Our Ever Changing World

Our world today is nothing like it was before the pandemic - and as our world continues to change on a daily basis due to COVID-19, so must the Foundation. In response to the ebb and flow of infections, the Foundation’s policies, classes and meal services will likely change as we continue our ongoing efforts to ensure the health and safety of our members. Changes are never made lightly and we apologize in advance, but at times, those changes may come quickly. We will do our best to avoid taking anyone by surprise and do everything we can to communicate with you as quickly as possible.

Flu Shot Day with the VNA at the Foundation Returns!

Tuesday, October 12, 9:00am-1:00pm in Diment Hall

Why get immunized? Flu vaccination remains the Flu vaccination reduces flu hospitalizations. Low flu activity in 2020-21 may lead to reduction in individual immunity, which combined with relaxed COVID-19 mitigation measures may result in an increase in influenza cases this season. While the burden of flu varies widely, and every flu season is different, we do know:

• Flu vaccination reduces flu cases, lost productivity and hospitalizations.
• Flu vaccination remains the best protection for our community.

Annual Meeting

Because of growing concerns, in order to best protect our members’ health and well-being, we have decided to change our in-person Annual Meeting to a video presentation (with an incentive!) that you can safely view from home. View the presentation by going to the homepage on the Foundation’s website, carmelfoundation.org, and click on the Annual Meeting image to learn how the Foundation reinvented its most meaningful programs to serve those in our community.

September Curbside Menu

Sign-ups available at carmelfoundation.org (scroll to events tab) or with member services, 624.1588 starting Wednesday, September 1, 9:00am.

Meal Pickup, 12:00pm-1:00pm
Thur, Sept 2: Chile Rellenos
Order deadline: Tues, Aug 31, 12pm Mon, Sep 6 CLOSED
In observance of Labor Day
Thur, Sep 9: Coq Au Vin
fee: $8, limit: 4 meals
Order deadline: Tues, Sep 7, 12pm Mon, Sep 13: Chicken Divan
fee: $8, limit: 4 meals
Order deadline: Tues, Sep 14, 12pm Mon, Sep 20: Roast Chicken Curry
fee: $8, limit: 4 meals
Thur, Sep 23: Lasagna
fee: $8, limit: 4 meals
Order deadline: Tues, Sep 21, 12pm Mon, Sep 27: Meatloaf
fee: $8, limit: 4 meals
Thur, Sep 30: Chicken Piccata
fee: $8, limit: 4 meals
Order deadline: Tues, Sep 28, 12pm Mon, Oct 4, Pork Loin
fee: $8, limit: 4 meals
Thur, Oct 7, Roasted Orange Chicken
fee: $8, limit: 4 meals
Order deadline: Tues, Oct 5, 12pm Mon, Oct 11, Beef Bourguignon
fee: $8, limit: 4 meals
Thur, Oct 14, Chicken Cordon Bleu
fee: $8, limit: 4 meals
Pick up time will begin at 12:00pm and close promptly at 1:00pm. Pick up at 8th and Lincoln outside of the back kitchen door, walk-up is permitted (traffic flow is north on Lincoln, then right on 8th). Staff will be available to assist you with your orders. No special orders or substitutions available. PRE ORDER is required with credit card payment. Face mask required.

Coffee & Muffins

The Cafe is open. Self service coffee ($1) and muffins ($2) are available in the Field Cafe.

