



THE CARMEL FOUNDATION

FOUNDATION EVENTS



Tour hostess Jackie at a recent trip to Filoli Mansion. If you are interested to volunteer as a tour host/hostess or are interested in any of the many other volunteer positions available at the Foundation, please contact Melissa at 620.8703 or email her at mmckenzie@carmelfoundation.org

COFFEE WITH THE CARMEL POLICE CHIEF

Monday, May 14
10:30am-11:30am
Field Café

90's Party

Our annual 90's Party is scheduled for late June. If you are 90 years of age or older, you should be receiving an invitation in the mail by June 3. Please give us a call at 620.8706 if your invitation does not arrive. Space is limited so be sure to RSVP!

TAKE ME OUT TO THE BALL GAME

Saturday, May 20
San Francisco GIANTS vs the Colorado Rockies, Club Level Section 231.

see page 5 for details

Volunteer Appreciation Month & Luncheon



April was the National Volunteer Month and The Carmel Foundation staff honored the 200 people who regularly support our programs and services with such dedication! We celebrated at Rancho Canada with 115 volunteers on April 11. Our volunteers are the backbone of the Foundation and we could not do the work we do without them! We appreciate those who donate countless hours to our library, lunch programs, garden, Café, and to those who are the group leaders keeping our clubs active. We have numerous volunteer instructors who offer their time and talents, helping our members discover their own unique expertise. Volunteers help deliver meals to our homebound members and are friendly visitors. They include those who ensure that your newsletter arrives in your mailbox each month and accommodate with big fundraising events such as Concours on the Avenue, and our annual Gala event. Our volunteers help you in multiple ways by setting tables for lunch, leading tours, answering the telephones, creating and selling handmade crafts, and working in the technology center. In addition, The Carmel Foundation Board of Directors are volunteers working non-stop as they help define and lead the Foundation into the future! Thank you all!

Seeking Board Members

The Carmel Foundation is seeking Board of Directors candidates for three year terms. The role of the Board is financial oversight, long range planning and fund raising. If you have skills or interest in these areas and want to be a part of the Foundation's future, please apply. You can get an application from Gilda Soule at 620.8708 or gsoule@carmelfoundation.org or on our website carmelfoundation.org under the tab called ABOUT US and then BOARD OF DIRECTORS.

THE CARMEL FOUNDATION WILL BE CLOSED MONDAY

MAY 28, 2018

IN OBSERVANCE OF
MEMORIAL DAY

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

Mother's Day is May 13! Give a gift from the Foundation that your mom, spouse, or that special woman in your life would love this Mother's Day. Gift ideas include: membership, a lunch or coffee card, an honorarium, plant from our Garden Center, or a hand-crafted item! We strive to offer classes and activities that appeal to members of all interests, including something "mom" is sure to enjoy.

Artist of the Month

If you are an artist and would like to have an exhibit at the Foundation, we still have a few openings for "Artist of the Month" in the Outcalt Building Gallery for 2019. The months available are April, May, June, July, November and December. Exhibits hang for one month and all types of media are welcome. You may also sell your artwork. The Foundation receives a 10% commission on art that is sold to continue to support the Foundation art programs. If you are interested in an exhibit, please contact Gilda at 620.8708 or gsoule@carmelfoundation.org.

Help us Save \$\$

In our efforts to be fiscally responsible, we continually try to find ways to save money. Each month, we produce a newsletter that is filled with valuable information about what is happening at the Foundation. Our monthly newsletter can be either sent electronically to your email or can be printed and mailed to your home. If you are currently receiving a printed copy and would be open to saving printing and postage costs by receiving your newsletter via email instead, please contact Gilda at gsoule@carmelfoundation.org, 620-8708. Thank you!

FOCUS ON THE FOUNDATION

Gala Thank You



On Saturday, April 14, The Carmel Foundation held its Spring Gala, a fundraiser designated to raise funds for both our onsite lunch program and meal delivery program to those homebound. An elegant and fun-filled evening was enjoyed at the Nicklaus Club – Monterey (formerly Pasadera). Thank you to the many individuals, businesses and sponsors that made this event such a success.



