



Foundation Events

Lunch Special - Tuesday, July 2 - Happy 4th with our Annual Hot Dog Day!

Come celebrate early at the Foundation with delicious grilled hot dogs, chili, potato salad, and watermelon for just \$4.00! Arrive early to enjoy the festivities. For dessert, indulge in a mouthwatering hot fudge sundae for \$1!
Please note: Curbside and packed To-Go meals will not be available for this event.

Open on Saturday!
Saturdays, 10:00am-3:00pm. Check the program insert for classes and activities as we continue to expand our Saturday programming. Coffee and our famous muffins and delicious cookies are available along with matinees & live performances too, so come on over on Saturday to *The Best Place to Hangout for Seniors on Saturdays!*

Coffee with the Chief
Monday, July 8, 10:30am in the Field Café. Have coffee with Paul Tomasi, the Carmel Police Chief, and hear all about the new and exciting things going on in your city and his department.

MST: Transportation & Mobility Resources Information
Thursday, July 23, 12:00pm
Diment Hall, free, drop-in
Join Lesley van Dalen, Mobility Specialist with Monterey Salinas Transit as she ‘spreads the word’ about the different ways you can be more independent through public transportation!

Liza Moe Joins the Board



For over thirty years, I was fortunate to work in Australia, New Zealand, Papua New Guinea, Wyoming and the Monterey Peninsula Unified School

District in the field of Special Education.

In retirement the things that bring an instant smile to my face are visiting new and exciting destinations, tending my bird friendly garden and volunteering with local organizations. I have been volunteering at the Foundation for the past 12 years (“Tax Consultation for the Elderly” through Alliance on Aging) and in that time I’ve come to see the tremendous service this organization provides to our community. I am a staunch supporter of this organization and honored to be newly selected for the Board of Directors.

Carmel-by-the-Sea Rotary Club on Campus



The Carmel-by-the-Sea Rotary Club will be moving their weekly Wednesday meetings to the Foundation campus. This wonderful

club has been a longstanding supporter of the Foundation throughout the years by providing financial gifts and volunteering for countless years serving meals on Thanksgiving and Christmas! In addition to supporting the Foundation, The Rotary Club makes contributions to many other non-profits on the peninsula. Join us in welcoming this wonderful partnership.

Member Orientation

Tuesday, July 9, 9:30am, Diment Hall
Join the staff of The Carmel Foundation to learn about all the benefits of being a valued member. Whether you are a new member or have been with us for a while, this is a great opportunity to discover our services and programs and find out how to get the most out of your membership. Stay for a tour too!

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

The Carmel Foundation will be CLOSED
Wednesday, July 3, 12:00pm
Thursday, July 4
in observance of Independence Day



As the fog clears and summer arrives, we eagerly anticipate a future brimming with more “Adventures in Neighborliness” at The Carmel Foundation.

This year, in an effort to reduce our environmental footprint, we are foregoing our traditional appeal letter. Instead, you will find a remittance envelope included within this newsletter for those who wish to mail a check, as well as a convenient QR code for online donations.

At the Foundation, all of our offerings are crafted to help you flourish, both mentally and physically. However, it takes a community of generous individuals like you to sustain these essential services. We hope you will consider supporting the Foundation by giving from your heart in a way that is meaningful to you. Please remember, no matter the size of your gift, your contribution will have a significant impact on the lives of your fellow members and neighbors. Thank you for partnering with us to secure a bright future for The Carmel Foundation, while also helping us take a step toward a greener tomorrow!

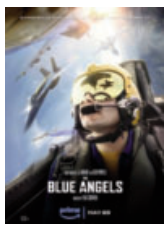


Scan QR code to donate!

Or you can send a check using the enclosed envelope in this newsletter, donate at Member Services, or call 624.1588.

Saturday Cinema

**Diment Hall ~
No Fee ~ Free Popcorn**



The Blue Angels

Sat, July 6

12:00pm

2024, G

1hr 32min

Documentary/
Action/Drama

Now Playing in IMAX Theaters and at the Foundation! Soar with The Blue Angels in a brand-new documentary featuring never-before-seen footage. This film chronicles a year with the Navy's elite Flight Demonstration Squadron, from selection through challenging training and the demanding show season. It showcases the extraordinary teamwork, passion, and pride that fuel America's best: the Blue Angels.



