

THE CARMEL FOUNDATION

FOUNDATION EVENTS



Dan Presser presenting his Mongolia adventure to a packed house Wednesday Program.

FLU SHOT DAY

Wednesday, November 1,
9:00am-11:00am, Diment Hall
Administered by the Visiting
Nurse Association

The cost of the vaccine is \$30 or FREE to those who have Medicare Part B. You will need to bring your Medicare Part B card. "Drive Up" service will be available that day for your convenience.

FACEBOOK AT THE FOUNDATION TECH CENTER

1:30pm-3:30pm, Thur 11/2
Join the Social Network that started it all

see page 3 for more information

COFFEE WITH THE POLICE CHIEF

10:30am-11:30am, Mon 11/13
Join the Chief for a cup of coffee and a chat

COPING WITH GRIEF DURING THE HOLIDAYS

Wednesday, November 8
2:30pm, Diment Hall

see Wednesday Programs page 3 for more information



Welcome Holly Zoller

Holly Hofer Zoller moved to Carmel in the early '70's. She attended local schools before attending college at

Northwestern University and UC Santa Barbara as a Theatre Arts major. Locally, she performed in many productions at Carmel's Outdoor Forest Theatre, the Western Stage in Salinas and with her family's a cappella singing group "The Carmel Caroling Company", which has been performing for over 30 years.

Following a 15-year career in event planning, in 2011 she joined the sales team at The Cottages of Carmel, an assisted living and memory care community. After receiving her Administrator certificate from the State of California Department of Social Services, she took the position of Executive Director.

Holly has a love of animals, nature, art, music, theatre, food, travel - and especially laughter. She feels that bringing a smile to someone's face is one of the best gifts you can give. She looks forward to sharing her passions and skills with The Carmel Foundation as President/CEO starting November 6.

Thanksgiving Dinner Reservations

Make your reservation Wednesday November 1, 9:00am online at carmelfoundation.org or with member services. A delicious turkey dinner with all of the trimmings, prepared by your Foundation chefs, will be served by the Carmel by the Sea Rotary Club on Thursday, November 23rd, at 1:00pm. Doors to Diment Hall open at 12:30pm. The price of dinner, for members only, is \$10 per person. Payment at the time of reservation is required. Homebound Members reserve with Gilda, 620.8708, for delivery by the Carmel Lions Club.

Teddy Bears with Heart

Please donate new or gently used teddy bears throughout the holiday season. We need small bears, around 7"-9". Teddy Bears with Heart, a local non-profit that gifts teddy bears to first responders and agencies that work with children in crisis, the terminally ill and the forgotten elderly. teddybearswithheart@yahoo.com. The bin is located in Diment Hall.

In Observance of
THANKSGIVING
The Carmel Foundation
will be
CLOSED
November 23 & 24, 2017

Renew Your Membership

As we approach the upcoming holidays, we at the Foundation want to express our gratitude for the support we have received from members. As we do not accept government funding, we rely on the generosity of others. Soon you will be receiving your membership renewal in the mail. We hope that you will continue to enjoy the many programs and services offered throughout the year at the Foundation by renewing your membership. While our annual membership is just \$45, we hope that you will consider giving at a level that is meaningful to you.

NEW: Renewing online is easier than ever! Go to www.carmelfoundation.org and click "Join Now" for a quick and easy way to renew for 2018.

Learn to sign-up with the Foundation online

The Carmel Foundation has been offering online sign-ups for classes, tours, events and membership. Starting November 1st, you will also be able to sign up for Thanksgiving Dinner and December 1st for Christmas Dinner and New Year's Eve party. The Foundation will be offering two sessions, Wednesday, November 1 and Tuesday, November 14, 10:00am-12:00pm in the Tech Center for anyone that would like help setting up their account and a quick tutorial on how to sign-up for everything the Foundation has to offer!

Annual Report

The 2016-2017 Annual Report is now available! In the report, you can review financial information for the year ending June 30, 2017. You will also have an opportunity to see the number of people that benefitted from many of our programs, ranging from those in our housing to the number of lunches prepared, as well as read in greater detail about the programs and services offered by the Foundation. Pick up your copy at Member Services.

