

The Carmel Foundation Wednesday Programs October 2018

Refreshments Served Immediately Following the Program

An Illustrated View of Historic Hotel Del Monte

Time: Wednesday, October 3, 2:30pm

Join John Sanders, a historical storyteller whose colorful tales of the past offer contemporary relevance. During his 31-year career at the Naval Postgraduate School, he introduced visiting dignitaries to the historic Hotel Del Monte, now the NPS campus. An Illustrated View of Historic Hotel Del Monte portrays the legend and lore of Monterey and Carmel as it explores Hotel Del Monte's role in transforming the region from a Victorian era Sleepy Hollow into a world-class tourist destination. The presentation also discusses Del Monte's role in preserving the area's scenic beauty, cultural heritage and romantic legacy.

BODIE, Good Times & Bad.

Time: Wednesday, October 10, 2:30pm

Join Will Furman as he gives a presentation on the ghosts of Bodie. Relive their colorful adventures and misadventures in this vivid portrayal of a town that was both "a fearfully and wonderfully bad place." Will is a photographer who pioneered Inside-Out, a single image technique that utilizes both the reflectivity and translucency of windows to create a single image with multiple planes. The result conjures a Bodie that was-haunting and evocative.

Monterey College of Law Presents free Legal Resources for Carmel Foundation Members

Time: Wednesday, October 17, 2:30pm

Monterey College of Law, together with attorneys and law students, invites members of the Foundation to hear a brief history about Monterey College of Law and what resources we plan to offer on-site at the Foundation starting in January 2019. Join Joseph Belmont, Director of Monterey College of Law Lawyers Referral Free Clinics and Community Resource to learn more about these upcoming programs.

Monterey Bay Village Looking Ahead Wellness Series – Balance and Fall Prevention: The Foundation of Balance and How to Improve Stability

Time: Wednesday, October 24, 2:30pm

Join Kelly Sheehan, PT, DPT, GCS, from CHOMP as she discusses the fundamental components of normal balance and factors that increase risk for falls. Dr. Sheehan will include strategies to improve balance and safety, as well as advice on when to consult a physician.

Medicare Update

Time: Wednesday, October 31, 2:30pm

Join Tamara McKee from Alliance on Aging as she informs you about the costs & changes to Medicare in 2019. The Medicare Open Enrollment Period begins Oct 15th. Don't be caught off guard! Learn more about options to re-evaluate your coverages.