Arthur the King

Sat, July 13

12:00pm

2024, PG-13,

1hr 47min

Adventure/Drama
Mark Wahlberg

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.



Still

Sat, July 20

12:00pm

2023, R,

1hr 35min

Documentary
Michael J. Fox

Follows the life of beloved actor and advocate Michael J. Fox, exploring his personal and professional triumphs and travails, and what happens when an incurable optimist confronts an incurable disease.



Ferrari

Sat, July 27

12:00pm

2023, R,

2hr 10min

Drama/Sports

Adam Driver,
Penelope Cruz

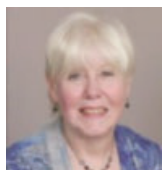
It is the summer of '57 and ex-racer Enzo Ferrari is in crisis. Bankruptcy threatens the factory he and his wife, Laura, built ten years earlier and their volatile marriage is battered by the loss of their son, Dino. His driver's passion to win pushes them to the edge as they launch into the treacherous 1,000-miles race across Italy, the Mille Miglia.

Support Services

The Aging in Place Option

**Monday, July 29, 1:30pm-2:30pm
Seideneck Room**

This workshop informs members on ways to stay in their current homes or communities as they age. Participants will learn practical solutions to aging in place while saving money, overcoming social isolation, reducing financial stress, and living healthier, fuller lives. We will discuss the realities of housing, the cost of social isolation, and the benefits of home sharing.



Doris Beckman learned firsthand the importance of planning to age in place. After losing her husband

following a year long illness that left her with a mountain of debt, she was terrified that she would lose her home. Since then, Doris has been successfully advocating for home sharing since 2014. She is dedicated to connecting people and resources, helping individuals stay in their homes and communities by planning. She developed a Plan B workbook to help individuals prepare for unexpected life events. Space is limited. Register online at carmelfoundation.org or call Member Services at 624.1588.

Benefits Check Up

Monday, July 8

9:30am-11:00am, Blanchard A.

Are you a senior 60 years or better living on the Peninsula? You may be eligible for senior benefits and services. Alliance on Aging can help. Bring with you proof of income, medical/utilities bills, social security card and ID! For more information call Reyna at 655.7562.

Blood Pressure Check

Every 2nd & 4th Tuesday

10:30am-11:30am

Staff Room/Admin Building

Free, no appointment necessary.

High blood pressure is one of the most dangerous health conditions because of how sneaky it can be. You can have high blood pressure for years without experiencing any symptoms. Fortunately, high blood pressure can be easily detected. And once you know you have high blood pressure, you can work with your health care provider to control it.

Calling All Nonagenarians

Are you 90 years or better? Do you wish to connect with other members of the same age group? If so, we can help you stay socially connected! There are some members who are interested in chatting with each other by phone. Contact Leticia at Support Services at 620.8705 for more information.

Wednesday Programs

2:30pm, Diment Hall

Free - Refreshments Served



July 10 - Therapeutic Benefits of CBD - A Holistic Approach

Attend this presentation by Synchronicity Holistic for

advanced information on medicinal cannabis and therapies designed to relieve various ailments. Learn of the various benefits and different elements of CBD and CBG. This is a presentation that you won't want to miss if you are dealing with chronic and persistent medical symptoms and want to learn how to treat these symptoms holistically.



July 17 - "I Can See the Moon, But Not the Stars"

Author Carmela Cantisani will share her successful and insightful life story.

Her memoir spans three generations of poignant and hilarious true takes of family life in Italy and her family coping with blindness. Carmela will share her immigrant view of America and her own successful coming of age story as she morphs into a teacher at the Defense Language Institute, a blind medal skier and an accomplished business woman.



July 24 - My Two and Half Years Behind Barbed Wire During World War II in the United States

Yukio Shimomura will be sharing his family's

experience during the 1940s when WWII started and how Executive Order 9066 affected his family. They left San Francisco and entered the incarceration camps at the San Bruno Tanforan Race Track and in Topaz, Utah. Yukio will discuss what his parents and older brothers went through, the lifestyle and dynamics in the camp, and the significant ironies. He will also share how the family left the camp and where they settled. With 110,000 people incarcerated and 110,000 stories to tell, this is one family's snapshot.

