



**Foundation President/CEO says “a-lo-ha”**



A Hawaiian word used when greeting or parting from someone. For me, on November 6th of 2017, “aloha” meant “hello”. That was the day that I became a part of the Foundation family – and I have loved every day since. I am so fortunate to have been a part of this “world class” organization for 6 ½ years. I have been given the opportunity to work with an incredible team – the best ever – as well as the wonderful members who enjoy The Carmel Foundation every week.

Sadly, on April 30th, “aloha” will mean “goodbye”. My husband and I will be moving to our house in Oregon. I wish I could take all of you with me. This place and the people in it are that special. I will visit often so perhaps we need a word somewhere between hello and goodbye – and luckily the Hawaiian language has something for that too: “a hui hou”.

“Until we meet again.”

*Holly Zeller*

**Foodies Thank You**

On Friday, March 22, our annual Philanthropic Foodies event took place. Our guests enjoyed an elegant evening of a sumptuous 4-course meal prepared by La Playa’s acclaimed Executive Chef, Boris Ilabaca. Each course was paired with fine wines from Laird Family Estate. Thank you to our guests, Chef Ilabaca, Laird Family Estate and the entire team at La Playa Carmel for creating such a memorable evening! A very special thank you to our sponsors:

Presenting Sponsors



Gold Sponsors

Wine Sponsor



**Volunteer Appreciation Luncheon April 3**

Volunteers selflessly give their time to SERVE others. We’re truly GRATEFUL for our AMAZING Volunteers’ constant help and support! THANK YOU to each of our Carmel Foundation Volunteers! Invitation only event.

**Coffee with the Chief**

Have coffee with Paul Tomasi, the Carmel Police Chief, Monday, April 8, 10:30am in the Field Café. Join Chief Tomasi and hear all the new and exciting things going on in your city and his department. Donuts available for \$1 while they last!

**Benefits Check Up**

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. Mondays, April 8, May 13, June 10 & July 8, 9:30am-11:00am Blanchard A. Bring with you proof of income, medical/utilities bills, social security card and ID! For more information call Reyna at 831-655-7562.

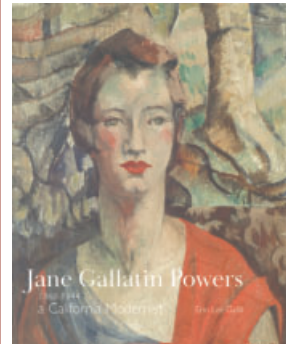
**Welcome Ray**



Ray Pasqual has joined the Foundation culinary team as a prep-cook. Ray brings with him many years of experience from local restaurant establishments. When you see Ray in the kitchen during lunch service assisting Kelly and Chloe, be sure to say hi!

The Carmel Foundation will **CLOSE** Tuesday, April 30, 2:00pm for Staff Event

**Slide Show & Book Signing with Erin Lee Gafill**



While the Bohemians were writing poetry and making Carmel famous, a group of painters, mostly women, were doing the

work of building a sustainable arts community that would become Carmel-by-the Sea. Jane Gallatin Powers was the “spiritual rock” of the nascent art colony. Her story and artwork have never been published...until now.

*Jane Gallatin Powers- A California Modernist* is Jane’s story re-constructed out of family letters, newspaper clippings and interviews with those few who remembered her, it is lavishly illustrated with Jane’s paintings, drawings, and historical photographs, researched and written by her great-great-granddaughter, Erin Lee Gafill.

**Join Erin Friday, April 26, 2:00pm in Diment Hall for a free presentation and book signing.**



Erin Lee Gafill is an award-winning artist and author from Big Sur. She is an artist member of the Carmel Art Association. She is on the creative arts faculty of the Esalen Institute and Rancho La Puerta in Tecate, Baja California.

*Jane Gallatin Powers - A California Modernist* will be available for purchase at the event.

## Saturday Cinema

Diment Hall ~ No Fee  
Free Popcorn



### Napoleon

Sat. April 13

12:00pm

2023, R  
2hr 38min  
Action Adventure  
Biograph  
Joaquin Phoenix,  
Vanessa Kirby

An epic that details the chequered rise and fall of French Emperor Napoleon Bonaparte and his relentless journey to power through the prism of his addictive, volatile relationship with his wife, Josephine.