FOCUS ON THE FOUNDATION

MONTEREY COUNTY GIVES!
Joining Together for Big Ideas

Pick up a copy of Monterey County Weekly on Thursday, November 9 to see The Carmel Foundation listed as one of the nonprofits accepted into the 2017 MC Gives program. MC Gives is a collaboration of funding sources that leverages philanthropy by matching a percentage of each donation made by individual

donors. Because of these matching funds, donations that are made to The Carmel Foundation via MC Gives are increased by approximately 12%. PLEASE NOTE: UNFORTUNATELY YOUR MEMBERSHIP RENEWAL CANNOT BE MADE VIA THE MC GIVES CAMPAIGN. If interested in making either a donation to The Carmel Foundation via the MC Gives program, or you can:

1. Go to the MC Gives website (mcgives.com) and search for The Carmel Foundation to make your donation online.
2. Mail a check to the Community Foundation for Monterey County, Attn: MC Gives!, 2354 Garden Road, Monterey, CA 93940. Please make your check out to the Community Foundation for Monterey County, note the designation to The Carmel Foundation on your check, and include your contact information.
3. Deliver a check made out to the Community Foundation for Monterey County, noting the designation to The Carmel Foundation, in person to Member Services. We can then mail the donation for you.

If interested in making a gift of stock, please contact the Director of Development, Kimberly Willison at 831.620.8701 or kwillison@carmelfoundation.org. All donations must be received and/or postmarked by December 31, 2017.

Thank you!

WORKSHOPS

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

Camino de Santiago Presentation

Saturday, November 4

2:00pm-3:30pm

Seideneck Room

No fee, refreshments, register online www.carmelfoundation.org or with member services, 624.1588

Join Juan Carlos Duperier as your guide and learn how you can experience an extraordinary walking tour of the Camino de Santiago while enjoying the best of the food, wine, accommodations and culture of Spain on this magical path. Over the centuries, people have walked by the millions from all over Europe to make their way to Santiago de Compostela, where it is believed that St. James is buried. Then, as now, they followed the well-trod path through some of Spain's most beautiful terrain.

The Camino has something for everyone. It may bring you laughter. It may bring you strength. It may bring you new friendships. It may bring you a new found appreciation for the beauty of nature. Juan Carlos' website is <https://www.authentic-journeys.com>.

The Carmel Foundation's mission is to provide a place for seniors to gather and enjoy a variety of activities and services in an environment of respect and camaraderie.

Mental Health Matters "Getting Through the Holidays...Without Losing Your Mind"

Friday, November 10

10:00am-11:30am

Seideneck Room

Psychotherapist Manfred Melcher, LCSW, (CA license #74175), will lead a workshop that will help you identify "self-care and life balance practices" that will help you navigate this often-stressful time of year. Explore how to enjoy the season, no matter what your personal circumstances. Our discussion will focus on what we can control (and what we can't control) and practical ways to deal with holiday stress. Join us for a lively and informative discussion. Registration is not required, but recommended due to limited seating. \$20 participation fee payable to the instructor. Sign up online at carmelfoundation.org or with member services, 624.1588.

Medical Equipment Loans

Borrow free medical equipment Monday through Friday from 9am to 4pm. To reserve or donate gently used medical equipment, please call 831.620.8706 or 831.620.8705.

4th Annual Picnic & Walk

The Carmel Foundation's Walking Group gathered at Point Lobos State Park on October 10th for our annual picnic and walk. A surprise raffle of two framed "In touch with



ocean" works of art which were handmade by a fellow walking club member were given. The group enjoyed an afternoon of



great company and beautiful scenery while exploring the bird island trail overlooking the famed China Cove. Thank you to this special group of adventure

seekers. The Walking Group meets every week at local paths, beaches & parks. For more information contact group coordinator Kari, 620.8706.

