who lives in Carmel Valley, has written books about both, illustrated by Carmel artist Shell Fisher.

September 20 - No Program- Annual Meeting

September 27 - Monterey Bay Village Looking Ahead Wellness Series – The Gifts Among Us– Stop and smell the roses personified! Gerontologist, David Hahklotubbe, implores the audience to acknowledge, appreciate and exercise opportunity that remaining capacity affords us. Improve your quality of life instantly as you switch your paradigm of thinking.

Healthy and Happy

Join Chef Sherrie Ransom for nutrition and culinary classes exploring plant-based recipes with emphasis on uncooked and gently cooked foods. We'll discuss nutrition, flavor, recipes, culinary tips and of course samples. All ingredients are organic, gluten-free, soy-free and plant-based with emphasis on whole foods. Classes are 11:00am-12:00pm in the Seideneck Room. Wednesdays, September 13: Peppers & Spicy Mango Sauce; September, 20: Calcium & Lemon Tahini Sauce. \$10 per class. Guaranteed samples to those who register by the day before class, drop-ins are welcome. Register online at carmelfoundation.org or with member services, 624.1588.

ARTISTS OF THE MONTH



Carmel River Beach, Artist Darlene Berry

Fine Arts Lab - Carol Harrison Instructor - Tuesday Afternoon

The Carmel Foundation provides a huge, bright room for artists. There they find a retreat to spread out their work and enjoy an afternoon of painting. All medias are encouraged: oil, acrylic, watercolor, pen and ink, pastel, and even the pencil.

They meet each Tuesday afternoon from 1:30pm - 4:00pm. It is more like a college lab than a classroom. Artists can come and go as they please. It's free to all who are current members of The Carmel Foundation.

The Carmel Foundation receives a 10% commission from the sales resulting from this show. Your patronage of these artists will in turn benefit the Seideneck Fund of The Carmel Foundation, which supports all art related activities of The Carmel Foundation. Please see Gilda Soule, in the Administration Building, if you are interested in purchasing a painting.

SEPTEMBER • LUNCH • PROGRAMS • MOVIES • 2017

Mon	Tue	Wed	Thur	Fri	Sat
<p><u>Lunch served Mon, Tue, Thur & Fri, 11:45am-1:00pm</u></p> <p>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>Bring a guest to lunch for member price: 2nd Tues of the month</p> <p>Hot Breakfast served for \$3 9:00am-10:00am Tues, Sept 12 & 26</p>	<p>1</p> <p>Chile Relleno Fiesta Corn Refried Beans Brownie a la mode</p>	<p>2</p> <p>Cinema Gold R, 2016 Drama 2 hrs 1 min Matthew McConaughey 1:00pm, Blanchard A</p>
<p>4</p> <p>CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>5</p> <p>Beef Stew Chocolate Cream Pie</p> <p>Weekly Salad Special Southwestern</p>	<p>6</p> <p>Wednesday Program Strange Bedfellow: Robert Louis Stevenson & Henry Valentine Miller 2:30pm Diment Hall Refreshments</p>	<p>7</p> <p>Turkey Pot Pie Triple Berry Pie</p>	<p>8</p> <p>Salmon Fillet with Mango Salsa Brown Rice Vegetables Key Lime Pie</p>	<p>9</p> <p>Cinema Going in Style PG-13, 2017 Comedy 1 hr 36 min Morgan Freeman 1:00pm, Blanchard A</p>
<p>11</p> <p>Honey Lemon Chicken Raspberry Almond Tart</p> <p>Weekly Salad Special Margarita Shrimp</p>	<p>12</p> <p><u>Breakfast</u> 9:00am-10:00am, \$3 Breakfast Burritos</p> <p>Jambalaya Apple Crisp</p>	<p>13</p> <p>Wednesday Program The Peter Pan Connection: Robert Louis Stevenson & Sir James M. Barrie 2:30pm Diment Hall Refreshments</p>	<p>14</p> <p>Chicken Divan; Creamy Chicken with Broccoli Blackberry Cobbler</p>	<p>15</p> <p>Sand Dabs with Asian Citrus Sauce Ice Cream</p>	<p>16</p> <p>Cinema Split PG-13, 2017 Thriller 1hr 56 min James McAvoy 1:00pm, Blanchard A</p>
<p>18</p> <p>Korean Beef & Broccoli Blueberry Pie</p> <p>Weekly Salad Special Sesame Chicken</p>	<p>19</p> <p>Chicken Picatta Brown Rice & Vegetables Ice Cream</p>	<p>20</p> <p>No Wednesday Program Annual Meeting</p>	<p>21</p> <p>Roast Pork Loin Red Potatoes & Vegetables Birthday Cake</p>	<p>22</p> <p>Sole Florentine; Fillet of Sole with Spinach & White Sauce Apricot Custard Tart</p>	<p>23</p> <p>Cinema The Promise PG-13 2017 Drama 2 hr 13 min Oscar Isaac 1:00pm, Blanchard A</p>
<p>25</p> <p>Chicken Cacciatore Apple Pie</p> <p>Weekly Salad Special Strawberry Pecan Chick</p>	<p>26</p> <p><u>Breakfast</u> 9:00am-10:00am, \$3 Pancakes</p> <p>Lasagna Caesar Salad Cherry Pie</p>	<p>27</p> <p>Wednesday Program Monterey Bay Village Looking Ahead Wellness Series: The Gifts Among Us 2:30pm Diment Hall Refreshments</p>	<p>28</p> <p>Chicken Marsala Vegetables Ice Cream</p>	<p>29</p> <p>Beef Brisket Baked Beans NEW DESSERT! Butterscotch Pie</p>	<p>30</p> <p>Cinema Collateral Beauty PG-13 2016 Drama 1 hr 36 min Will Smith 1:00pm, Blanchard A</p>