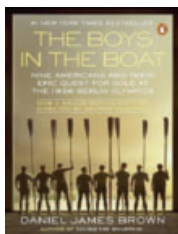
### The Holdovers

Sat. April 20

12:00pm

2023, R  
2hr 13min  
Comedy  
Paul Giamatti,  
Da'Vine Joy Randolph

A cranky history teacher at a prep school is forced to remain on campus over the holidays with a grieving cook and a troubled student who has no place to go.



### The Boys in the Boat

Sat. April 27

12:00pm

2023, PG-13

2hr 5min

Drama  
Joel Edgerton,  
Callum Turner

The inspirational true story, directed by Gorge Clooney, follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games.

## NO Cinema Sat May 4



### Joan Baez

### I Am a Noise

Sat. May 11

12:00pm

2023, PG-13

1hr 53min

Documentary  
Joan Baez, Hannah

Shykind, Joan Baez, Sr.

At the end of a 60-year career, legendary singer and activist Joan Baez takes an honest look back and a deep look inward as she tries to make sense of her large, history-making life, and the personal struggles she's kept private.

## Musical Notes & Lessons

### Saturday Concert: Frank Sinatra

#### The Man and His Music

Will Furman - Vocalist  
Gerry Williams - Piano  
Saturday, April 6, 1:00pm, Diment Hall. Frank Sinatra's 60 year career had many ups and downs. He sold more than 250 million records. Come to the performance and you will hear *My Way, Strangers in the Night, The Way you Look Tonight, New York New York, That's Life, You Make Me Feel So Young, I've Got You Under My Skin, All the Way, Luck Be a Lady Tonight, Three Coins in a Fountain*. No fee, no reservations required.

### Singing Class

Singing Class is a place where one can learn about their voice, how to improve it or simply enjoy singing with others. Nancy Bennett, the instructor, has a M.A. in Vocal Performance and has taught for over 40 years with students ranging from beginners to professionals of all ages. As a soloist, she has appeared with the LA Philharmonic, the Carmel Bach Festival and the LA Master Chorale. She has been on the faculty of Santa Catalina School for 22 years. The class is open to all level singers. Beginners are especially welcome! The class meets on Fridays at 2:30pm in Diment Hall. Register with Member Services, 624.1588 or online at [carmelfoundation.org](http://carmelfoundation.org). Fee, \$12 per class, music is included.

### Saturday Piano Lessons

Saturdays, 9:30am-11:00am in Diment Hall is the new time and place for piano lessons at the Foundation with Instructor Pam Lawrence. Pam holds a Master's degree in piano, organ and harpsichord with 50 years experience in performance! All levels are accepted from beginners on. Contact Pam to register, 831.277.7638. Fee is \$100 per month.

### Memorial Gifts

**Tony Laiolo:** Lynne Campbell

**Charles Sedelmeyer:** Renate Wunsch

**Frank Keith:** Carmen Ajan

### Tribute Gifts

**Holly Zoller:** Gin Donohoo

## Wednesday Programs

2:30pm, Diment Hall

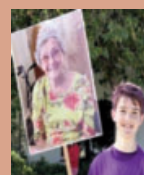
Free - Refreshments Served



### April 10 - Whales! Whales! Whales of Monterey Bay

In her fascinating presentation, Mary Alice Cerrito Fettis will discuss

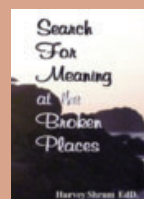
the importance and fun of Whalefest Monterey which benefits many local and national marine organizations that educate, inspire, and empower the public to protect the Monterey Bay National Marine Sanctuary (MBNMS). With activities that drive coastal economies Whalefest offers dozens of marine exhibitors, research and rescue vessels, release of a recently recovered patient from the Marine Mammal Center, street and beach clean-up, the almost-famous abalone races, history walks, marine art creations, and an eclectic offering of live music. Come see for your self and enjoy this one-of-a-kind presentation!