GLASTONBURY
AUDIO - VISUAL - EVENT - SPECIALISTS



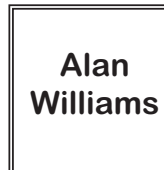
Visionary Health
Care Services



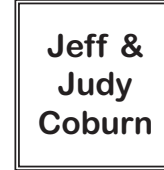
**THE BLIND
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CENTER**
OF MONTEREY COUNTY INC.



**NOLAND
HAMERLY
ETIENNE
HOSS**
Attorneys at Law



Alvarez
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HUB
HUB International
Monterey Insurance
Agencies

WORKSHOPS

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

Flower Arranging Workshop

Thursday, June 28

10:00am-11:00am

Deborah Smith, Craft Room

\$5 payable to Deborah at class

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

Create beautiful 4th of July floral arrangements with Deborah Smith. All supplies are covered but you will need to bring your own clippers!

“Will You Be My Trustee?”

Friday, June 15

1:00pm-2:00pm

Leslie Finnegan, Seideneck Room

Free

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

The most important estate planning decision you will make! Join fellow Foundation members for a free workshop on estate planning with attorney Leslie Finnegan.

Memorial Gifts

Louise Tanous; Mariless & Andy Cominos

Paula Cohen; Mariless & Andy Cominos

Francis Rianda; Richard Burns

Betty Yager; Armand & Theona Labbe

Louis Silvestri; Bob & Betty Kullas

Colette Gish; Needlecraft Group

Gerry MacKenzie; Pimporn Chavasant

Lucy Jacinto; Needlecraft Group

Eva Hlasny; Needlecraft Group

Leslie Nelson; Needlecraft Group

SHINGRIX Vaccination Clinic

Monday, June 18

10:30am-12:30pm

Diment Hall

Administered by Central Coast Visiting

Nurse Association & Hospice

No appointment necessary

Did you know. . .

There are 1 million reported cases of shingles per year in the U.S. Of those who live to age 80, half have experienced shingles.

Shingles is the result of the chickenpox, virus lying dormant in your system resurfacing as shingles.

90% of people over the age of 60 have had chickenpox. If you had chickenpox you are at risk for shingles.

New vaccine- Shingrix - available as of November 2017. 2 doses required, separated by 2-6 months.

- Cost- \$200 for one dose or \$375 for both doses. Cash, check or credit card, receipt provided to submit to secondary insurance and a note sent to primary care provider to update participant record.

Frequently Asked Questions:

- If I have had shingles should I get the vaccine? YES
- If I have had the first shingles vaccine, Zostavax, should I get the new one? YES
- Does Medicare cover the new shingles vaccine? Because this is a new vaccine your insurance provider may not have information about their level of coverage. VNA will be available to answer questions for you.

Carmel's Forgotten Artist - Jane Gallatin Powers

Slideshow/Talk with Erin Lee Gafill
Friday, May 11, 7:00pm, Diment Hall
Fee: \$15

Join Big Sur artist, Erin Lee Gafill for the inspirational and informative story of one of California history's most notable women.

In 1900, Jane Gallatin Powers painted in Carmel's first art studio. With her husband Frank, she took a failing seaside development accessible only by stage coach, and crafted the Bohemian artists' haven, Carmel-by-the-Sea. Through her love of the arts, music, and theater, as well as her connections to the art scenes of San Francisco, New York, and Paris, she attracted luminaries of the creative world to settle here.

Twenty years later, she left California for good seeking a deeper connection to the Modernist arts scene in Europe. After her death, her story was untold for decades. Now, through 30 years of research, Gafill shines a light on a life that is at the roots of this community that we call home.

Register online - www.eringafill.com.

Ongoing Support Services

- Homebound Meal Program.
- Blood Pressure Check.
- Caregiver Support Group.
- Information and Resources.
- Notary Public.

For dates and times or more information see the back page of the newsletter or call Leticia or Kari in Support Services at 620.8705/8706.