Memorial Gifts

Martha German; Brian Wilson
Eva Hlasny; Margaret E. Stewart

Tribute Gifts

Dan Tarallo, J. Todd, Robert Killian, Inge Kessler, Margaret Frank; Ralph Wolfe
Edmundo Rodriguez, Kelly Gilpin, Chloe Finstad, Alfredo Campa, Carlos Correa, Kari Martorella, Leticia Bejarano, Melissa McKenzie,

Gilda Soule, Kimberly Willison, Janice Barker, Carol Deuel, Mandy Kulp; Ralph Wolfe
Jill Sheffield; Ralph Wolfe

ACTIVITIES • EVENTS • PROGRAMS

Let's Make a Scene with Nina Solomita, M.F.A.

Friday, November 3 - December 15
1:00pm-2:00pm, Blanchard A
Evocative writing exercises will be presented to compel you to make a scene or two! Don't hide in the wings. Come out and join the fun. Experienced and new writers welcome. 5-week class, 1 hour each. Cost: \$8 per class payable to instructor.

Foundation After Hours Social!

Meet and connect with other members in this after hours event! Wine, cheese & nonalcoholic beverages provided, Friday November 10, 5:00pm-6:00pm in the Field Café. Cost: \$5 per member by RSVP only; limited space. Sign up online at carmelfoundation.org or with member services, 624.1588.

Invite More Gratitude Into Your Life with SoulCollage®

Wednesday, November 1, 10:30am-1:00pm. Blanchard Room A
Feeling grateful for blessings is good for your mind, body and soul. Invite more gratitude into your life with the SoulCollage® process as your creative, insightful tool. You'll gather and collage images on to cards, then discover their personal significance. Local artist and SoulCollage® facilitator Lisa Handley will provide inspiration and encouragement as you create cards expressing facets of gratitude. Both new and experienced are welcomed. All materials will be provided. Register with Lisa 512.9063 or plumeriapapercraft@gmail.com. Cost: \$30 includes materials.

Holiday Bazaar

The Needlecraft Group, Librarians, Garden Group and member artists will participate in our Annual Holiday Bazaar. Countless books and handmade articles, plants, holiday greenery baskets, and jewelry will be on sale! You don't want to miss out on these wonderful gifts and special Carmel Foundation tradition. Saturday, December 2, 10am-3pm in Diment Hall.

Holiday Basket Making Day & Christmas Wishes for Bazaar supplies

The Garden Group needs evergreen cuttings for the Annual Holiday Bazaar. Please drop off cuttings in the Garden Center from Monday, November 27 - Friday, December 1. Come and enjoy great snacks and good company in creating baskets for the Bazaar in the Seideneck Room, 10:00am-3:00pm on Friday, December 1. Drop in any time. Bring your skills and have fun making baskets! Keep one to take home for yourself. Still needed: any baskets, ribbon, holiday ornaments, small decorations, and oasis would be appreciated.

An Adventure in Neighborliness: the concept remains fresh and the spirit of our organization continues.

More Yoga!

We've added an extra Gentle Yoga class! Yoga will be offered on Tuesday mornings from 8:30am-9:30am in Blanchard A beginning November 7. Taught by certified Yoga instructors, the practice of yoga offers many health benefits to those who wish to learn this unique form of exercise. Call Mae Woodward, 594.9348 to register.

Facebook, Intro to (Part1)

Join the Social Network that started it all. Intro to Facebook will take you through the basics of creating an account, finding family and friends, and discovering what people are up to. The class is offered on Thursday, November 2, 1:30pm-3:30pm by instructors Joan Crenshaw and Roy Hiltz in the Tech Center and will cover browser, smart phone and tablet Facebook. If you want to work on your own device, please make sure you have downloaded the Facebook application prior to the start of class. Assistance downloading the Facebook app will be available from 1:00pm-1:30pm in the Tech Center. Cost is \$5, register online at carmelfoundation.org or with member services, 624.1588.

Healthy and Happy Raw Cooking Demonstration

Join Chef Sherrie Ransom for nutrition and culinary classes and see how delicious healthy can be. Explore plant-based recipes with emphasis on uncooked and gently cooked foods. Classes are from 11:00am-12:00pm in the Seideneck Room. November 10: managing temptation; eating healthy and feeling good without skipping the holiday parties; November 17: all about the pumpkin. Fee: \$10 per class. Register online at carmelfoundation.org or with member services, 624.1588. Samples guaranteed for those who register.

