



THE CARMEL FOUNDATION

FOUNDATION EVENTS



90's party A-team volunteers

Coffee with the Carmel Police Chief

Monday, July 9
10:30am -11:30am
Field Cafe
Stop in for some coffee, stay for a chat.

Caregiver University

A three part series designed for the beginning informal family caregiver

see page 3 for details

Family History in Photos

Friday, July 27
10:00am-12:00pm
Tech Center
Learn how to share your life story for future generations to enjoy on Ancestry.com.

see page 3 for details

Carmel Honey Company - Honey, Bees and Pollination!

Wednesday, July 11
2:30pm
Diment Hall

see Wednesday Programs for details

Lunch Special- Tuesday, July 3rd



Happy 4th of July at the Foundation on Tuesday, July 3.

Delicious grilled hot dogs with chili, potato salad and watermelon for \$2.00! Get there early! Dessert is a mouthwatering hot fudge sundae for \$1! Lunch is from 11:45am-1:00pm.

Giving from the Heart - An Adventure in Neighborliness

Support a program that is dear to your heart. Giving from the Heart will provide you with the opportunity to support your favorite program at the Foundation. You can choose to give any amount to a specific fund or you can designate your gift to where it is needed most.

Did you know...

- A gift of \$200 enables us to subsidize the cost of delivering 45 low-cost meals to homebound seniors?
- A gift of \$300 allows us to serve lunch at an affordable rate to 45 people at the Foundation?
- A gift of \$450 provides 20 hours of help for a spouse caring for his or her loved one?

Please give from your heart at a level that is meaningful to you. Your support is most appreciated!

If you did not receive your "Giving from the Heart" donation form in the mail or would like additional information, please contact Leanne at 620.8702 or lleonard@carmelfoundation.org.

Throwback Summer Films~ Matinée Series

The Throwback Matinée Series continues in July with films from the 60s from 11:00am-1:00pm in the Seideneck Room on Saturdays.

July 7th, *The Good, the Bad and the Ugly*
July 14th, *The Apartment*
July 21st, *To Kill a Mockingbird*
July 28th, *West Side Story*

**THE CARMEL FOUNDATION
WILL BE CLOSED
WEDNESDAY, JULY 4TH
IN OBSERVANCE OF
INDEPENDENCE DAY**

The Carmel Foundation Declaration

The Carmel Foundation functions with the spirit and concern of a good and thoughtful neighbor. It has no message to deliver, no creed to preach, and supports no political theory. It strives to bring into the lives of the members, a measure of dignity, serenity, comfort and companionship.

Annual Meeting Save the Date -

Mark your calendars! The Carmel Foundation's Annual Meeting, featuring a State-of-the-Foundation presentation by the leadership team, will be held on Wednesday, September 26 at 3:00pm. Additional details, including information about tickets, will be available in next month's newsletter.

Garden Group

The gates are open for you to stop by and visit the newly refreshed Garden Center at the Foundation. The new hours are 9:00am-4:00pm daily. Stop by and see what's new, grab a cup of coffee at the Field Café and chat with your friends and explore this beautiful spot on our campus!

90's Party

On Wednesday, June 20th The Carmel Foundation hosted a birthday luncheon with entertainment by the Steve & Dixie Band in honor of members who are defined as a nonagenarians or BETTER! Special thank you to our talented chefs Kelly and Chloe for providing the delicious food, our hands-on staff and our dedicated volunteers who made this event such a success.

Member Orientation

Want to find out what the Foundation is all about? Join the directors for an orientation on Monday, July 16, 10:30am-11:30am in Diment Hall. Get a brief overview of the departments, get a tour and stay for lunch. No need to RSVP.

FOCUS ON THE FOUNDATION

CARMEL-BY-THE-SEA CONCOURS ON THE AVENUE

Tuesday, August 21, 2018

The Carmel Foundation is pleased to play an integral part in the CARMEL-BY-THE-SEA CONCOURS ON THE AVENUE event taking place on Ocean Avenue. For 12 years, the Foundation has been the beneficiary of this prestigious car event.