JULY • LUNCH • PROGRAMS • MOVIES • 2024

Mon	Tue	Wed	Thur	Fri	Sat
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July 1 In-House & Curbside Roasted Orange Chicken In-House Only Weekly Salad Special Strawberry Pecan	2 In-House ONLY Sorry No Curbside Sorry No Takeout Hot Dogs Curbside Deadline, 12pm for 7/8, 9, 11	3 The Carmel Foundation CLOSES at 12:00pm	4 CLOSED in observance of Independence Day 	5 <u>In-House Only</u> Parmesan Encrusted Trout	6 Saturday Cinema <i>Blue Angels</i> 12:00pm 2024, G 1hr 32min Free Popcorn!
July 8 In-House & Curbside Beef Stew In-House Only Weekly Salad Special Greek	9 In-House & Curbside Parmesan Encrusted Chicken Curbside Deadline, 12pm for 7/15, 16, 18	10 Wednesday Program <i>Therapeutic Benefits of CBD - A Holistic Approach</i> 2:30pm Diment Hall Free - Refreshments!	11 In-House & Curbside Pot Roast	12 <u>In-House Only</u> Cheese Manicotti	13 Saturday Cinema <i>Arthur The King</i> 12:00pm 2024, PG-13 1hr 47min Free Popcorn!
15 In-House & Curbside Lemon Rosemary Chicken In-House Only Weekly Salad Special Nicoise	16 In-House & Curbside Spaghetti & Meatballs Curbside Deadline, 12pm for 7/22, 23, 25	17 Wednesday Program <i>I Can See the Moon, But Not the Stars</i> 2:30pm Diment Hall Free - Refreshments!	18 In-House & Curbside Salmon	19 <u>In-House Only</u> Chicken Marsala	20 Saturday Cinema <i>Still</i> 12:00pm 2023, R 1hr 35min Free Popcorn!
22 In-House & Curbside Mongolian Beef In-House Only Weekly Salad Special Wedge	23 In-House & Curbside Turkey Curbside Deadline, 12pm for 7/29, 30, 8/1	24 Wednesday Program <i>My Two and Half Years Behind Barbed Wire During World War II in the United States</i> 2:30pm Diment Hall Free - Refreshments!	25 In-House & Curbside Pork Chops	26 <u>In-House Only</u> Lemon Pepper Cod	27 Saturday Cinema <i>Ferrari</i> 12:00pm 2024, R 2hr 10min Free Popcorn!
29 In-House & Curbside Chicken Picatta In-House Only Weekly Salad Special Chopped Turkey	30 In-House & Curbside Sausage Lasagna Curbside Deadline, 12pm for 8/5, 6, 8	31	Aug 1 In-House & Curbside BBQ Chicken	2 <u>In-House Only</u> Sand Dabs	3
5 In-House & Curbside Pork Osso Bucco In-House Only Weekly Salad Special Chicken Taco	6 In-House & Curbside Chicken Cordon Bleu Curbside Deadline, 12pm for 8/12: Chicken Florentine, 8/13 Honey Baked Ham 8/15 Kitchen Closed	7	8 In-House & Curbside Salmon	9 <u>In-House Only</u> Chicken Fried Steak	10

<u>In-House Dining</u> Monday, Tuesday, Thursday & Friday, 12:00pm-1:00pm Hot Entrée: \$6.00, Large Entrée: \$9 Salmon & Beef Short Ribs: \$7.00 Weekly Salad Special: \$5.00 Soup/Cup: \$1.50, Soup/Bowl: \$2.25 Large Green Salad: \$3.00 Small: \$1.75 Dessert: \$2.00 Beverages: \$1.00 Tuesday: Bring a friend at member's price	<u>Curbside Meals to Go</u> Order online at carmelfoundation.org (scroll to events) or call 624.1588 Pick up Monday, Tuesday & Thursday 11:00am-11:45am Entree: \$6 Salmon & Beef Short Ribs: \$7 Limit: 4 meals per member
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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 \$7.00 per meal.Call 624.1588.