Topics in Music

Scott MacClelland's "Topics in Music" interactive lecture series returns to the Foundation on Fridays, 10am-12:00pm starting December 1 in Blanchard A. A former classical music radio presenter (KWAV & KBOQ locally) and journalism graduate from the University of California, Scott, has been lecturing and writing about music on the Monterey Peninsula for more than 40 years. He is the founding editor of Performing Arts Monterey Bay, a weekly-updated on-line service that covers live performing arts in Monterey and Santa Cruz counties. Scott took a sabbatical from Topics in Music at the Foundation six months ago, and is excited to begin a fresh chapter. The semester fee remains at \$50, payable to the instructor. Students are invited to submit suggestions for topics of interest at breakingrecords@sbcglobal.net. Register online at carmelfoundation.org or member services, 624.1588.

Wednesday Programs

2:30pm, Diment Hall
Refreshments Served

November 1 - No Wednesday Program - flu shot day

November 8 - Coping with Grief During The Holidays- Holidays are often difficult for anyone who has experienced the death of a loved one. Rather than being times of family togetherness, holidays can bring feelings of sadness, loss and emptiness. Join Hospice Giving Foundation and Facilitators Joy Smith, RN, MSN, Board Member and Facilitator, Papillon Center for Loss and Transition; Dr. Lily Rich, PSY.D Director of Clinical Counseling Services with Jacob's Heart and Trevor Jones, Chaplin, Hospice of the Central Coast. When human beings experience loss, whether anticipatory or actual, it can feel like our world is unraveling. In this one of a kind presentation you will learn meaningful ways to ease your anticipated grief and heartache during the holidays; remember and honor the life of your loved one.

November 15 - The Murder of Rasputin – By Carol Marquat, A Stage Reading. Be a part of this story of the murder of Grigori Efimevich Rasputin on December 17, 1910. A simple Siberian peasant, Rasputin was many things to many people. To his daughter, Maria, he was a holy but imperfect man. What was the source of Rasputin's power, and why did his gruesome murder mark the beginning of the end of Tsarist Russia? This great staged reading is not only about a murder but about the end of an empire!

November 22 - No Wednesday Program - Thanksgiving preparation

November 29 - Monterey Bay Village Looking Ahead Wellness Series: The Aging Eye – Join Dr. Eric J. Del Piero, an ophthalmologist specializing in retinal diseases, to learn how you can minimize the impact of age-related vision loss in your daily life. Boost eye health in general and reduce disease risk by monitoring vision changes and adjusting your lifestyle habits and dietary choices.

ARTIST OF THE MONTH

...Looking Back...

(The First Half)

Gerald Park, Jerry, majored in art throughout his education and received his B.A. degree and teaching credential from San Jose State College. He took a teaching position at Patterson High School in 1962 and taught art there until his retirement in 2001.



This show is a retrospective of his interest and involvement in art during his life. Included are many of the lesson plans that he created for student projects.

Jerry moved full time to the Monterey Peninsula in 2016 and now comes to The Carmel Foundation every Tuesday to associate with other artists and create art in a variety of media and styles.