ACTIVITIES • EVENTS • PROGRAMS



Kick off the summer - Footloose & Fancy Free!

Summer Dance at the Foundation on Friday, June 8, 4:00pm-6:00pm in Diment Hall. Kick up your heels to the music you love and celebrate together the beginning of summer. We will take song requests at the door. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Light refreshments provided. Fee: \$5

Step into the flow of SoulCollage®

Lisa Handley, SoulCollage® facilitator and artist, gently inspires and guides participants through the 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! "Honor Mother Earth" is the topic for the Wednesday, May 9, and "Your Soulcollage Playground" on Wednesday, May 23. Classes are 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.

Travels with Sandy and Gail - Uganda and the Mountain Gorillas

Join Sandy and Gail on their trip to Uganda, the republic in eastern Africa that survived the brutal dictatorship of Idi Amin. Uganda is rich in wildlife, particularly primates, the most spectacular of which are the mountain gorillas located in Bwindi Impenetrable Forest. Observing the gorillas in the wild involves a significant hike in this forest containing few trails. You will agree, however, on watching the extensive footage of these gentle creatures, that the hike was well worth the effort. Free presentation Friday, May 18, 11:00am-12:30pm in the Seideneck Room.

Saturdays at the Foundation

Coffee and our Foundation baked muffins are now for sale on Saturdays in the Field Cafe! Tech Center is open some Saturdays for drop-ins (check class insert for schedule).

An Adventure in Neighborliness: the concept remains fresh as the spirit of our organization thrives.

Basics of Beading

Learn the basics of designing and assembling jewelry with Foundation staff on Friday, June 8, 9:00am-11:30am in the Seideneck Room. You will be able to take home a finished piece by your very own design! All supplies included. Sign up online at www.carmelfoundation.org or with member services, 624.1588. Fee:\$10.

Books and Blooms! Foundation Spring Plant and Book Sale

On Friday, May 11, 10:00am-2pm you will discover gorgeous bouquets and assorted potted plants along with an endless variety of books! All sales benefit the Foundation. Weather permitting; join us in our beautiful Garden Courtyard and our cozy library!

Armed Forces Day

Come and enjoy patriotic selections performed by the Minelli Music Academy students to celebrate our diverse military community on Saturday, May 19, 10:00am-12:00pm. There will be singing of our national anthem followed by a parade of flags. The students will be performing an array of patriotic songs including selections to honor each branch of our Armed Forces. There will also be poetry and various wonderful piano and vocal selections. Refreshments provided!

Creative People Forum

Poetry -Art -Music

Engage in artistic sharing Saturday, May 19, 2:00pm-3:30pm in the Seideneck Room that includes song, readings and dance. This sharing is intended to reflect one's cultural heritage and source of personal meaning and inspiration. Neurological research shows brain health is best maintained when we are physically, socially and mentally active. Fun is guaranteed as we share our interests! Join Dr. Stephanie Bouc, PhD and gerontologist and Ella Bekker, MA in Educational Psychology.

Favorite episodes from Pacific Meadows PAMIC will be introduced. Refreshments provided. Sign up online at carmelfoundation.org or with member services, 624.1588. Fee: \$10 payable to Ella at class.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

May 2- BIRDS: Poetry, Stories, and Hoots!~Local Carmel Bard, Taelen Thomas, brings his unique blend of storytelling and performance to explore: the dynamic lives of local pelicans; the mysterious and startling skills of the mockingbird; the hoots and habits of owls and loons; the table manners of young vultures (paired with a Robinson Jeffers poem); the songs, dances, and underwater river walks of the American Dipper; the deadly duels of hummingbirds; plus much more!

May 9 - Take Control of Your Driving Future~ Senior Driving Ombudsman, Rosemary Robles will discuss how to take control of your driving future. Other topics for discussion will include: Myths about older drivers, License renewal options, Compensating for age related changes, safe driving tips, transportation alternatives & individual appropriate options.