Event Patron Package

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



You and your guest will enjoy:

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

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

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

To reserve your Event Patron Package, please contact:

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

WORKSHOPS

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

(Not Just for Women) Skin Care 101 "Skin Our Largest Organ"

Friday, July 20

9:00am-12:30pm

Fran Robertson, Craft Room

Fee: \$10 payable at workshop

Sign up online at carmelfoundation.org or with member services 624.1588

Local Clinical Esthetician & Skin Therapist, Fran Robertson presents "Skin Our Largest Organ" in a very informative fact & fun filled presentation.

- Truth about skin care
- Products....do they make a difference?
- Department Store vs. Drug Store
- Procedures – what works & what doesn't
- What are Peels? Enzyme vs. Acid Peels
- PLUS, one-on-one skin analysis, immediately following

An Introduction to the Feldenkrais Method - An Interactive Talk

Monday, July 9

2:00pm-3:00pm

Patric Zito, Seideneck Room

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

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

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

and is nationally and state certified in therapeutic Massage and Bodywork. He has worked nationally and internationally as a somatic therapist since 1983. Patric currently is an instructor at the Monterey Institute of Touch and also has a private Feldenkrais Movement practice in Carmel. He currently teaches public movement classes throughout the Monterey Peninsula.

MST: Transportation & Mobility Resources

Friday, July 20

11:00am-12:00pm

Seideneck Room

Please join Lesley van Dalen, Mobility Specialist with Monterey Salinas Transit as she 'spreads the word' about the different ways you can be more independent through public transportation!

Senior Resource Guide

The 2018-2019 Senior Resource Guide published by Monterey County Weekly is out. The publication has a plethora of resources available to seniors in the area. Pick up your copy today at The Carmel Foundation.

Memorial Gifts

Olivia Bigelow; Melvin Loop

Michael Sean Donovan; Richard Burns

Maria Van der Wal; Margaret Stephenson

Colette Gish; Trixie Brown, Bobcat Ridge Giving Fund

Mary Ogle; Clara Cherry

ACTIVITIES • EVENTS • PROGRAMS



Chess - all skill levels welcome

Meet with fellow chess players in the Field Café for a fun afternoon of chess together. Thursdays, 2:00pm-4:30pm. No fee, drop-ins welcome!

Step into the flow of SoulCollage®

Lisa Handley, SoulCollage® facilitator and artist, gently inspires and guides participants through the class as they tap into their imagination and intuition to gather images, collage personally meaningful cards, contemplate their significance and consult with them as springboards to their own inner wisdom. Join us for “Step Into the Flow and Spread Your Creative Wings” Friday, July, 27, 10:00am-12:30pm in the Seideneck Room. Both new and experienced are welcomed. \$30 per individual class.

Please register with Lisa at 512.9063 or plumeriapapercraft@gmail.com.

Technical Theatre Workshop

Monterey County Theatre Alliance presents a Technical Theatre Workshop. Come and learn from the experts. Have you ever thought about working behind-the-scenes in the theater? Join us on Thursday, July 5, 12, 19 or 26 as the Monterey County Theatre Alliance offers information about training conducted by experienced professionals during multiple live performances to learn essential theatre operations. Blanchard A, 2:00pm-4:00pm, no fee. Sign-up online at carmelfoundation.org or with member services, 624.1588.

Caregiving University: The Journey of Caregiving for Beginners

A 3-part series presented by Del Mar Caregiver Resource Center will be offered Saturdays, September 8 (Overview of Dementia), September 22 (Self-Care for the Caregiver) and October 6 (Helpful Tips for Providing Personal Care to Someone with Memory Loss), 10:00am-3:45pm in the Seideneck Room. The workshops are designed for the beginning informal family caregiver caring for a loved one with Alzheimer's disease or related dementias and can be

taken as a series or individually depending on your needs as a caregiver.

For more information visit the Del Mar Caregiver Resource Center at www.delmarcaregiver.org, a program of Health Projects Center. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Free class! Lunch included!

Reflections on Women's Sexuality; A Women's Discussion Group

Curious? Women have so much in common and yet rarely share their thoughts and feelings about issues in female sexuality. We will create a safe, accepting environment to discuss these topics Fridays, August 10 - September 14 1:00pm-3:00pm in Blanchard A. Facilitator is Joni Caldwell, a sexuality educator and coach who teaches Human Sexuality at Monterey Peninsula College. Sign up online at carmelfoundation.org or with member services, 624.1588. No fee.