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.



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 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.

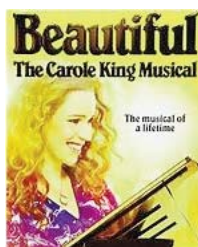
October 3, Tuesday • SF Express to Union Square. Head to the city for a lovely day on your own! Leave the Crossroads at 9:00am. Arrive Union Square at 11:30am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: \$55 member, \$65 guest.

October 20, Friday • A Day of Learning on Your Own. Choose California 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.

November 2, Thursday • SF Express to Union Square. Beat the crowds and head to SF for holiday shopping! 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.

November 18, Saturday • Beautiful, San Jose Performing Arts Theater. Long before she was Carole King, chart-topping music legend, she was Carol Klein, Brooklyn girl with passion and chutzpah. She fought her way into the record business as a teenager and, by the time she reached her twenties, had the husband of her dreams and a flourishing career writing hits for the biggest acts in rock 'n' roll. But it wasn't until her personal life began to crack that she finally managed to find her true voice. Beautiful – The Carole King Musical tells the inspiring true story of King's remarkable rise to stardom to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation. The bus will leave The Crossroads at 10:00am. Depart the theater at 5:00pm. Arrive Carmel at 6:30pm. Cost: \$150 members, \$160 guest. Lunch is on your own.

December 12, Tuesday • SF Express to Union Square. Not too late to be ready for Santa Claus Take a trip to the City and finish up shopping and see the city decorated for the holiday! 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.





The Carmel Foundation

P.O. Box 1050, Carmel, CA 93921
www.carmelfoundation.org

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ONGOING SERVICES

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

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

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

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

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

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

Call Support Services at 620.8705/8706

PARTNERING AGENCIES

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

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

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

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

Independent Transportation Network(ITN)/Monterey County offers rides to seniors in Monterey County, call 233.3447.

MC-CHOICE For assistance with Medi-Cal, CalFresh: Food Assistance Program and completing your Monthly Reports, come to The Carmel Foundation, Blanchard B every first Thursday of the month from 9:00am-12:00pm, first come, first serve. Call 1.866.361.0477 or apply online at www.c4yourself.com.

THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

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

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Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • September 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: 8/23-11/15

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

Mon, 2:45pm-4:45pm, 9/11; 1:00pm-3:00pm, 9/18 & 25,

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, 8/8 - 9/12

Instructor Carol Roberts, Blanchard A

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

www.carmelfoundation.org or member services, 624.1588

Needlecraft Group

1:00pm-3:00pm; Tues

Leader Connie Georis; Craft Room

No fee, drop-ins welcome

Photography, Darkroom Denizens

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

Manager: Peter Moppert, 415.310.9622

No fee, open, call in advance

Photography Group

1:00pm-2:30pm, Thurs

Leader Joyce Tarter Rideout; Seideneck Room

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

www.cfphotographers.org. register at class

Reader's Theatre

10:00am-12:00pm, Wed, 10/ 11 & 18, 11/8 & 15

Facilitator Carol Marquart, Seideneck Room

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

member services, 624.1588

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

Discussion Group

Attaining Individuality: "I Feel, I Think, I Wonder - Who Am I Really?"