Blood Pressure Check Free. Every 2nd & 4th Tuesday, 10:30am– 11:30am in Staff Room in the Admin Building. No appointment necessary.

Mobility Equipment Loans Borrow free mobility equipment, Mon-Fri, 9:00am-4:00pm. Call Kim 624.1588 or email kerlandson@carmelfoundation.org to reserve or donate mobility equipment.

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

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

Call Support Services at 620.8705

PARTNERING AGENCIES

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

HICAP: Alliance on Aging Answering questions about Medicare or supplemental insurance. Available by appt. only, call 655.7567 or 1.800.434.0222.

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

Health Projects Center supports people as they age to live safely at home by delivering high quality services and programs.
1.800.624.8304. hpcn.org

THE CARMEL FOUNDATION

An Adventure in Neighborliness since 1950.

Published by
The Carmel Foundation
Editor: Kim Stemler
Curator : Gilda Soulé
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831.624.5705 Fax

Mon-Thur 8:30am-4:30pm
Fri: 8:30am-4:00pm
Sat: 10:00am-3:00pm

TAX ID #94-1225368

Board of Directors 2023–2024

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Facilities Tim Stoltzfus, Director 620.8717 tstoltzfus@carmelfoundation.org
Member Services 624.1588

Classes, Programs & Workshops

Be the Calm

Mondays, August 5 - 25

11:00am-12:00pm, Wellness Center

Find and keep your center during the inevitable chaos of a crazy, unpredictable election year. Learn an easy self-help tool for calming the nervous system and join others for powerful and fun weekly sessions led by Carmel Foundation member Claire Fay. Claire holds an advanced certification in clinical EFT tapping from the top professional training organization, ACEP. She has used EFT since 2016 and gained experience with an array of clients before and during her practicum when she earned her M.A. in Psychology in 2021.

No fee. Sign up with Member Services at 624.1588 or register online at www.carmelfoundation.org.

Healing with Castor Oil

Monday, August 5 & 18

10:00am-11:30am, Blanchard A

Castor oil can nourish your body inside and out. Derived from the castor bean, castor oil is a fatty acid with various healing properties. It's the kind of oil that can be used internally and externally, but most of the research shows how it benefits the body when used externally. In this workshop we will discuss how castor oil gently detoxes the body, relieves constipation, nourishes hair, promotes wound healing, moisturizes skin (as a moisturizer and makeup remover) and soothes joints + muscles.

Raj has 25 years of experience in energy psychology. Raj has a keen interest in helping people manage stress and anxiety to achieve balance and harmony through meditation, pranayama breathing, and EFT (Emotional Freedom Technique). Fee: \$5 payable to instructor at time of workshop; included in session is a free gift! Sign up with member services at 624.1588 or register online at www.carmelfoundation.org.

AARP Safe Driving Courses; Smart Driver Refresher Course

Wednesday, July 31 & August 7

9:00am-1:00pm (two 4 hr=one 8 hr class) Seideneck Room.

Keep saving on your auto insurance with AARP's Smart Driver™ refresher course. You may now register online and make payment via credit card to AARP directly using a simple and secure process to complete your registration. Use aarp.org/findacourse36. You will need to register for the course but are not required to join AARP. If you prefer not to register online, please call Member Services at 624.1588.

One on One Privet Qigong Sessions with Dale Mirmow



Wednesdays, private schedule 12:00pm-2:00pm, Wellness Center
Improve your health and wellbeing with lasting effects of Qigong.

Health Benefits:

Boosts the Immune System

- Reduces Stress & Anxiety

- Improves Balance & Flexibility

- Lowers Blood Pressure

- Enhances Bone Density

- Aids in Healing Major Illnesses

Customized to meet your unique needs. New & old students welcome!