Family History with Photos

Learn how to share your life story for future generations to enjoy on Ancestry.com with instructor Margaret Hurley, Friday, July 27, 10:00am-12:00pm in the Tech Center. This class will teach you how to tell your story through photos and short stories. Students should have a current account at Ancestry.com and basic knowledge of how it works. 30-40 photos should be on a CD or thumb drive. If you don't have photos already on an external drive, join Margaret on Tuesday, July 24, 10:00am-11:00am or 11:00am-12:00pm to learn how to upload them at this photo scanning class. Classes are \$5 each; sign up online at carmelfoundation.org or with member services, 624.1588.

Basics of Beading Part 2

Learn the basics of designing and assembling jewelry with Foundation staff on Monday, July 23, 1:00pm-4:00pm in the Seideneck Room. “Newbies” welcome too. You will be able to take home a finished piece of your very own design! All supplies included. Sign up online at carmelfoundation.org or with member services, 624.1588. Fee: \$20.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

July 4 - No Wednesday Program. The Carmel Foundation is closed in observance of Independence Day. Happy 4th of July!

July 11 - Carmel Honey Company- Honey, Bees and Pollination! – Carmel Honey Company grew out of a passion for bees and good grades. This company began as a student's “real world” homework assignment in 5th grade and he not only got an A on the project, but created a business! Come learn about how critical the honey bee is to our future, their honey production, nutritional value, health benefits, economics, and the importance of pollination and honey to honey bees.

July 18 - Conservatorships and Seniors, Resources and the Law - This dynamic and informative workshop will provide a wealth of information regarding conservatorship law and demonstrate how various agencies and organizations work together to protect those who are impaired. Attendees will learn the differences between LPS Conservatorships, Limited Conservatorships and Probate Conservatorships and will learn about the legal requirements for each. Moreover, attendees will have an opportunity to ask questions of the panelists who include: Neuropsychologist, Dr. Patricia McKeon; Conservatorship Law Attorney, Lori Espinoza, Diana Midkiff, Deputy Public Guardian and Vicki Nelson, End of Life Education Consultant.

July 25 - Monterey Bay Village Looking Ahead Wellness Series – Important Discoveries of Functional Medicine – Many diseases and medical conditions have one thing in common: inflammation! Functional Medicine is a medical field that focuses on reducing inflammation through specific medical and life style approaches. Join Shehab Saddy, MD, Internist and Geriatrician, as he discusses the remarkable benefits and improvement in health of an individual by medical findings and practices of Functional Medicine through scientific studies over recent decades.

ARTIST OF THE MONTH

Rose Mary Ullmann

In my early years, I painted in oils in a realistic style. Slowly, my paintings changed to reflect my own emotions. By focusing on bright colors and flat shapes I could express my inner feelings. Usually, I sketch a scene, and then I paint it in warm colors according to my own psychological impulses. The act of painting itself brings me great joy and I hope the viewers will feel it, too.

My paintings treat nature as a source rather than a scene. Color expresses the mood of the scene and a sense of atmosphere. By inventing my own colors, I am not enslaved by the colors of nature. Thus I am constructing a work of art, not copying nature. Moreover, inventive color is sometimes more expressive than the color that actually exists in nature. To me, the correlation between color and form is what a painting is all about.

As an artist I like to explore new methods of developing my creativity in painting. My new work is done in 4 layers showing more depth.