### April 17 - 10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with

daily life. Learn about 10 common warning signs and what to watch for in yourself and others. This presentation covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources. Dr. Peter Heublein is Board Certified in Neurology and a Fellow of the American Academy of Neurology. He was in private practice for nearly 20 years before becoming a Staff Neurologist for the Palo Alto VA Healthcare System, while also serving as the Adjunct Associate Clinical Professor of Neurology in the Stanford School of Medicine.



### April 24 - Pandemic, Cancer, Loss & Meaningful Pursuits

Perhaps, like the presenter, Dr. Harvey Shrum, you too may have lost a child, a friend, a sibling, a parent, or grandparent and the loss shattered your belief in "forever." Shrum is a logotherapy educator, an author, and mentor to those broken in life, those looking for ways to begin the process of healing and rediscover meaning. Perhaps, you too have wondered "Why me?" and "What's next?" Perhaps, you may have been wandering through life like a wounded deer, but not wishing the loss to define you. Plan to attend the presentation with Dr. Shrum and his friend, Charlie and learn how to build resiliency that accompanies meaningful pursuits one day at a time.

# APRIL • LUNCH • PROGRAMS • MOVIES • 2024

Mon	Tue	Wed	Thur	Fri	Sat
<b>Apr 1</b> In-House & Curbside Honey Lemon Chicken  In-House Only Weekly Salad Special <b>NEW! Quinoa Salad</b>	<b>2</b> In-House & Curbside Beef Bourguignon  Curbside Deadline, 12pm for 4/8, 9, 11	<b>3</b>	<b>4</b> In-House & Curbside Salmon	<b>5</b> <u>In-House Only</u> Chicken Florentine	<b>6</b> Saturday Concert  <i>Frank Sinatra: The Man and His Music</i> by Will Furman, Vocalist & Gerry Williams, Piano 1:00pm, Diment Hall Free
<b>8</b> In-House & Curbside Sausage Lasagna  In-House Only Weekly Salad Special Strawberry Pecan Chick	<b>9</b> In-House & Curbside Roasted Orange Chicken  Curbside Deadline, 12pm for 4/15, 16, 18	<b>10</b> Wednesday Program Whales! Whales! Whales of the Monterey Bay 2:30pm Diment Hall Free - Refreshments!	<b>11</b> In-House & Curbside Pork Loin	<b>12</b> <u>In-House Only</u>  NEW Parmesan Encrusted Trout	<b>13</b> Saturday Cinema  <i>Napoleon</i> 12:00pm 2023, R 2hr 38min Action, Adventure, Biography Free Popcorn
<b>15</b> In-House & Curbside Chicken Picatta  In-House Only Weekly Salad Special Greek	<b>16</b> In-House & Curbside Boneless Beef Short Ribs  Curbside Deadline, 12pm for 4/22, 23, 25	<b>17</b> Wednesday Program 10 Warning Signs of Alzheimer's 2:30pm Diment Hall Free - Refreshments!	<b>18</b> In-House & Curbside Garlic Maple Chicken	<b>19</b> <u>In-House Only</u> Italian Chicken Parmesan	<b>20</b> Saturday Cinema  <i>The Holdovers</i> 12:00pm 2023, R 2hr 13min Comedy Free Popcorn
<b>22</b> In-House & Curbside Spaghetti & Meatballs  In-House Only Weekly Salad Special Nicoise	<b>23</b> In-House & Curbside Turkey  Curbside Deadline, 12pm for 4/29, 30, 5/2	<b>24</b> Wednesday Program <i>Pandemic, Cancer, Loss &amp; Meaningful Pursuits</i> 2:30pm Diment Hall Free - Refreshments!	<b>25</b> In-House & Curbside Salmon	<b>26</b> <u>In-House Only</u> Pork Scallopini	<b>27</b> Saturday Cinema  <i>Boys in the Boat</i> 12:00pm 2023, PG-13 2hr 5min Drama
<b>29</b> In-House & Curbside Chicken Cacciatore  In-House Only Weekly Salad Special Wedge	<b>30</b> In-House & Curbside Mongolian Beef  Curbside Deadline, 12pm for 5/6, 7, 9	<b>May 1</b>	<b>2</b> In-House & Curbside Tuscan Chicken	<b>3</b> <u>In-House Only</u> Lemon Pepper Cod	<b>4</b>
<b>6</b> In-House & Curbside Beef Stroganoff  In-House Only Weekly Salad Special Chopped Turkey	<b>7</b> In-House & Curbside Parmesan Encrusted Chicken  Curbside Deadline, 12pm for 5/13, 14, 16	<b>8</b>	<b>9</b> In-House & Curbside Beef Stew	<b>10</b> <u>In-House Only</u> Cheese Manicotti	<b>11</b> Saturday Cinema  <i>Joan Baez I Am a Noise</i> 12:00pm 2023, PG-13 1hr 53min Documentary Free Popcorn
<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 <a href="http://carmelfoundation.org">carmelfoundation.org</a> (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		



