We know you've missed coming to lunch on Mondays so we will now be serving lunch Mondays, Tuesdays and Fridays with a new dining time of 12:00pm-1:00pm in Diment Hall.

We also know how much you love our curbside to go program and we are happy to offer curbside Mondays, Tuesdays, Thursdays and Fridays. New pick up time is 11:00am-11:45am.

January Curbside Menu
Sign-ups available at carmelfoundation.org (scroll to events tab) or with member services, 624.1588 starting Monday, January 3, 9:00am.

- All fees $8, limit 4 meals
  - Fresh Apple Pie
  - Lemon Sponge Cake
  - Spaghetti & Meatballs
  - Chicken Rectangular
  - Chicken & Dumplings
  - Chicken Fried Steak
  - Corned Beef Sandwich
  - Flat Iron Steak
  - Nicoise (Tuna)
  - Roasted Orange Chicken

In-House Dining
- Mon, Jan 3: Lemon Rosemary Chicken
- Tue, Jan 4: Beef Stroganoff
- Thur, Jan 6: Corned Beef Sandwich
- Fri, Jan 7: Salmon

Order deadline: Tues, Jan 4, 12pm
Mon, Jan 10: Beef Stew
fee: $8, limit: +4 meals

Adv: $8, limit: +4 meals
Fri, Jan 14: Roasted Orange Chicken
fee: $8, limit: +4 meals

Order deadline: Tues, Jan 11, 12pm
Mon, Jan 17: Carmel Foundation is closed for Martin Luther King Jr. Day
Tue, Jan 18: Beef Bourguignon
fee: $8, limit: +4 meals

Adv: $8, limit: +4 meals
Fri, Jan 21: Trout Almondine
fee: $8, limit: +4 meals

Order deadline: Tues, Jan 18, 12pm
Mon, Jan 24: Spaghetti & Meatballs
fee: $8, limit: +4 meals

Adv: $8, limit: +4 meals
Fri, Jan 27: Pastrami Sandwich
fee: $6, limit: +4 meals

Adv: $8, limit: +4 meals
Fri, Jan 28: Turkey
fee: $8, limit: +4 meals

Order deadline: Tues, Jan 25, 12pm
Mon, Jan 31: Chicken Piccata
fee: $8, limit: +4 meals

Adv: $8, limit: +4 meals
Tue, Feb 1: Manicotti
fee: $8, limit: +4 meals

Adv: $8, limit: +4 meals
Thr, Feb 3: Meatloaf
fee: $8, limit: +4 meals

Adv: $8, limit: +4 meals
Fri, Feb 4: Sand Dabs
fee: $8, limit: +4 meals

Order deadline: Tues, Feb 1, 12pm
Mon, Feb 7: Pork Chops
fee: $8, limit: +4 meals

Adv: $8, limit: +4 meals
Tue, Feb 8: Lemon Rosemary Chicken
fee: $8, limit: +4 meals

Adv: $8, limit: +4 meals
Thr, Feb 10: Quiche, Bacon
fee: $8, limit: +4 meals

Adv: $8, limit: +4 meals
Fri, Feb 11: Honey Lemon Chicken
fee: $8, limit: +4 meals

Membership Renewal
Thank you to the many valued Foundation members that have already renewed their membership. If you haven’t already done so, please mail your check in your remittance envelope, call member services at 624.1588, or renew online at carmelfoundation.org to avoid the cost of a reminder notice. Each and every membership makes a difference!
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.

Mobility Equipment Loans borrow free mobility equipment, Mon–Fri. 9:00am–4:00pm. Call Kim, 624.1588 to reserve or donate medical equipment.

Caregiver Support Group facilitated by Rosemarie Axton, LMFT, 646.8196 (call between 10:00am–4:00pm, Monday–Friday), Group A: 2nd & 4th Monday, 1:30pm–3:00pm, Blanchard A

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

Call Support Services at 620.8705

PARTNERING AGENCIES

Legal Services for Seniors 2nd & 4th Tuesday from 10:00am–12:00pm in Blanchard B. Call 889.0492 to make an appt.

Home Match Program A Front Porch Community Service – A Monterey County, nonprofit shared housing program. Find your home. Share your home. Contact Doris Beckman 831.760.5520.

VNA Life After Loss - Grief Support Group Contact Mick at 831.236.1015.

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. Call 1.866.361.0477 or apply online at www.c4yourself.com.

Lightspeed Testing – free or low-cost COVID-19 testing, Fridays, 9:00am–11:00am, Blanchard B. Walk-in or by appt. 831.583.7863. For quicker service, register in advance at lightspeedtests.com.

Cooking Demo with Chef Kelly

Get ready for a healthy New Year! Want to learn how Kelly prepares her delicious salmon? Check out Kelly's very own cooking demonstration on the Foundation’s website. Starting January 3, go to the Foundation’s home

Artist of the Month—Keyte Marui

Keyte was born in Kobe, Japan and graduated from Kobe University, majoring in language and art.