JULY • LUNCH • PROGRAMS • MOVIES • 2018

Mon	Tue	Wed	Thur	Fri	Sat
2 Chicken Divan; Creamy Chicken with Broccoli Peach Berry Pie Weekly Salad Special Cobb	3 4th OF JULY \$2 SPECIAL Grilled Hot Dogs w/Chili, Potato Salad & Watermelon HOT FUDGE SUNDAES	4 The Carmel Foundation is closed in observance of Independence Day Happy 4th of July!	5 Roast Pork Loin Red Potatoes & Vegetables Cherry Crisp	6 Salmon Fillet with Mango Salsa Brown Rice Vegetables Ice Cream	7 Cinema Phantom Thread R, 2017 Drama 2 hr 10 min Daniel Day-Lewis 1:00pm, Blanchard A
9 Lasagna Caesar Salad Spumoni Weekly Salad Special Greek	10 Roast Turkey Dinner Stuffing Cranberry Sauce Gravy Pumpkin Pie Bring a guest to lunch for member price	11 Wednesday Program Carmel Honey Company - Honey, Bees & Pollination! 2:30pm Diment Hall Refreshments	12 Coq Au Vin Chocolate Cream Pie	13 Catfish Lemon Meringue Pie	14 Cinema Murder on the Orient Express PG-13, 2017 Crime Thriller 1 hr 54 min Kenneth Branagh 1:00pm, Blanchard A
16 Beef Stroganoff Mushroom Cream Sauce, Egg Noodles Triple Berry Pie Weekly Salad Special Strawberry Pecan Chick	17 Parmesan Encrusted Roast Chicken, Mashed Potatoes & Gravy Ice Cream	18 Wednesday Program Conservatorships and Seniors, Resources & the Law 2:30pm Diment Hall Refreshments	19 Cheese Manicotti Birthday Cake	20 Korean Beef & Broccoli Tapioca	21 Cinema Queen of the Desert PG-13, 2017 Drama 2 hr 8 min Nicole Kidman 1:00pm, Blanchard A
23 Italian Chicken Parmesan; Mozzarella & Marinara Sauce Peach Crisp Weekly Salad Special Chopped Turkey	24 Pork Osso Buco; Pork Shank in Sauce, Mashed Potatoes & Vegetables Blueberry Pie	25 Wednesday Program MBV Wellness Series - Important Discoveries of Functional Medicine 2:30pm Diment Hall Refreshments	26 Chicken Picatta Brown Rice & Vegetables Ice Cream	27 Tilapia Vera Cruz, Tomato Caper Sauce Cheesecake	28 Cinema Molly's Game R 2017 Drama 2 hr 21 min Jessica Chastain 1:00pm, Blanchard A
30 Chicken Fried Steak Mashed Potatoes Blackberry Cobbler Weekly Salad Special Taco	31 Southern Chicken Curry Ice Cream	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,			



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. 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.



July 12, Thursday • SFMOMA René Magritte: The Fifth Season Exhibition. René Magritte was one of the most intriguing painters associated with Surrealism, but he did not fully find his voice until after breaking ties with the movement. This exhibition, the first to look exclusively at Magritte's late career, examines his most important bodies of work from the 1940s through the 1960s, and shows how they marked a fundamental shift in painting from Modernism to our own time. Featuring more than 70 artworks in nine immersive, thematic galleries, René Magritte: The Fifth Season explores how Magritte balanced irony and conviction, philosophy and fantasy, to illuminate the gaps between what we see and what we know. Leave The Crossroads at 9:00am. Depart SFMOMA at 3:00pm. Arrive Carmel at 6:30pm. Cost: \$80 member, \$90 guest.



July 21, Saturday • San Francisco Express to Union Square. The day is yours to have a day on your own in this fun city! ENJOY! The bus will leave The Crossroads at 8:30am for Union Square. You will arrive in San Francisco at 11:00am for a day on your own. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.

July 28, Saturday • San Francisco Premium Outlets. Grab a friend and head up to the Outlet mall in Livermore featuring a variety of designer & brand-name clothing, shoes, accessories & housewares. Premium Outlets® is located just 40 miles from downtown San Francisco in California's oldest wine region; the Livermore Valley. Visit over 180 iconic brands and designer names while enjoying Northern California's beautiful weather in the state's largest outdoor outlet shopping mall. Guests will love shopping at stores like; Prada, Gucci, Versace, and Coach and even some outlet stores that are unique and rarely found at other centers. Leave The Crossroads at 8:30am. Depart the mall at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.

August 3, Friday • American Craft Council San Francisco Show Fort Mason Center. Celebrate all things handmade when the American Craft Show, San Francisco, 2018 returns to Fort Mason Center for Arts & Culture's Festival Pavilion! More than 225 of the country's best contemporary jewelry, clothing, furniture, and home décor artists participate in the largest juried craft show west of the Rockies. Touch and explore high-quality craft from established and emerging artisans. Leave The Crossroads at 8:30am. Depart Fort Mason at 4:00pm. Arrive Carmel at approximately 7:00pm. Cost: \$75 member, \$85 guest.