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

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

### 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: Holly Zoller  
Asst. Editor: Gilda Soule  
P.O. Box 1050  
Carmel, CA 93921  
SE Corner of 8th & Lincoln

831.624.1588  
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 2022–2023

#### Officers

Mitchell Matthews, Chair  
Chuck Des Roches, Vice Chair Governance  
Jerry Bachecki, Vice Chair Treasurer  
Diego Reyes, Vice Chair Development  
Jerry Traynor, Vice Chair Programs/Volunteer Svs  
Cristy Dawson, Secretary  
Mary Crowe, Ad Hoc

#### Directors

Marianne Baldrice     Fred Medero  
Mark DiOrion         Tom Reddy  
Ken Hunter             Natalie Stickler-Hofmans  
Michael Mason

### Staff

**President/CEO** Holly Zoller, 620.8700 hzoller@carmelfoundation.org

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

**Support Services** Leticia Garcia, Director 620.8705 lgarcia@carmelfoundation.org

**Development** Jen Hollingsworth, Director 620.8701 jhollingsworth@carmelfoundation.org

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

**Facilities** Tim Stoltzfus, Director 620.8717 tstoltzfus@carmelfoundation.org

**Member Services** 624.1588

## Classes, Programs & Workshops

### “Oh no! I am afraid of Spiders!”



The Arachnid World! What is a spider? Take a look into the world of Chelicerate Phylogeny! This is a one-of-a-kind talk given by Bryan Sands, a local Naturalist with a live look at a tarantula and a colony of harvestmen! He'll walk you through the different taxonomy used to break down and define the arachnid world and what separates spiders from their closest relatives. By the end of his presentation, you'll have a new appreciation for these creatures and hopefully your fear of spiders will be gone!

Thursday, April 11, 2:30pm-3:30pm, Seideneck Room. Space is limited, call to register, 624.1588 or on-line [www.carmelfoundation.org](http://www.carmelfoundation.org)

### Chess Lessons with Cole

Monday, April 1, 1:00pm-2:30pm in the Seideneck Room

Improve your chess game with these in-person classes every first Monday of the month beginning April 1 with Cole Erskine!

Learn essential tactics and strategies for the opening, middlegame and endgame. Understand important checkmating patterns. Famous games are explained in detail, even those played in the Netflix series *The Queen's Gambit!* Players of all skill levels are welcome to attend. Sign up online at [carmelfoundation.org](http://carmelfoundation.org) or with member services. 624.1588, no fee.

### Intermediate Bridge Lessons with Lyde

Join fellow bridge players for Intermediate Bridge instruction with Lyde McReynolds 10:00am-12:00pm, Craft Room Thursdays, April 4, 11, 18, 25 & May 2 and 9. Sign up with Member Services, 624.1588 or online at [carmelfoundation.org](http://carmelfoundation.org). Fee is \$20/lesson payable to instructor the first day of class.

### Weekly E-blasts

Want to have a little reminder on what is happening weekly at the Foundation? An eblast is sent every Monday with news and activities. While we cannot list every class and activity, we do try to let you know about some of the different things going on. If you would like to receive the eblast, please contact Gilda at [gsoule@carmelfoundation.org](mailto:gsoule@carmelfoundation.org).