Each private Qigong session is 45 minutes. Fee: \$25 per session. To

schedule your private session contact: Dale Mirmow at 805.453.7122 or

dmirmow@gmail.com

Writing Memoirs with Illia Thompson

Mondays, 10:00am-12:00pm

Wednesdays, 9:30am-11:30am

Craft Room (2 separate classes)

For over 40 years, Illia Thompson has encouraged writers to tell their stories. Her motto is "you cannot make a mistake!" A prompt is sent out the previous week for use as a springboard for current writing. You may use this opportunity to write your ongoing story. The group reads their own writing and memories are often triggered by each other's words. Fee: \$50/month, payable to instructor. Register with Illia, 236.1118

Ballroom Dance, NEW Beginning Steps

Tuesdays, July 2 - 30

2:30pm-4:00pm, Diment Hall

Dance has the power to transform lives and could be the perfect activity for you! Science has proven that dance provides all the benefits of other forms of exercise, plus it's incredibly fun and social. Why not give it a try? Join Nadia for a new class primarily for beginners focusing on simple and gentle elements with plenty of repetition. It's a wonderful way to boost both your brain and body plus experience the joy of dancing with friends. No partner or past experience necessary. Fee: \$20 payable to instructor at time of class. Drop-ins welcome.

Tribute Gifts

*The Carmel Foundation Staff:
Renate Wunsch*

Just PLAY Bridge

Thursdays, July 11-August 15

10:00am-12:00pm, Craft Room

Join Bridge instructor, Lyde, and improve your bridge playing skills! Fee: \$20/lesson, payable to instructor at class. Sign up online at www.carmelfoundation.org or call Member Services, 624.1588

Back to Balance with Dr. Ann Marie Tschanz



What does research say about decreasing strength and balance? How can we best combat this process as we age? We'll be talking a lot about the core: what it is, why we need it,

and why it stops functioning in many people, which leads to back pain and snowballing injuries. Most importantly, we'll discuss how we can get it back!

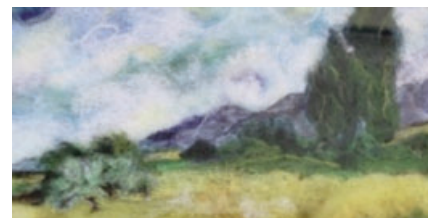
Register to attend a FREE LECTURE on Tuesday, July 16, 11:00am, Blanchard A, where Dr. Tschanz, physical therapist from Kinect Physical Therapy, will inform you on the above topics and leave you with some actionable strategies.

BACK TO BALANCE classes will be held Tuesday, July 23 & 30, 11:00am, Blanchard A, where we can put some of this knowledge to practice! Fee \$20 fee to attend the class. Sign up with Member Services at 624.1588 or register online at carmelfoundation.org services.

Wool Felting

Wednesday, July 10 & 17

1:00pm-4:00pm, Seideneck Room



Discover how you needle fibers to create images, be they landscapes, seascapes flowers, animals, or even abstract paintings. Instructor Carline Willis will bring example images or you can bring your own. You do not need to be artistic because you will find playing with wool is creative and fun! Fee: \$55 per class or \$100 for both (supplies included) payable at class. Sign-up online, carmelfoundation.org or with Member Services, 624.1588.



Artist of the Month - Saschja Marseguerra

I have worked as a professional painter in the Monterey Peninsula for 35 years. My background includes commercial and commissioned work in ceramics, canvas, and murals. My inspirations are varied. Since childhood, I have loved nature and spent many happy days outdoors. As an avid hiker, I often travel to the mountains or desert, which has influenced me to paint flower portraits on stone tiles for display or installations.

In my canvas work series, "Dreams Can Come True," I interpreted fantasy stories that my mother read me at bedtime. This series is a tribute to her and has been a fabulous journey of memory for me. I have always loved classical art and have been inspired by the Masters. Early in my career, I emulated some of my favorites, especially Botticelli, Bouguereau, and Michelangelo. I painted some of these on marble and stone tiles and installed them in my home.

I also love to share my talents and insights by teaching painting and ceramics to children and adults, including watercolor, Sumi-e, and overglaze enamel.

TOUR PROGRAM

Register for tours online at www.carmelfoundation.org or by contacting member services, 624.1588.