August 23, Thursday • Filoli. Come see the Roses, Delphiniums, Dahlias, Hibiscus hedge, pears and apples in fruit, summer annuals, Salvias, summer perennials and Hydrangea in full bloom! Recognized as one of the finest remaining country estates of the early 20th century, Filoli welcomes the public to this remarkable 654-acre property, including the 36,000 square foot Georgian country house and spectacular 16-acre English Renaissance garden. You will be able to explore the historic House and Garden at your leisure or take a Tour at 1:00pm. Self-guided booklets and docents are available to answer questions. Grab lunch at the Filoli's Café which boasts a high-quality luncheon menu! Leave The Crossroads at 9:00am. Depart Filoli at 4:00pm. Arrive Carmel at 6:00pm. Cost: \$65 member, \$75 guest.

September 15, 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. Every September for the past 63 years, buses full of theater lovers coming from all over California and parts of Nevada, have traveled to the Santa Cruz Civic Auditorium to see the annual musical production of the Santa Cruz Follies. Join us for a trip to Santa Cruz to see the "The Way We Were." The show starts out with a Vaudeville flavor and transitions from the 30's thru the 60's. The 2nd half starts with a presentation of Elvis Presley's most beloved songs. Lunch on your own in downtown Santa Cruz. Leave The Crossroads at 9:30am. Arrive Santa Cruz at 10:30am. Show starts at 1:00pm. Depart show at 3:45pm. Arrive Carmel at 5:00pm. Cost: \$60 member, \$70 guest.

September 20, Thursday • San Francisco Express to Union Square. Time to take a run up to San Francisco! Go shopping, maybe tour a museum, or eat at a new restaurant in the city! The bus will leave The Crossroads at 8:30am 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: \$65 member, \$75 guest.

October 16, Tuesday • Alcatraz Island: An Inescapable Experience. Come experience the beauty, history and infamy of Alcatraz on the San Francisco Bay. Once home to some of America's most notorious criminals Alcatraz and history go hand in hand. . The bus will leave The Crossroads at 8:30am for the Alcatraz terminal. Plenty of lunch options at Pier 33. Note: trip geared to those without mobility needs. Depart 5:00pm. Arrive Carmel 7:30pm. Cost: \$80 member, \$90 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 831.655.7567 or 1.800.633.4227. Blanchard B.

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

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

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

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

THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

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

TAX ID #94-1225368

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Board of Directors 2018–2019

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Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • July 2018

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

Creative Arts & Self Expression

Acrylic Art Class

1:00pm-4:00pm, Wed: 6/20-8/22
Instructor Melissa Bispo; Seideneck Room
\$100/series, \$15 drop-in, register at class

Basics of Beading

1:00pm-4:00pm, Mon, 7/23
Instructor Foundation Staff; Seideneck Room
\$20, register online at carmelfoundation.org or with 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

Creative Expressions with Tehila Eisenstat

2:00pm-4:00pm, Mon, 7/2, ~~16, 30~~
Instructor Tehila Eisenstat; Seideneck Room
\$20/class, payable to instructor, register online at carmelfoundation.org or member services, 624.1588

Creative People Forum: Poetry-Art-Music

2:00pm-3:30pm, Sat, 7/21 - Memories & Humor
Instructor Ella Bekker; Diment Hall
\$10/class, payable to instructor, register online at 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

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

SoulCollage

10:00am-12:30pm, Fri, 7/27
Instructor Lisa Handley, Blanchard A
\$30/class, includes materials, sign-up with Lisa, 512.9063 or 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

Greek Dance Class

~~4:00pm-5:30pm, Tue~~ On break, returns Sept 4
Instructor Janet Tezak, Lois Lynne, Diment Hall
No fee, register at class

Line Dancing

10:00am-11:00am, Sat
Instructor Belle James; Diment Hall
\$5/class, sign-up at class

Discussion Group

Current Events Discussion Group

10:00am-11:30am, 1st & 3rd Tues
Leader Peter Powles; Craft Room
No fee, drop-ins welcome

Great Minds Online (edX & TED Talks)

10:30am-12:00pm, Wed, 7/11, 25
Leader Joan Beller, Blanchard A
No fee, register w/Joan, 626.1090