NOVEMBER • LUNCH • PROGRAMS • MOVIES • 2017

Mon	Tue	Wed	Thur	Fri	Sat
Lunch served Mon, Tue, Thur & Fri, 11:45am-1:00pm Jello \$1.00 Dessert \$1.50, Sides \$1.00, Beverages \$.50-\$1.00		1 No Wednesday Program Flu Shot Day	2 Honey Lemon Chicken Blackberry Pie Weekly Salad Special Cobb	3 Salmon Fillet with Mango Salsa Brown Rice Vegetables Key Lime Pie	4 Cinema Gifted PG-13, 2017 Drama 1 hr 41 min Chris Evans 1:00pm, Blanchard A
6 Lasagna Caesar Salad Spumoni Weekly Salad Special Flat Iron	7 Chicken Divan; Creamy Chicken with Broccoli Peach Crisp	8 Wednesday Program Coping with Grief During the Holidays 2:30pm Diment Hall Refreshments	9 Korean Beef & Broccoli Apple Pie	10 Sole Florentine; Fillet of Sole with Spinach & White Sauce Raspberry Almond Tart	11 Cinema Life R, 2017 Sci-Fi 1 hr 43 min Jake Gyllenhaal 1:00pm, Blanchard A
13 Fettuccine Alfredo With Pesto & Grilled Chicken Breast Apricot Custard Tart Weekly Salad Special SW Chicken	14 Beef Stew Chocolate Cream Pie Bring a guest to lunch for member price	15 Wednesday Program The Murder of Rasputin-A Carol Marquart Stage Reading 2:30pm, Diment Hall Refreshments	16 Chicken Picatta Brown Rice & Vegetables Birthday Cake	17 Beef Brisket Baked Beans Ice Cream	18 Cinema The Last Word R 2017 Comedy 1hr 48min Shirley MacLain 1:00pm, Blanchard A
20 Quiche; Spinach or Bacon/Onion Salad Blueberry Pie Weekly Salad Special Margarita Grilled Shrimp	21 Chicken Cacciatore Ice Cream	22 No Wednesday Program Thanksgiving Preparation	23 Closed HappyThanksgiving	24 Closed for the Thanksgiving Holiday	25 Cinema Baby Boss PG 2017 Animation 1 hr 37 min Alec Baldwin 1:00pm, Blanchard A
27 Chicken Fried Steak Mashed Potatoes Ice Cream Weekly Salad Special Strawberry, Candied Pecan & Chicken	28 Chicken Florentine Butterscotch Pie	29 Wednesday Program Monterey Bay Village Looking Ahead Wellness Series: The Aging Eye 2:30pm, Diment Hall Refreshments	30 Turkey Pot Pie Salad Apple Crisp	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	

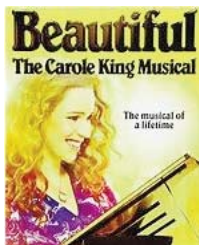


TOUR PROGRAM

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. \$3 bank fee will no longer be charged when reserving with your credit card.

Tour is subject to cancellation if minimum number of reservations are not received.



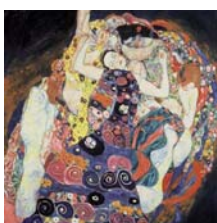
November 2, Thursday • SF Express to Union Square. Beat the crowds and head to SF for holiday shopping! Leave The Crossroads at 9:00am. Arrive Union Square at 11:30am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: \$55, member \$65, guest.

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



December 7, Thursday • Stanford Shopping Center. The holidays are coming so it's time to head to Northern California's premier open-air shopping and dining destination with more than 140 world-class specialty stores, ranging from luxury brands to local favorites. Enjoy an extraordinary mix of restaurants and cafes for your dining enjoyment. Leave The Crossroads at 9:00am. Depart the mall at 3:00pm. Arrive Carmel 5:30pm. Cost: \$50 member, \$60 guest.

December 12, Tuesday • SF Express to Union Square. Not too late to be ready for Santa Claus. Take a trip to the City and finish up shopping and see the city decorated for the holiday! Leave The Crossroads at 9:00am. Arrive Union Square at 11:30am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: \$55 member, \$65 guest.



January 11, Thursday • Klimt and Rodin: An Artistic Encounter at The Legion of Honor . Marking the centenary of Rodin's death in 1917 and that of Gustav Klimt in 1918, KLIMT & RODIN: An Artistic Encounter examines the diverse connections between these artists and their impact upon the art world. While Rodin is widely regarded as "the father of modern sculpture," Klimt was a groundbreaking painter and a founding member of the modernist Vienna Secession movement. This exhibition marks the first survey of Klimt's work in California. Sharing the galleries with the Legion of Honor's important holdings of Rodin's work will be examples from Klimt's oeuvre on loan from public and private collections in the United States and Europe, including the artist's estate in Vienna and the Österreichische Galerie Belvedere, which holds the world's largest and finest collection of Klimt paintings anywhere. Leave The Crossroads at 8:30am. Depart museum at 3:30pm. Arrive Carmel at 6:30pm. Cost: \$90 member, \$100 guest.