### Exploring Nature's Canvas Series

Saturday 5/11, 5/18 and 5/25  
10:00am to 1:00pm Seideneck Room;  
no drop ins please

Discover the healing power of art and nature with Dale Mirmow, a highly experienced teacher, and Certified Altars teacher. Nature Art from The Heart is a beginner- friendly art class that invites participants to immerse themselves in the beauty of the natural world and express their creativity.

During the course you will be introduced to a wide range of techniques and materials that allow you to create artworks inspired by the natural elements around us. By utilizing pieces of nature as our muse, such as flowers, shells, twigs, we will explore how the wonders of the outdoors can be transformed in to captivating art pieces.

Each week you will create a new piece of art and come away with the tools to create nature art on your own. The primary goal is to foster a deep connection with nature and to promote mindfulness through art.

Pay instructor at first class.

Fee, \$95 for 3 classes and all materials. Register with Member Services, 624.1588 or online at [carmelfoundation.org](http://carmelfoundation.org).

### Learn Sumi-e with Saschja

Wednesdays, April 3 - May 1,  
1:00pm-3:00pm, Seideneck Room



Sumi-e is black ink painting featuring luscious tones of grays. A special Sumi-e

brush is used with fine rice paper to achieve forms made from simple brush strokes. Sumi-e is full of spirit and individuality! One stroke leads effortlessly to another when the artist has complete control of his/her mind and brush.

Saschja Marseguerra has worked as a professional painter on the Monterey Peninsula for 35 years. Her background includes commercial and commissioned work in ceramics, on canvas, and in murals.

Classes will feature the techniques of brush manipulation, starting with Bamboo stalks and leaves.

All the painting instruction will be very "hands-on" with manipulation demonstrated by hand to hand, teacher to student.

Fee \$170/5 classes and includes all the materials. Please bring a smock or apron. Sign-up online at [carmelfoundation.org](http://carmelfoundation.org) or with Member Services, 624.1588.

### Body in Motion

Exercise is good for you; it's just a matter of making it a priority and habit in your daily life. In the aging population, exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function. Regardless of your age, The Carmel Foundation is here to help incorporate exercise into your life.



If you are an aerobic exercise aficionado, explore MaryAnne's **Personal Fitness Class** offered Mondays, Wednesdays and Fridays. MaryAnne, who has been facilitating her class at the Foundation for 39 years, starts with gentle warm up exercises that leads up to the finale of a heart moving workout.



On the perhaps gentler side, but just as invigorating, are the Mindful Movement options. If you are an early riser, start your

morning out doing **Chair Yoga** with Jody Emerson Quintana Thursdays at 8:30am. Renowned Carmel Yoga Instructor Kathleen Karachale offers traditional yoga classes in **Gental Yoga with Kathleen Karachale** on Tuesdays and Thursdays. On Wednesdays, optimize energy within the body, mind, and spirit with mindful movement with **Yuan Qigong** facilitated by Dale Mirmow. Kristin Ramsden brings beauty and movement on Thursday afternoons with **Mindful Movement**.

Not to be dismissed is plain old walking. Walking has many benefits for seniors — for both mind and body. It can improve health and well-being - and you are in the great outdoors! Yay! Join Sarah and Geoff Cocks as they lead **The Carmel Foundation Walking Group** through local paths, beaches and parks.



For more information on exercise classes at the Foundation, please see the enclosed class schedule, visit the website at [carmelfoundation.org](http://carmelfoundation.org), or check in with Laurel, Kim or Melodie, the Foundation's Member Services team in person or by calling 624.1588.



Anthony “Tony” Klaas discovered his passion for the arts when he was 17 after visiting the Fillmore Auditorium. After completing high school, Klaas went on to study at the California College of Arts and Crafts in Oakland, later studying in Barcelona in 1972 with a focus in surrealism. It was here that Klaas lived next to the Picasso museum and had the opportunity to meet both Salvador Dali and Pablo Picasso after searching for them daily at the Plaza Real.

Klaas has a wide variety of styles within his repertoire. He notes that he had a different focus for each decade, focusing on Surrealism in the 1970’s, Realism through landscapes in the 1980’s, and further perfecting his technique in pure colors layered to create closeness to nature in the 1990’s. Although Klaas has had many different styles over the years, one component remains the same: he believes that using color to change the ordinary into magic allows you to become the master of your own world.