Sunday, July 28th San Francisco Giants vs. the Colorado Rockies – Game Time: 1:05pm

Join Discovery Charters and The Carmel Foundation for a fun and exciting day at the scenic Oracle Park! Enjoy sitting in the exclusive Club Level, with seats in Section 229. Depart from The Crossroads at 8:45am. Estimated arrival back at The Crossroads at 7:15pm (subject to game length). Contact Jeanne Dorr at 633.2877 and mention The Carmel Foundation. Limited seats available so please reserve ASAP, payment is required when reservation is made. Fee: \$140 per person NOTE: Credit card payments are subject to a 3% convenience fee surcharge. Oracle Park is a cashless venue. They do not accept cash for payment at the concessions, etc. You must use a credit card, debit card, or other electronic payment methods. Large bags, including all sizes of backpacks and hard-sided coolers are not allowed inside the ballpark.



Thursday, August 29 - Day on Your Own in Golden Gate Park. Summer is here and the day is yours to explore Golden Gate Park! Go to a museum of your choice- De Young or the Academy of Sciences, walk to the SF Botanical Garden one of the most diverse gardens in the world. Escape to a unique, 55-acre urban oasis of extraordinary beauty. The Botanical Garden is a living museum within Golden Gate Park, offering 55 acres of both landscaped gardens and open spaces, showcasing over 8,500 different kinds of plants from around 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 enjoy the serene Japanese Tea Garden! As part of a citywide effort to promote public 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: \$80 member & guest.



Thursday, October 10: Hakone Japanese Garden A tranquil place of peace and harmony. A tranquil place of peace and harmony, Hakone is one of the National Trust for Historic Preservation's premier sites and is 100 years old. It is one of the oldest Japanese estates, retreats, and gardens in the Western Hemisphere. Nestled in the verdant hills of Saratoga overlooking Silicon Valley, Hakone offers 18 acres of magnificent beauty. Guests can experience a palpably calming of life's journey within this architectural and botanical beauty masterpiece. Whether you stroll the hill and koi pond garden, ascend the moon bridge, or enjoy quiet reflection in Hakone's tea and bamboo gardens, you will experience the elixir of art and nature in seamless unity. You will participate in a traditional tea ceremony at 11:30am in their tatami mat room. Lunch is pack your own. At 1:00pm, you can experience a docent-led tour of the gardens. The bus will leave The Crossroads at 9:00am, arriving at Hakone at approximately 11:00am. Departure from Hakone is at 3:30pm, and arrival back in Carmel is at 5:30pm. Cost: \$90 for members and guests.

collette

Color of New England...September 22-29, 2024; 8 Days • 12 Meals: 7 Breakfasts, 1 Lunch, 4 Dinners

Cultural Treasures of Japan... March 23-April 5, 2025; 14 Days • 19 Meals: 12 Breakfasts, 2 Lunches, 5 Dinners

For more information contact:

Dan Presser, Four Winds Travel Agency, 622.0800 or info@fourwindstravel.com

Melissa McKenzie, The Carmel Foundation, 620.8703 or mmckenzie@carmelfoundation.org

Collage Art/Papercraft Class

10:00am-12:00pm, Wed, 7/24: Twinchies (2x2 Mini Collage)
 Instructor Lisa Handley; Seideneck Room
 \$15/class, includes materials, sign-up sign-up w/Lisa, 512.9063
 or plumeriapapercraft@gmail.com

Creativity, Camaraderie...Coloring!

10:00am-11:30am, 2nd & 4th Tues
 Instructor Lisa Handley; Craft Room
 \$5/material fee, 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, full to capacity, waitlist w/Member Services, 624.1588

Needlecraft Group

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

Photography, Darkroom Denizens

10:00am-3:00pm, Mon - Sat
 Free, sign-in at Member Services

Photography Group

1:00pm-2:30pm, Thurs
 Leader Joyce Tarter Rideout; Seideneck Room
 \$15/annual, guests welcome, sharing/guest speakers
 Register at class

SoulCollage® Expressive Art for Creative Mindfulness

10:00am-12:30pm, Wed, 8/7 Guidance from Goddesses
 Instructor Lisa Handley; Blanchard A
 \$30/class, includes materials, sign-up w/Lisa, 512.9063 or
 plumeriapapercraft@gmail.com

Wood Carving

8:30am-11:30am, Tues & Thurs; Leader Joe Surprenant
 Seideneck Room, no fee, drop-ins welcome

Dance**Ballroom Dance, NEW Beginning Steps**

2:30pm-3:30pm, Tues, 7/2 - 30
 Instructor Nadia Eftedal; Diment Hall
 Fee: \$20/class, payable to instructor at class
 Drop-ins welcome.