January 23, Tuesday • SF Express to Union Square. Time to hit the streets of San Francisco! Visit a museum, go shopping, dine at one of the amazing restaurants in this exciting city! The bus will leave The Crossroads at 9:00am for Union Square. You will arrive in San Francisco at 11:30am for a day on your own. Depart the city at 5:00pm. Arrive Carmel 7:30pm. Cost: \$55 member, \$65 guest.



February 8, Thursday • Computer History Museum- Mountain View . Spend a day at the Computer History Museum. Find out why computer history is 2000 years old. Learn about computer history's game-changers in our multimedia exhibitions. Play a game of Pong or Spacewar! Listen to computer pioneers tell their story from their own perspective. Discover the roots of today's Internet and mobile devices. See over 1,100 historic artifacts, including some of the very first computers from the 1940s and 1950s. The Computer History Museum is a nonprofit organization with a four-decade history as the world's leading institution exploring the history of computing and its ongoing impact on society! The bus will leave The Crossroads at 9:00am. Depart the museum at 3:00pm. Arrive Carmel at 5:30pm. Cost: \$75 member, \$85 guest.



The Carmel Foundation

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

NON-PROFIT
ORG.
U.S. POSTAGE
PAID
PERMIT NO. 440
CARMEL, CA

Address Service Requested

ONGOING SERVICES

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

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

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

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

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

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

Call Support Services at 620.8705/8706

PARTNERING AGENCIES

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

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

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

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

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

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

THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

Published by
The Carmel Foundation
Editor: Jill Sheffield
Asst. Editor: Gilda Soule
P.O. Box 1050
Carmel, CA 93921
SE Corner of 8th & Lincoln
831.624.1588
831.620.8720 Fax

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

TAX ID #94-1225368

Board of Directors 2016–2017

Officers

Janie Franklin, Chair
Michael Mason Vice Chair Governance
Dan McGilloway, Vice Chair Treasurer
Jennifer Hollingsworth, Vice Chair Development
Katherine Bucquet, Secretary

Directors

Bill Carmichael
Joan Crenshaw
Mary Crowe
Leslie Finnegan
Tom Gaspich
Susan Hinde
Ken Hunter
Shirley Kiatta
Mary Jane Sligar

Staff

President/CEO Jill Sheffield, 620.8700 jsheffield@carmelfoundation.org

Programs & Volunteer Services Melissa McKenzie, Director 620.8703 mmckenzie@carmelfoundation.org

Support Services Leticia Bejarano, Director 620.8705 lbejarano@carmelfoundation.org

Business Office Beth Bates, Director 620.8704 bbates@carmelfoundation.org

Development Kimberly Willison, Director 620.8701 kwillison@carmelfoundation.org

Monterey Bay Village Kristine Ware, Director 620.8717 kware@carmelfoundation.org

Facilities Carlos Correa, Director 620.8707 ccorrea@carmelfoundation.org

Member Services 624.1588

Creative Arts & Self Expression

Acrylic Art Class

1:00pm-4:00pm, Wed: 8/23-11/15
Instructor Melissa Bispo; Seideneck Room
\$90, register at class

Coloring with Zesty Art

10:00am-11:30am, 2nd & 4th Tues
Instructor Jeanne Hamilton, Craft Room
\$5/class, sign-up at class, drop-ins welcome

Creative Expressions with Tehila Eisenstat

2:00pm-4:00pm, Mon, 11/6 & 20, 12/4 & 18
Instructor Tehila Eisenstat; Seideneck Room
\$20/class, payable to instructor, register online at
www.carmelfoundation.org or member services, 624.1588

Drumming Circle: drums, percussion, didgeridoo & fun!