She came to the United States in 1955. While living in Hawaii for sixteen years, Keyte became interested in photography and pursued a career in that field. Keyte, a nature lover, is currently a docent with California State Parks and a Monterey County docent photographer. Keyte is a member of The Carmel Foundation Needlecraft Group as well as the Woodcarvers.
A Special Thank You
Thank you to Nick Nicholson and the Carmel Host Lions Club for delivering meals on Thanksgiving and Christmas. Nick has organized volunteers and delivered the holiday dinners to our homebound members since 1979! Nick, your years of service to the Foundation are a true testament to our mission...thank you and the Lions from the bottom of our hearts for your dedication in making the holidays brighter for Foundation members.

Concours on the Avenue Wins!
On December 1, the Carmel Chamber of Commerce hosted its annual Awards of Excellence, an evening where local businesses are recognized for the important role they play in our community. With both public and Chamber member input, award winners in a variety of categories are acknowledged at this event. We are thrilled to announce that Concours on the Avenue, the world-class car event taking place during Car Week, won its category (Tourism-Large). The business community showed their appreciation of the event and all it brings to our Village by bestowing the Award of Excellence to them. The Foundation is grateful to be the nonprofit beneficiary, receiving close to $500,000 from COTA and the collector car community over the years.

Virtual Auction - “The Joy of Giving”
We would like to express our gratitude to the many people who supported the Foundation during our Virtual Auction. Whether you did a little holiday shopping for yourself or a loved one, made a straight donation to the Foundation, provided an auction item or experience, or sponsored the event, we are grateful for the difference you’ve made. As we don’t accept government grants, we rely on the support from those in our community so that we can collectively provide much needed programming and services for our aging neighbors. Thank you!

Survey Results
Thank you to those who participated in our recent lunch room and Curbside To Go surveys. Summarizing the results, more than 99% of those surveyed said that the meal programs are affordable and that they enjoy the meals provided. While 100% of the Curbside To Go surveyed members noted that they use the meals as their primary meal of the day, the majority of those dining onsite do not. Congratulations to Pim Chavasant, the lunchroom survey winner!

Beginning Spanish
Tuesdays, January 11-March 22 (no class 2/22), 10:30am-11:30am, Blanchard A. This class will start with basic Spanish grammar and advance at your level.

Conversational Spanish
Tuesdays, January 11-March 22 (no class 2/22), 9:30am-10:30am, Blanchard A. Classes are held in Spanish with a variety of themes, topics, current event, and in-depth conversation.

Majo Spencer is a native of Spain and has many years of experience teaching Spanish to adults at the Foundation. Come join us for a genuine cultural adventure en español! Email instructor at majospencer@yahoo.com or call 801-560-8437 to register. Make checks to Majo Spencer- or pay at your 1st class. Fee: $150 per 10 week session. Get a 10% discount if you bring a friend who joins the class!

Conscious Creativity
Utilizing the Power of Creativity as a Wellness Practice - Explore the language of emotion and stimulate the skill of awareness to fuel art making and develop deeper happiness Wednesday, February 23, 9:30am-4:00pm, in the Seideneck Room with Laura Alexander. Join us for a day of art techniques, a bit or neuroscience, and learning to use art as a wellness practice. Sign-up at carmelfoundation.org or with member services, 624.1588. Fee is $125 payable to the facilitator at the workshop.

Winner of Free Membership - Annual Meeting
While we were disappointed not to be able to hold our Annual Meeting in person this year, we greatly appreciate those who went online and watched the video (which can still be found on our website). As promised, anyone who tuned in had the opportunity to win a free membership. Congratulations to Barbara Eblen – the winner of our drawing!

The Carmel Foundation Activities • Events • Programs • January 2022

Photography, Darkroom Denizens
9:00am-5:00pm, Mon-Fri
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, Wed
1/12- Envision the New Year, 1/26- Receptivity: Open Mind, Open Heart
Instructor Lisa Handley; Seideneck Room
$30/class, includes materials, sign-up with Lisa, 512.9063 or plumeriapapercraft@gmail.com

Wood Carving
8:30am-11:30am, Tues & Thurs; Leader Jerry Park
Seideneck Room, no fee, drop-ins welcome

Creative Arts & Self Expression

Creativity, Camaraderie...Coloring!
10:00am-11:30am, 2nd & 4th Tues
Instructor Lisa Handley; Craft Room
$5/class, sign-up at class, drop-ins welcome

Fine Arts Lab
1:30pm-4:00pm, Tues, full to capacity
Leaders Carol Harrison, Darlene Berry; Seideneck Room
No fee, register w/Carol or Darlene at class

Improv Comedy RX
11:00am-12:30pm, Mon
Leader Carol Roberts; Zoom
Sign-up with member services, 624.1588

Needlecraft Group
1:00pm-3:00pm, Tues
Leader Connie Georis; Craft Room
No fee, drop-ins welcome

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Dance

Greek Dancing
3:00pm-4:30pm, Tues
Instructor Janet Tezak & Rick McCarthy; Diment Hall
No fee, sign-up at class

Line Dancing
2:30pm-3:30pm, Thurs
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

Gratitude and Empathy Group
3:00pm-4:30pm, 2nd & 4th Thurs
Leader Ted Hill; Blanchard A
No fee, sign-up w/Ted at tedsup@gmx.com