Carmel Foundation Dance Society

2:00pm-3:30pm, Mon, 7/1 - 29
 Instructor Nadia Eftedal; Diment Hall
 Fee: \$20/class, payable to instructor at class
 Drop-ins welcome.

Greek Dancing

3:00pm-4:30pm, Tues - on break, resumes 9/3
 Instructors Janet Tezak & Rick McCarthy; Diment Hall
 No fee, sign-up at class

Line Dancing

3:00pm-4:00pm, Thurs
 Instructor Belle James; Diment Hall
 \$5/class, sign-up at class

Discussion Group**Current Events Discussion Group**

10:30am-11:30am, 1st & 3rd Tues
 Leader Maria-Litka Bennett; Craft Room
 No fee, drop-ins welcome

Gratitude and Empathy Group

3:00pm-4:15pm, Thurs
 Leader Ted Hill; Blanchard A
 No fee, sign-up w/Ted at tedsup@gmx.com

Men's Discussion Group

Self-led, Blanchard A

No fee, drop-ins welcome

Women Sharing with Women

1:00pm-2:30pm, 1st, 2nd & 3rd Fri/mo - full to capacity
 Self-led, Blanchard A
 No fee

Driving**AARP Smart Driver Course**

9:00am-1:00pm Wed, 7/31 & 8/7 (2-4 hr=1-8 hr class)
 9:00am- 1:00pm (4hr refresher) Wed, 9/11
 Instructor Curt Tipton, Seideneck Room
 Fee: \$20 for AARP members; \$25 for non-members, payable to
 instructor at class

Games**American Mahjong**

1:00pm-3:00pm, Wed
 Facilitator: Ellen Grossman, Craft Room
 No fee, sign-up with Ellen, 510.410.1271 or
 ellenyinyoga5@gmail.com

Bridge, Duplicate

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

Bridge, Just PLAY Bridge

10:00am-12:00pm, Thurs, 7/11 - 8/15
 Instructor: Lyde McReynolds; Craft Room
 Fee: \$20/lesson, payable to instructor at class, sign-up online,
 carmelfoundation.org or Member Services, 624.1588.

Canasta - Intermediate

1:00pm-4:00pm, 2nd, 3rd & 4th Mon/mo,
 Facilitator Vicki Torcolini; Craft Room B
 No fee

Chess

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

Chess Lessons with Cole

1:00pm-2:30pm, 1st Mon/mo,
 Instructor: Cole Erskine, Seideneck Room
 No fee, sign-up online, carmelfoundation.org or with Member
 Services, 624.1588

Cribbage

1:00pm-4:00pm, Wed, 7/3, 17, 31
 Leader Larry Parrish; Craft Room
 Private lessons by appointment
 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

Hand & Foot

1:00pm-4:00pm, 2nd, 3rd & 4th Mon/mo,
 Facilitator Susan Sailow; Craft Room B
 No fee

Rummicube

1:00pm-2:00pm, Tues
 Field Cafe
 No fee

Texas Hold'em

1:00pm-4:00pm, Thurs, full to capacity
 11:00am-2:00pm, Sat, open, drop-in
 Craft Room B
 Facilitator Micky Lawler; 831.238.3867