3:30pm-4:30pm, Thurs
Leader Lee Lotz, Seideneck Room
No fee, experience or drum required. Drop-ins welcome

Fine Arts Lab

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

Improv: "Whose Class Is It Anyway" Comedy Improv

11:00am-12:30pm, Tues, 11/7 & 14
Instructor Carol Roberts, Blanchard A
\$50/series, payable to instructor, register at
www.carmelfoundation.org or member services, 624.1588

Needlecraft Group

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

Photography, Darkroom Denizens

9:00am-5:00pm, Mon-Fri, 9:00am-4:00pm, Sat
Manager: Peter Moppert, 415.310.9622
No fee, open, call in advance

Photography Group

1:00pm-2:30pm, Thurs
Leader Joyce Tarter Rideout; Seideneck Room
\$12/annual, guests welcome, sharing/guest speakers
www.cfphotographers.org, register at class

Reader's Theatre

10:00am-12:00pm, Wed, 11/8 & 15
Facilitator Carol Marquart, Seideneck Room
No fee, sign-up online at carmelfoundation.org or with
member services, 624.1588

SoulCollage, Invite More Gratitude Into Your Life

10:30am-1:00pm, Wed, 11/1
Instructor Lisa Handley, Blanchard A
\$30 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

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, 11/8, 12/13
Leader Joan Beller, Blanchard A
No fee, register w/Joan, 626.1090

Men's Discussion Group

10:30am-11:45am, Mon
Leader Herb Stern, Seideneck Rom, No fee, drop-ins welcome

Men's & Women's Discussion Group

3:15pm-4:45pm, Tues
Sponsored by Alliance on Aging Facilitators: Ted Hill, Babs
Andruzak, Blanchard A
No fee, sign-up at class

Women's Discussion Group

1:00pm-2:30pm, 1st & 3rd Mon of the month
Facilitator: Laurie Dineen, Blanchard A
Free, open group, contact Laurie before attending,
408.893.7917

Women's Discussion Group 2

3:00pm-4:30pm, 1st & 3rd Mon of the month
Blanchard A
Free, open group, contact Melissa before attending, 620.8703

Driving

AARP Safe Driving

12:30pm-4:30pm, Mon, returns in March 2018
Instructor: Curt Tipton, Seideneck Room
\$15 for AARP members, \$20 for non-members, register
w/member services, 624.1588 at least one week prior

Games

Bridge, Just Play Bridge

2:00pm-4:00pm, Mon, 10/16-11/6
9:30am-11:30am, Thur, 10/19-11/9
Instructor Lyde McReynolds, Craft Room
Fee: \$60/4 sessions. Register online at www.carmelfoundation.org
or member services, 624.1588 starting 9:00am, Mon, 10/2

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

Scrabble with Susan

1:00pm-4:00pm, Mon
Leader Susan Sailow, Field Café, no fee, open game

Shanghai Rummy

11:00am-3:30pm, Sat, 11/18
Leader Pam Ajir; Seideneck Room
No fee, sign-up online: carmelfoundation.org or member services,
624.1588

Texas Hold'em

1:00pm-4:00pm, Thurs, full to capacity
12:30pm-3:30pm, Sat, open
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

Greek Dance Class

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

Healthy & Happy Raw Cooking

11:00am-12:00pm, Fri, 11/10 & 17
Instructor Sherrie Ransom, Seideneck Room
Fee: \$10/class, register online, carmelfoundation.org or with
member services, 624.1588

Hiking Group, The Carmel Foundation

1:00pm-3:00pm, 2nd Sat
Coordinator Kari Martorella; local hiking trails
No fee; register w/Martorella 620.8706

Line Dancing

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

Melodic Memories - Sing-a-long

3:00pm-4:00pm, 1st & 3rd Fri
In collaboration w/Alzheimers Assoc., Diment Hall
No fee, call support services, 620.8705

Mindfulness Based Stress Reduction(MBSR)

2:00pm-4:30pm, Wed, 9/27-11/15
Instructors Corinne Collins, Rochelle Hall, Blanchard A
\$100/members, \$60/former students, pre-registration required
online at www.carmelfoundation.org

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, Gentle

8:30am-9:30am, Mon (FULL), Tue, Weds, Fri (FULL)
Instructor Lynn Geisen(M&F) Monica Johnson(W)
Mae Woodward (T)
Blanchard A, \$8 per class, register w/Geisen 625.1253