Men's Discussion Group

10:30am-11:45am, Mon
Leader Lou Aldana, Seideneck Room, No fee, drop-ins welcome

Men's & Women's Discussion Group

3:15pm-4:45pm, Tues, full to capacity
Sponsored by Alliance on Aging; Facilitator: Ted Hill
Blanchard A
No fee, sign-up at class

Reflections on Female Sexuality:

A Women's Discussion Group

1:00pm-3:00pm, Fri, 8/10 - 9/14
Facilitator: Joni Caldwell, Blanchard A
No fee, register online at carmelfoundation.org or member services, 624.1588

Women's Discussion Group

1:00pm-2:30pm, 1st & 3rd Mon of the month
Blanchard A
Free, open group, contact Laurie Dineen for more information, 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

AARP Safe Driving

12:30pm-5:00pm, Mon 9/10/2018 (4 hr refresher)
12:30pm-4:30pm, Mon, 12/3 & Fri, 12/7/2018 (8 hr class)
Instructor: Curt Tipton, Seideneck Room
\$15 for AARP members, \$20 for non-members, register online at www.carmelfoundation.org or w/member services, 624.1588 at least one week prior

Games

Bridge, Beginning

9:30am-11:30am, Thur, 8/9 - 9/13
Instructor Lyde McReynolds; Craft Room
\$75/6 wk series; payable to instructor, sign-up online or with 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

2:00pm-4:30pm, 2nd & 4th Wed
Leader Larry; Craft Room
No fee, register w/instructor 622.7455, lparrish@toast.net

Games: Bridge, Mah Jongg, Scrabble, etc.

12:00pm-3:00pm, Wed; 1:00pm-4:00pm, Thur
No leader; Craft Room, no fee, open room

Mah Jongg, Beginners & Intermediate

10:00am-11:30am, Fri
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

Awareness Through Movement - Feldenkrais

9:30am-10:30am, Thurs

Instructor Patric Zito; Diment Hall

\$10/class (1st class free), sign-up at class

Crystal Singing Bowls

3:00pm-4:00pm, Thur, 7/12 - 26

Instructor ValiAnna Francis; Diment Hall

\$100/series, \$25 drop-in

Register online at 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

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

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~~ Cancelled until further notice

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, Tues

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

Garden Group

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

Leader Carolyn Thomas; Garden Center

No fee, drop-ins welcome

Language

Spanish

~~10:00am-11:30am~~, Fri, returns in fall

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, returns in August

Presenters: Sandy & Gail Cohen, Seideneck Room

No fee

Literature

Non-Fiction Reading Discussion

10:30am-12:00pm, Thurs - full to capacity

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

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, Sat, 6/16 - 9/1

Instructor Scott MacClelland; Blanchard A

\$50/12 week semester, register online, carmelfoundation.org, or member services, 624.1588

Technology Center

Register online at carmelfoundation.org or member services, 624.1588 no drop-ins please.

Corel Painter

1:30pm-3:30pm, Fri, 7/13 & 7/20

Instructor Roy Hilts; \$5 fee

Family History with Photos

10:00am-12:00pm, Fri, 7/27

prerequisites: Bring 20-30 photos and a USB

Instructor Margaret Hurley; \$5 fee

Scanning Your Photos for Family History Class

10:00am-11:00am or 11:00am-12:00pm, Tues, 7/24

prerequisites: Bring 20-30 physical photos and a USB

Instructor Margaret Hurley; \$5 fee

iPad, Basics

1:00pm-3:00pm, Mon 7/9

Instructor Jeff Fisher/sub J. Todd; \$5 fee

Open Lab (except for scheduled classes)

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

Come in and use the technology equipment on your own

No fee, no registration

Open Session with Instructors

10:00am-12:00pm Thur 7/19

Several instructors will be available to answer your tech questions and/or demo computers; drop-in, no fee

Open Lab Saturday

9:00am-1:00pm Sat 7/7 - 28

Hostess: Rosalind Serafin

Work on your personal projects or just surf the web

No fee, no registration

Photoshop Elements

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

Instructor, Ted Hill, fee \$5

Questions? techcenter@carmelfoundation.org

Writing

Who are You and What do You Want?

9:30am-11:30am, Sat, 7/7-28

Instructor Gloria Valentino; Craft Room

Fee: \$50/course, includes material and journal, payable to facilitator, register online, carmelfoundation.org or member services, 624.1588

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