In-House Dining

Tues, Aug 31
Entrée: Turkey
Dessert: Pumpkin Pie
Salad: Chopped Salad w/Turkey
Fri, Sept 3: Salmon
Dessert: Triple Berry Pie
Salad: Chopped Salad w/Turkey
Tues, Sept 7: Pork Scallopini
Dessert: Peach Cobbler
Salad: Chicken Sesame Stir Fry
Fri, Sept 10: Cheese Manicotti
Dessert: Spumoni Ice Cream
Salad: Chicken Sesame Stir Fry
Tues, Sept 14: Pork Chop
Dessert: Chocolate Pudding Salad: SW Grilled Chicken
Fri, Sept 17: Sole stuffed w/Artichoke & Shrimp
Dessert: Blueberry Pie
Salad: SW Grilled Chicken
Tue, Sept 21: Lemon Rosemary Chicken
Dessert: Peach Berry Pie
Salad: Taco Salad
Fri, Sept 24: Pot Roast
Dessert: Cherry Pie
Salad: Taco Salad
Tue, Sept 28: Turkey
Dessert: Pumpkin Pie
Salad: Greek with Grilled Chicken
Fri, Oct 1: Salmon
Dessert: Lemon Meringue
Salad: Greek with Grilled Chicken
Tue, Oct 5: BBQ Pulled Pork Sandwich
Dessert: Ice Cream
Salad: Cobb
Fri, Oct 8: Turkey Pot Pie
Dessert: Key Lime Pie
Salad: Cobb
Tue, Oct 12: No Lunch
Fri, Oct 15: Quiche
Dessert: Apple Crisp
Salad: Margarita Grilled Shrimp

In-House Dining

Tuesday & Friday 11:45am—1:00pm
Hot Entrée: $5.00, Large Entrée: $8
Salmon: $6.00
Salad Entrée/Du Jour: $5.00
Soup/Cup: $1.50, Soup/Bowl: $2.25
Large Green Salad: $3.00 Small: $1.75
Dessert: $2.00 Beverages: $1.00

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THE CARMEL FOUNDATION
An Adventure in Neighborliness since 1950

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 620.8705 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 899.0492 to make an appt.

**HICAP: Alliance on Aging** Questions about Medicare or supplemental insurance? Call 831.635.7567 or 1.800.434.0222.

**VNA Life After Loss - Grief Support Group** Facilitated by Mick Erickson, Chaplain and Bereavement Counselor for the VNA; Wednesday evenings, 6:30pm-8:00pm at Church of the Wayfarer, 7th & Lincoln, Carmel. Call Mick at 831.236.1015 for more info.

**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. 831-5-testme.

Reflections on Female Sexuality

**A Women’s Discussion Group**

Women have so much in common and yet rarely share their thoughts and feelings about issues about female sexuality. We will create a safe, accepting environment to discuss these topics. In order to create that, Joni is requesting that everyone interested in the class attend the first class. Facilitator is Joni Caldwell, a sexuality educator and coach. She recently retired from teaching Human Sexuality at Monterey Peninsula College for 20 years. Wednesdays, September 15-October 27, (2 week break) November 10–17, 12:45pm-2:45pm in Blanchard A. Sign up online at carmelfoundation.org or call member services, 624.1588. Fee is $75/8 wk course.

Virtual Art Gallery

Cruise on the Danube by Joyce Tarter-Rideout. Joyce has enjoyed photographing landscapes and seascapes around the world. This collection focuses on site from a pre-cruise in Prague, the capitol of the Czech Republic, to boarding the Viking River Cruise on the Danube. Joyce has traveled as a host for American Express to over 50 countries on 20 major cruise ships. She photographs special moments, moods, and monument of her travels. Go to Virtual Art Gallery on the Foundation’s home page at carmelfoundation.org.