## TOUR PROGRAM

Register for tours online at [www.carmelfoundation.org](http://www.carmelfoundation.org) or by contacting member services, 624.1588.



**April 16: Filoli Historic House and Garden** It’s Spring and that means it’s time to go to Filoli! Set against the dramatic backdrop of the northern Santa Cruz Mountains in Woodside, California, Filoli is an excellent example of the Golden Age of American garden design and country house architecture! The estate boasts a 654-acre property featuring a Georgian revival-style mansion turned living museum, 16-acres of exquisite formal gardens, an operating Gentleman’s Orchard, and a nature preserve with a public Estate Trail. Explore the historic house and garden at your leisure. Self-guided booklets and docents are available to answer questions. Grab lunch at the Quail Café which boasts a high-quality luncheon menu. Leave The Crossroads at 9:00am. Depart Filoli at 4:00pm. Arrive Carmel at 6:30pm. **Bring a friend at member price, fee: \$112.** Ticket includes daytime admission, 5 minute group welcome and orientation from Filoli staff member, a reusable Filoli shopping bag and a Visitor Guide.



**June 27: Fashioning San Francisco: A Century of Style at de Young Museum** offers the opportunity to explore a facet of our city through one of the most significant collections of 20th- and 21st-century women’s costumes in the United States. Through exemplary gifts of high fashion and haute couture from Bay Area residents, the Fine Arts Museums of San Francisco’s permanent collection has developed remarkable strengths in women’s designs spanning these centuries, with outstanding works by Gabrielle Chanel, Callot Soeurs, Christian Dior, Madame Grès, Christian Lacroix, Alexander McQueen, and Yves Saint Laurent. Tickets include entry to Fashioning San Francisco: A Century of Style, all permanent-collection galleries at the de Young on the day of your visit, and access to Fashioning San Francisco Augmented Reality Experience. Leave The Crossroads at 8:30am. Depart the de Young at 4:00pm arriving Carmel at 7:00pm. Pricing special: \$118 for members and guests.



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

**Highlights...** Boston, Simon Pearce, Quechee Gorge, Stowe, Cold Hollow Cider Mill, Trapp Family Lodge, Rocks Estate, North Conway, Kancamagus Highway, Choice on Tour: Nature Walk or Free Time in North Conway, Mount Washington, Lake Winnepesaukee Cruise, Portland, Kennebunkport, Lobster Dinner



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

**Highlights...** Tokyo, Asakusa Sensoji Shrine, Ginza, Tea Ceremony, Hakone, Lake Ashi Cruise, Matsumoto Castle, Takayama, Sake Tasting and Hida Beef Dinner, Shirakawa-go, Kanazawa, Kyoto, Bullet Train, Hiroshima, Kaiseki Dinner & Maiko Show

**For more information contact:**

Dan Presser, Four Winds Travel Agency, 831.622.0800 or [info@fourwindstravel.com](mailto:info@fourwindstravel.com)

Melissa McKenzie, The Carmel Foundation, 831.620.8703 or [mmckenzie@carmelfoundation.org](mailto:mmckenzie@carmelfoundation.org)

## Activities • Events • Programs • April 2024

### Creative Arts & Self Expression

---

#### Collage Art/Papercraft Class

10:00am-12:00pm, Wed, 4/24: Handmade Tiny Book  
Instructor Lisa Handley; Seideneck Room  
\$15/class, includes materials, 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

#### Film School Wrapup -

#### Write, Direct & Produce Your Idea!

10:00am-1:00pm, Mon, 4/1  
Instructor: Dov Simens, Blanchard A  
\$15 session, sign-up & pay instructor at class

#### 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

#### Learn Sumi-e with Saschja

1:00pm-3:00pm, Wed, 4/3 - 5/1  
Instructor: Saschja Marseguerra, Seidenenck Room  
\$170/5 wk series, (includes materials) payable to instructor at class. Sign up online, [carmelfoundation.org](http://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