May 16- Five Funny Little Plays – Presented by Legacy Players of the Western Stage - Join Harvey Landa and his Legacy Members as they present five funny comedy shorts! The Western Stage is committed to enriching the culture of its community by bringing together professional artists, theatre students, and community members to produce a dynamic season of plays that enhances the lives of both the artist and audience. Join us and enjoy an afternoon of laughs!

May 23 - Would You Believe!: My Life In Television by Andrew J. Selig Throughout a career that took him from office boy to television producer, Andrew Selig spent decades helping create some of the television shows that became part of our cultural heritage. From the early days of LIVE gameshows broadcast in black and white, through the advent of color television and videotaped series, this is the behind-the-scenes story of the making of American television.

May 30 - Monterey Bay Village Looking Ahead Wellness Series – What Is Arthritis? – Join Dr. Neville Udawadia, Board-Certified Doctor of Internal Medicine and Rheumatology, who will discuss all forms of arthritis, how they differ from each other, the symptoms to look for, types of testing and the types of medication and treatment options available.

ARTIST OF THE MONTH



Illia Thompson

For over quarter of a century, Illia Thompson's Memoirs Classes at the Carmel Foundation have offered a means to document one's life.


"Through gently guided exercises, we write, and read our writings to each other. Appreciation blossoms.

Twice a week, I have the privilege of witnessing story through finally tuned writings. Some become books. Others, kept as personal life records, include thoughts and feelings, as well as factual information.

A few months ago, viewing an art exhibit in the hallway, one of my students, Sigrid, asked. "Why aren't we on display? Writing is an art."

I went to Gilda, posed the query, and we agreed that posting writings and artworks would provide a novel way to showcase talents. Please stroll the exhibit during the month of May. Be prepared to be moved, and delighted! And most of all, surprised!" Illia

MAY • LUNCH • PROGRAMS • MOVIES • 2018

Mon	Tue	Wed	Thur	Fri	Sat
Lunch served Mon, Tue, (no Wed) Thur & Fri, 11:45am- 1:00pm	1 Honey Lemon Chicken Ice Cream Weekly Salad Special Cobb	2 Wednesday Program BIRDS: Poetry, Stories, and Hoots! 2:30pm Diment Hall Refreshments	3 Beef Stroganoff Mushroom Cream Sauce, Egg Noodles Peach Berry Pie	4 Chile Relleno Rice & Vegetables Tapioca	5 Cinema Roman J. Israel, Esq. PG-13, 2017 Drama 2 hr 9 min Denzel Washington 1:00pm, Blanchard A
7 Pork Osso Buco; Pork Shank in Sauce, Mashed Potatoes & Vegetables Apple Crisp Weekly Salad Special Flat Iron	8 Fettuccine Alfredo With Pesto & Grilled Chicken Breast Peach Cobbler Bring a guest to lunch for member price	9 Wednesday Program Take Control of Your Driving Future 2:30pm Diment Hall Refreshments	10 Korean Beef & Broccoli Ice Cream	11 Catfish Banana Split Pie	12 Cinema Brad's Status R, 2017 Comedy 1 hr 41 min Ben Stiller 1:00pm, Blanchard A
14 Parmesan Encrusted Roast Chicken, Mashed Potatoes & Gravy Cherry Pie Weekly Salad Special SW Chicken	15 Pork Scallopini Ice Cream	16 Wednesday Program Five Funny Little Plays 2:30pm, Diment Hall Refreshments	17 Lasagna Caesar Salad Birthday Cake	18 Salmon Fillet with Mango Salsa Brown Rice Vegetables Keylime Pie	19 Cinema Lady Bird R, 2017 Drama 1 hr 33 min Saoirse Ronan 1:00pm, Blanchard A
21 Jambalaya Chocolate Cream Pie Weekly Salad Special Grilled Shrimp	22 Chicken Picatta Brown Rice & Vegetables Bread Pudding	23 Wednesday Program Would You Believe!: My Life in Television by Andrew J. Selig 2:30pm, Diment Hall Refreshments	24 Roast Pork Loin Red Potatoes & Vegetables Brownie a la mode	25 Braised Boneless Beef Short Ribs Red Potatoes Vegetables Ice Cream	26 Cinema Jumanji: Welcome to the Jungle PG-13 2017 Adventure 1 hr 59 min Dwayne Johnson 1:00pm, Blanchard A
28 CLOSED FOR 	29 Chicken Fried Steak Mashed Potatoes Ice Cream Weekly Salad Special Sesame Chicken	30 Wednesday Program MBV Looking Ahead Wellness Series: What is Arthritis? 2:30pm, Diment Hall Refreshments	31 Chicken Marsala Vegetables Triple Berry Pie	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,	



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.