Memorial Gifts

**Professor Kai Woehler:** Gin Donohoo
**Donald High:** Michael & Alexis Mason

The Carmel Foundation Walking Group Returns

Are you looking for a little adventure and outdoor exercise? Join group leaders, Sarah and Geoff Cocks on Wednesday afternoons beginning on September 8 at 1:30pm. The first walk will be at Garland Park. For more details, please contact member services at 624.1588 to be added to the email list for driving directions and future Walking Group destinations!
Edi Matsumoto was born and raised in Japan. Her maternal great-grandfather was a traditional Japanese artist who was internationally known. Her additional work can be seen on her website www.EdiMatsumoto.com and on Instagram @edimatsumoto. Matsumoto holds a bachelor's degree in anthropology from Tsukuba University in Japan. After traveling around Southeast Asia, exploring cultures, and volunteering at Mother Theresa’s Home for the Dying Destitutes in Calcutta, India, she came to the U.S. She earned a Master's degree in Nursing, and she has been working in the healthcare field for over 25 years. Encouraged by her family, Matsumoto began taking art classes at a community college. In 2018, she earned her second Master's degree in Fine Art from the Academy of Art University in San Francisco. Matsumoto's work has won numerous awards and has been shown at galleries and museums locally, nationally, and internationally. Her additional work can be seen on her website www.EdiMatsumoto.com and on Instagram @edimatsumoto.
Great Minds Online (edX & TED Talks)
10:30am-12:30pm, 2nd & 4th Wed
Leader Joan Beller, ZOOM
No fee, register w/Joan, 626.1090

Men's Discussion Group
10:30am-11:45am, Mon
Leader Lou Aldana - ZOOM until further notice
No fee

Men & Women's Discussion Group
3:15pm-4:30pm, Tues, full to capacity
Alliance on Aging; Facilitator Ted Hill, Blanchard A
No fee, sign-up for waitlist with facilitator

Reflections on Female Sexuality
A Woman's Discussion Group
12:45pm-2:45pm, Wed, 9/15-10/27 (2 wk break) 11/10-11/17
Facilitator: Joni Caldwell, Blanchard A
$75/8 week session, sign up online at carmelfoundation.org or member services, 624.1588

Driving
AARP Safe Driving
12:00pm-4:00pm, Wed, 9/8 (4 hr class) cancelled
12:00pm-4:00pm, Fri, 10/1 & Fri, 10/8 (8 hr class)
Instructor: Curt Tipton, Seideneck Room
Fee: $20 for AARP members, $25 for non-members

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

Bridge, Intermediate: Fun Playing with Lyde
10:00am-12:00pm, Thurs, 10/12 -11/18
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
Leader Ed Detrick; Field Café
No fee, open room, drop-ins welcome

Chess Lessons
1:00pm-2:00pm, Mon
Leader Ed Detrick; Seideneck Room
No fee, sign-up with instructor at class

Cribbage
2:00pm-4:30pm, Wed, 9/8 & 9/22
Leader Larry Parrish; Craft Room
No fee, register w/instructor 622.7455, lparrish@toast.net

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

Mah Jong for Beginners - Chinese Version
1:30pm-3:00pm, Mon, 9/13 - 27
Instructor Duong Bui; Craft Room B
$35, payable to instructor at class, sign up online at carmelfoundation.org or member services, 624.1588

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
Personal Fitness, Lo-Impact
9:00am-10:00am, Mon, Weds, Fri
Instructor MaryAnn Rousseau; Diment Hall
$5/class or $30/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
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 starting 9/8
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

Lecture
History and Philosophy Lectures
10:00am-11:30am, Fri 9/3 - 24
Instructor: Lawrence Harris; Seideneck Room
Fri, 9/3: America vs. China
Fri, 9/10: Culture and Anarchy
Fri, 9/17: Classic Texts on Freedom of Expression
Fri, 9/24: A Tale of Two Ideologies: The American and French Revolutions
Fee: $10/single class, $30/4 class series payable to instructor.
Sign-up online carmelfoundation.org or member services 624.1588

Literature
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-12:00pm; Weds
Leader Bill Richards, Nimmons Room, Norton Ct
kitty-corner from the Post Office, NW corner 5th & Dolores
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
12:00pm-1:30pm, Wed, 9/8 & 22
Instructor Lawrence Harris; Seideneck Room
Fee: $10/1 class, $15/2 classes, sign-up online, carmelfoundation.org or member services, 624.1588

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

The Carmel Foundation·P.O. Box 1050-Lincoln & 8th-Carmel, CA 93921, 831.624.1588-carmelfoundation.org