Be the Calm

11:00am-12:30am, Mon 8/5 - 8/26

Presenter: Claire Fay, Wellness Center

No fee, sign-up online, carmelfoundation.org or Member Services, 624.1588

Mindful Movement

2:00pm-3:15pm, Thur, - on break, resumes 9/5

Instructor Kristin Ramsden; Tech/Wellness Room

\$5/class, payable to instructor at class

Personal Fitness, Lo-Impact

9:00am-10:00am, Mon, Wed, Fri

Instructor MaryAnn Rousseau; Diment Hall

\$5/class or \$50/mo suggested donation, register at class

Qigong - One on One Private Qigong Sessions with Dale Mirmow

12:00pm-2:00pm, Wed

Instructor Dale Mirmow, Tech/Wellness Room

\$25/45 min, payable to instructor at class

Sign-up with Dale, 805.453.7122 or dmirmow@gmail.com

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; Tech/Wellness Room

\$8 per class, register at class

Yoga, Gentle Yoga with Kathleen Karachale

10:00am-11:00am, Tues, Thurs

Instructor Kathleen Karachale; Tech/Wellness Room

Fee: \$5, sign-up at class

Yuan Qigong Class Series

10:00am-11:15am, Wed

Instructor Dale Mirmow, Tech/Wellness Room

\$10 drop-in, payable to instructor at class

Language

Spanish, Advanced Conversational

9:30am-10:30am, Tue, 9/3 - 11/12 (no 10/8)

Instructor: Majo Spencer, Blanchard A

Fee: \$20/class, payable to instructor

Sign-up at majospencer@yahoo.com or 801.560.8437

Lecture

History and Philosophy Lectures

10:00am-11:30am, Fri, 7/5: Battles of Gettysburg and Vicksburg (1863); 7/12: Thomas More v. Erasmus; 7/19: Atheism, Faith

and Reason; 7/26: Invasions and Peoples

Instructor: Lawrence Harris; Seideneck Room

Fee: \$10/class, payable to instructor. Sign-up at class

Literature

Non-Fiction Reading Discussion Group

10:30am-12:00pm, Thurs

Leader Jim Emery; Blanchard A

No fee, drop-ins welcome

Foundation Reading and Discussion Group

10:30am-11:45am; Weds

Leader Bill Richards, Blanchard C

No fee, drop-ins welcome

The Carmel Foundation Book Club

1:30pm-3:00pm, last Fri/mo

Leader Carleen Whittelsey, Blanchard A

No fee, sign-up at class

Music Appreciation

10:30am-11:30am, Sat - on break, returns in August

Instructor: Elise Rotchford, Blanchard A

Fee \$15/4 wk series, \$5/drop-in, sign up at class

Piano Lessons with Pam Lawrence

9:30am-11:00am, Sat by appt; beginners welcome

Instructor Pam Lawrence; Diment Hall

Fee:\$100/month. Schedule at 277.7638

Singing Class

2:30pm-3:30pm, Fri

Instructor Nancy Bennett, M/A, Diment Hall

Fee: \$12, payable to instructor at class

Technology

Cellphone Basics

10:00am-12:00pm, Fri, date to be announced

Instructor: Ted Hill, Tech Center

Fee: \$5, sign up carmelfoundation.org or

Member Services, 624.1588

Writing

Creative Writing

12:30pm-3:30pm, Fri, 7/5-26

Instructor Lawrence Harris; Seideneck Room

Fee: \$15/class, sign-up at class

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

Workshops

Wool Felting

1:00pm-4:00pm, Wed, 7/10 & 7/17

Instructor; Carlaine Willis, Seideneck Room

Fee: \$55/class or \$100/both, materials included
carmelfoundation.org or Member Services, 624.1588

Back to Balance with Dr. Ann Marie Tschanz

Free Lecture: 11:00am-12:00pm, Tues, 7/16

Presenter: Dr. Ann Marie Tschanz, Blanchard A

No fee, register online, carmelfoundation.org or Member Services, 624.1588

Class: 1:00am-12:00pm, Tues, 7/23 & 7/30

Presenter: Dr. Ann Marie Tschanz, Blanchard A

Fee: \$20/class, payable at class, sign-up online,
carmelfoundation.org or Member Services, 624.1588.

The Aging In Place Option

1:30pm-2:30pm, Mon 7/29

Presenter: Doris Beckman, Seideneck Room

No fee, sign-up online, carmelfoundation.org or Member Services, 624.1588

Healing with Castor Oil

10:00am-11:30am, Mon 8/5 & 8/18

Presenter: Raj, Blanchard A

Fee: \$5, sign-up online, carmelfoundation.org or Member Services, 624.1588