2:00pm-4:15pm, Thur, 10/5 - 11/9

Leader Elayne Wareing Fitzpatrick; Blanchard A

No fee, \$5 syllabus payable to instructor, sign up online, carmelfoundation.org, or with member services, 624.1588

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, 9/13, 9/27

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

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 of the month

Blanchard A

Free, open group, contact Melissa before attending, 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, Intermediate

9:30am-11:30am, Thur, resumes in October

Instructor Lyde McReynolds, Craft Room

Fee: \$75/6 sessions. Register 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, 9/16

Leader Pam Ajir; Seideneck 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

Ballroom Dance Class with Michell

3:00pm-4:00pm, 9/14-10/5

Instructor Michell, Diment Hall

\$40/person/series, pay at 1st class, pre-enrollment required at

www.carmelfoundation.org or member services, 624.1588

Fountain of Youth-Restorative Movement & Self Defense

12:00pm-1:00pm, starting 9/19

Instructor Jason Costanza, Diment Hall

\$7/person/session, drop ins welcome

Greek Dance Class

4:00pm-5:30pm, Tue, beginning 9/19

Instructor Janet Tezak, Lois Lynne, Diment Hall

No fee, register at class

Healthy & Happy Raw Cooking

11:00am-12:00pm, Wed, 9/13 & 20

Instructor Sherrie Ransom, Seideneck Room

Fee: \$10/class, register online, carmelfoundation.org or with member services, 624.1588**Hiking Group, The Carmel Foundation**

1:00pm-3:00pm, 2nd Sat

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(MBSR)

2:00pm-4:00pm, Wed, 9/13, free introduction class

2:00pm-4:30pm, Wed, 9/20-11/8

Instructors Corinne Collins, Rochelle Hall, Blanchard A

\$100/members, \$60/former students, pre-registration required online at www**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, 9/29-11/17

Instructor: Laura Sanjurjo, Blanchard A

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

w/member services, 624.1588

Lecture

Travel with Sandy & Gail

1:00pm-2:30pm, Mon, 9/11

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: Barbara Svetlik, Craft Room.

No fee.

Technology Center

For all Tech Classes, Register online, carmelfoundation.org, or members services, 624.1588**Android Tablet & Cell Phone Basics**

2:30pm-4:00pm, Thur, 9/7

Instructor Ted Hill

\$5/class

Corel Painter

1:00pm-3:00pm, Fri, 9/1, 8, 15, 22, 29

Instructor Roy Hilts

\$3/class

Fix IT (iPhone, iPad, Android Devices, Windows/Mac PC)

10:00am-12:00pm, Fri, 9/1; Mon, 9/19

Instructor Henry Teng

\$5/class

iPad Basics

1:00pm-3:00pm, Mon, 9/25

Instructor Jeff Fisher

\$5/class

iPad Beyond the Basics

1:00pm-3:00pm, Mon, 9/11

Instructor Jeff Fisher

\$5/class

Mac Beginner, Part 1

10:00am-12:00pm, Mon, 9/11

Instructor Henry Teng

\$5/class

Mac Beginner, Part 2

10:00am-12:00pm, Mon, 9/25

Instructor Henry Teng

\$5/class

Open Lab (except for scheduled classes)

10:00am-4:00pm Monday - Thursday

Come in and use the technology equipment on your own

Open Session with Instructors

10:00am-12:00pm, Thur, 9/21

Drop-in, no fee

Pinterest for Beginners

1:00pm-3:00pm, Thur, 9/14

Instructor Joan Crenshaw

\$5/class

Printing from iPhones, iPads, & Other Mobile Devices

1:00pm-3:00pm, Fri, 9/8

Instructor Henry Teng

\$5/class

Questions? techcenter@carmelfoundation.org**Writing**

Book Bound Women's Writing

10:00am-11:15am; Mon

Leader Susan Cantrell, Blanchard A

\$10/class, payable to instructor, register w/instructor, 372.2231

Writing Memoirs (two separate classes)

10:00am-12:00pm, Mon - FULL

9:30am-11:30am, Wed

Instructor Illia Thompson; Craft Room

Fee: \$40/mo, register w/Thompson, 659.5210

Write Your Own Obituary and Eulogy

10:30am-12:00pm, Sat, 9/23 - 10/14

Instructor: Susan Cantrell, Seideneck Room

Fee: \$50, payable to instructor, register w/instructor, 372.2231

Writing Poetry for the Senses

1:00pm-2:00pm; Fri, 9/1, 8, (no 9/15), 22, 29

Leader Cheryl Carter, Blanchard A

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

member services, 624.1588