Great Minds Online (edX & TED Talk)
11:00am-12:30pm, Wed
Leader Joan Beller, ZOOM
No fee, register w/Joan, 238.2087

Men's Discussion Group
10:30am-11:45am, Mon
Leader Lou Aldana - Diment Courtyard
No fee, sign-up for waitlist with facilitator

Men's & Women's Discussion Group
3:15pm-4:30pm, Tues, full to capacity
Alliance on Aging; Facilitator Ted Hill, Craft Room
No fee, sign-up for waitlist w/Ted at tedsup@gmx.com

Driving

AARP Safe Driving
AARP will be conducting virtual classes. To take a class, go to www.aarpdriversafety.org and use promo code DRIVINGSKILLS for a 25% discount.

Games

Bridge, Duplicate
12:00pm-4:30pm, Fri
Leader Barbara Wells; Craft Room

Bridge, Intermediate: Fun Playing with Lyde
10:00am-12:00pm, Thurs, 1/20-2/24
Instructor Lyde McReynolds; Craft Room
$90/6 wk series; payable to instructor
sign-up online carmelfoundation.org or with member services, 624.1588

Chess
1:00pm-4:30pm, Thurs
Field Café or Courtyard
No fee, open room, drop-ins welcome

Cribbage
1:30pm-4:30pm, Wed, 1/12 & 1/26
Leader Larry Parrish; Craft Room
No fee, register w/instructor 622.7455, lparrish@toast.net

Cribbage Lessons
By appointment
Instructor: Larry Parrish; Craft Room
Sign-up w/instructor 622.7455

Games: Open Game
12:00pm-3:00pm, Wed; 1:00pm-4:00pm, Thur
No leader; Craft Room, no fee, open game

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, Craft Room - full to capacity
Facilitator Micky Lawler; 831.238.3867

Health & Wellness

Lightspeed COVID Testing
9:00am-11:00am, Fri
Free or low cost, Blanchard B
Walk-in or by appt. 831.583.7863
for quicker service, register in advance at lightspeedtests.com

Personal Fitness, Lo-Impact
9:00am-10:00am, Mon, Weds, Fri
Instructor MaryAnn Rousseau; Diment Hall
$5/class or $50/no suggested donation, register at class

Tai Chi for Health
10:00am-11:00am, Thurs
Instructor Liana Olson; Diment Hall
$48/6 wks, $80/10 wks, $10/drop-in, register at class

Walking Group, The Carmel Foundation
1:30pm-3:00pm, Wed
Guides: Sarah & Geoff Cocks; local paths, beaches & parks
No fee; register w/member services, 624.1588

Yoga, Chair
8:30am-9:30am, Thur
Instructor Jody Emerson Quintana; Blanchard A
$8 per class, register at class

Yuan Qigong Class Series
10:00am-11:15am, Wed, Diment Hall
Instructor Dale Mirmow
$10 drop-in, payable to instructor at class

Language

Spanish, Beginning
10:30am-11:30am, Tue, 1/11-3/22 (no class 2/22)
Instructor: Majo Spencer, Blanchard A
Fee: $150/10 class series, payable to instructor
Sign-up at majospencer@yahoo.com or 801-560-8437

Spanish, Conversational
9:30am-10:30am, Tue, 1/11-3/22 (no class 2/22)
Instructor: Majo Spencer, Blanchard A
Fee: $150/10 class series, payable to instructor
Sign-up at majospencer@yahoo.com or 801-560-8437

Lecture

History and Philosophy Lectures
10:00am-11:30am, Fri (no class 1/7)
1/14- The 1930's in America, 1/21- Neologisms and our Post-Modern World, 1/28- Individualism v. Collectivism
Instructor: Lawrence Harris; Seideneck Room
Fee: $10/single class, payable to instructor.
Sign-up online carmelfoundation.org or member services 624.1588

Literature

Exploring Our World in Literature
10:00am-11:15pm, Fri, starting 1/7
Leader Lillian Shelan; Craft Room
No fee, signup online carmelfoundation.org or member services, 624.1588

Non-Fiction Reading Discussion
10:30am-12:00pm, Thurs - full to capacity
Leader Jim Emery; Blanchard A

Norton Court Book Reading and Discussion Group
10:00am-11:30pm; Weds
Leader Bill Richards, Blanchard B
No fee, drop-ins welcome

Music

Piano Lessons with Pam Lawrence
1:00pm-4:00pm, Tues, by appt; beginners welcome
Instructor Pam Lawrence; Blanchard B
$35/30 minute session; $100/1st month
Schedule at 277.7638

Writing

Creative Writing: The Short Story
12:30pm-2:00pm, Fri (no class 1/7)
Instructor Lawrence Harris; Seideneck Room
Fee: $10/1 class, $20/3 classes, sign-up online, carmelfoundation.org or member services, 624.1588

Writing Memoirs (two separate classes)
10:00am-12:00pm, Mon, Craft Room/Courtyard
9:30am-11:30am, Wed, Craft Room/Courtyard
Instructor Illia Thompson
Fee: $50/mo, register w/Thompson, 236-1118