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. 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! 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.

May 20, Sunday • San Francisco Giants vs Colorado Rockies. Seating: Club Level Section 231. Join Discovery Charters and The Carmel Foundation for a fun and exciting day at the scenic AT & T ballpark! Contact Jeanne Dorr at 633.7111 and mention The Carmel Foundation. Limited seats available so please reserve ASAP. The bus will leave The Crossroads at 8:45am. Arrive Carmel 7:15pm. Cost: \$160 per person.



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.



June 14, Thursday • San Francisco Express to Union Square. Let's go to San Francisco! The day is yours to 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. Arrive in San Francisco at 11:30am. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.

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 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.



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.

Published by
The Carmel Foundation
Editor: Holly Zoller
Asst. Editor: Gilda Soule
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Mon-Fri 9:00am-5:00pm
Sat 9:00am-4:00pm

TAX ID #94-1225368

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Member Services 624.1588



The Carmel Foundation Activities • Events • Programs • May 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: 3/14-6/6

Instructor Melissa Bispo; Seideneck Room

\$90, register at class

Basics of Beading

10:00am-2:00pm, Fri: 5/11

Instructor Foundation Staff; Seideneck Room

\$10, register online at carmelfoundatin.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, 5/7, 21

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, 5/19

Instructor Ella Bekker; Seideneck Room

\$10/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

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, 5/9 Honor Mother Earth,

Fri, 5/23 Your Soulcollage Playground

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

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, 5/9, 23

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 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

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

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, Intermediate

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

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, 5/4, 11, 18, 25

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

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 intro, Blanchard A

2:00pm-4:30pm, Fri, 4/6 - 5/25, Blanchard A

9:30am-3:30pm, Sat, 5/12, 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

Garden Group

12:00pm-3:00pm, Tues, Thurs; 10:00am-12:00pm, Wed, Fri

Leader Carolyn Thomas; Garden Center

No fee, drop-ins welcome

Language

Spanish

10:00pm-11:30am, Fri, 4/6 - 5/25

Instructor: Laura Sanjurjo; Blanchard A

\$90, register on-line at www.carmelfoundation.org or w/member services, 624.1588

Lecture

Travel with Sandy & Gail

11:00am-12:30pm, Fri, 5/18

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.

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, Fri 3/17 - 6/2

10:00am-11:45pm, Sat beginning 3/17

Instructor Scott MacClelland; Blanchard A

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

Technology Center

?s techcenter@carmelfoundation.org

Register online at carmelfoundation.org or member services, 624.1588

Android Cell Phones and Tablets, Basics

(includes Samsung, Asus, Google, Lenovo & Huawei)

2:30pm-4:00pm, Thur, 5/17

Instructor Ted Hill; \$5 fee

Corel Painter

1:30pm-3:30pm, Fri, 5/11, 18

Instructor Roy Hilts; \$5 fee

iPad, Basics

1:00pm-3:00pm, Mon 5/14

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

Open Lab (except for scheduled classes)

10:00am-4:00pm Monday - Thursday (no Wed)

Come in and use the technology equipment on your own

No fee, no registration

Open Session with Instructors

10:00am-12:00pm Thur 5/17

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 5/5, 12

Hostess: Rosalind Serafin

Work on your personal projects or just surf the web

No fee, no registration

Writing

Who are You and What do You Want?

9:30am-11:00am, Sat, 5/5-26

Instructor Gloria Valentino; Craft Room

Fee: \$50/course, includes material a 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