Horticulture

Garden Group

12:00pm-3:00pm, Tues, Thurs; 10:00am-12:00pm, Wed, Fri
Leader Carolyn Thomas; Garden Center
No fee, drop-ins welcome

Language

Spanish

10:00pm-11:30am, Fri, 9/29-11/17
Instructor: Laura Sanjurjo, Blanchard A
\$90, register on-line at www.carmelfoundation.org or
w/member services, 624.1588

Lecture

Travel with Sandy & Gail

1:00pm-2:30pm, Mon, 11/13
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

Poetry for the Senses

3:30pm-4:30pm; Tue, 11/7 - 11/28
Leader Cheryl Carter, Craft Room
\$10/class payable to instructor, register online at
www.carmelfoundation.org or with member services, 624.1588

The Carmel Foundation Women's Book Club

6:00pm-8:00pm, 4th Wed/mo
Facilitator: Barbara Svetlik, Craft Room.
No fee.

Music

Topics in Music

10:00am-12:00pm, Fri, starting 12/1
Instructor Scott MacClelland, Blachard A
\$50/semester, register online, carmelfoundation.org, or member
services, 624.1588

Technology Center ?s techcenter@carmelfoundation.org

**For all Tech Classes, register online, carmelfoundation.org, or
members services, 624.1588**

Facebook, Intro To (Part 1)

1:30pm-3:30pm, Thur 11/2
Instructors Joan Crenshaw & Roy Hilts
\$5/class, If using your own device, download the Facebook
application prior to class. Assistance downloading the Facebook app
will be available from 1:00-1:30.

Facebook, Intro To (Part 2)

1:30pm-3:30pm, Wed 11/8
Instructors Joan Crenshaw & Roy Hilts
\$5/class

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

10:00am-12:00pm, Fri, 11/3, 11/10 **CANCELLED**
Instructor Henry Teng
\$5/class

iPad Basics

1:00pm-3:00pm, Mon, 11/27
Instructor Jeff Fisher
\$5/class

iPad Beyond the Basics

1:00pm-3:00pm, Mon, 11/13
Instructor Jeff Fisher
\$5/class

Open Lab (except for scheduled classes)

10:00am-4:00pm Monday - Thursday
Come in and use the technology equipment on your own

Open Session with Instructors

10:00am-12:00pm, Thur, 11/16
Drop-in, no fee

Open Session, Saturday

10:00am-12:00pm, Sat, 11/11
Hostess Beth Bates
Free, no registration required, just drop in

Pinterest for Beginners

2:00pm-4:00pm, Wed, 11/29
Instructor Joan Crenshaw
\$5class

Photoshop Elements - Holiday Card Making

10:00am-12:00pm, Thur, 11/30
Instructor Roy Hilts
\$3/class

Samsung & Other Android Tablet & Cell Phone Basics

2:30pm-4:00pm, Thur, 11/16
Instructor Ted Hill
\$5/class

Skype & Other "Free" Phone Call Apps Part 1 Overview

10:00am-12:00pm, Tue, 11/28 **CANCELLED**
Instructor Henry Teng
\$5/class

What's New on Your iPhone/iPad Lately? **CANCELLED**

10:00am-12:00pm, Fr, 11/17
Instructor Henry Teng
\$5/class

Writing

Book Bound Women's Writing

10:00am-11:15am; Mon
Leader Susan Cantrell, Blanchard A
\$10/class, payable to instructor, register w/instructor, 372.2231

Let's Make a Scene with Nina Solomita

1:00pm-2:00pm, Fri, 11/3-12/15
Instructor Nina Solomita, Blanchard A
\$8/class, payable to instructor, register at www.carmelfoundation.org
or member services, 624.1588

Writing Memoirs (two separate classes)

10:00am-12:00pm, Mon - FULL
9:30am-11:30am, Wed
Instructor Illia Thompson; Craft Room
Fee: \$40/mo, register w/Thompson, 659.5210

Write Your Own Obituary and Eulogy

10:30am-12:00pm, Sat, 1/6 - 1/27, 2018
Instructor: Susan Cantrell, Seideneck Room
Fee: \$50 plus \$15 for personalized workbook, payable to instructor
Register w/instructor, 372.2231