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®

10:00am-12:30pm, Wed, 4/10: The Element of Earth  
Instructor Lisa Handley; Blanchard A  
\$30/class, includes materials, sign-up w/Lisa, 512.9063 or [plumeriapapercraft@gmail.com](mailto:plumeriapapercraft@gmail.com)

#### Wood Carving

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

### Dance

---

#### Greek Dancing

3:00pm-4:30pm, Tues  
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](mailto:tedsup@gmx.com)

#### Great Minds Online

11:00am-12:30pm, Wed  
Leader Joan Beller, ZOOM  
No fee, register w/Joan, 626.1090 (leave message)

#### Men's Discussion Group

10:30am-11:45am, Mon  
Leader Lou Aldana, Seideneck Room  
No fee, open to all male members; walk-ins are welcome

#### Men's & Women's Discussion Group

1:30pm-3:00pm, Tues  
Self-led, Blanchard A  
No fee, drop-ins welcome

### Driving

---

#### AARP Smart Driver Course

12:00pm- 4:00pm (4hr refresher) Wed, 5/29  
9:00am-1:00pm Wed, 7/31 & 8/7 (2-4 hr=1-8 hr class)  
12:00pm- 4:00pm (4hr refresher) Wed, 9/4  
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](mailto:ellenyinyoga5@gmail.com)

#### Bridge, Duplicate

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

#### Bridge, Intermediate

10:00am-12:00pm, Thurs, 4/4 - 5/9  
Instructor: Lyde McReynolds; Craft Room  
Fee: \$20/lesson, payable to instructor at class, sign-up online, [carmelfoundation.org](http://carmelfoundation.org) or Member Services, 624.1588.

#### Canasta

1:00pm-4:00pm, 2nd, 3rd & 4th Mon/mo,  
Facilitator Vicki Torcolini; Craft Room B, new players welcome  
No fee, sign-up with member services, 624.1588

#### Chess

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

#### Chess Lessons with Cole

1:00pm-2:30pm, Mon, 4/1  
Instructor: Cole Erskine, Seideneck Room  
No fee, sign-up online, [carmelfoundation.org](http://carmelfoundation.org) or with Member Services, 624.1588

#### Cribbage

1:00pm-4:00pm, Wed, 4/10, 24  
Leader Larry Parrish; Craft Room  
Private lessons by appointment  
No fee, register w/instructor 622.7455, [lparrish@toast.net](mailto:lparrish@toast.net)

#### Games: Open Game

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

#### Rummicube

1:00pm-2:00pm, Tues  
Facilitator: Kristin Ramsden, 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

#### Texas Hold'em - First Monday Texas Hold'em

1:00pm-4:00pm, 1st Mon/mo  
Facilitator Vicky Torcolini; Craft Room B  
Sign-up with Member Services, 624.1588

## Health & Wellness

---

### Mindful Movement

2:00pm-3:15pm, Thur,  
Instructor Kristin Ramsden; Tech/Wellness Room  
\$5/class, payable to instructor at class  
Sign up online, [carmelfoundation.org](http://carmelfoundation.org) or Member Service,  
624.1588

### 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

### 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, 4/2 - 5/28  
Instructor: Majo Spencer, Blanchard A  
Fee: \$20/class, payable to instructor  
Sign-up at [majospencer@yahoo.com](mailto:majospencer@yahoo.com) or 801.560.8437

## Lecture

---

### History and Philosophy Lectures

10:00am-11:30am, Fri, 4/5: Religion and History; 4/12:  
Neologism and Modern American Discourse; 4/19: Documents  
of Liberty; 4/26: Critical Theory and Modern American  
Education  
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

---

### Mindful Drumming Circle

1:00pm-2:00pm, 2nd & 4th Mon/mo  
Leader: Linda Sweet, Seideneck Room  
No fee, sign up online, [carmelfoundation.org](http://carmelfoundation.org) or w/member  
services, 624.1588

### 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, sign up online,  
[carmelfoundation.org](http://carmelfoundation.org) or w/member services, 624.1588

## Technology

---

### Cellphone Basics

1:30pm-3:30pm, Wed, 4/17  
Instructor: Ted Hill, Tech Center  
Fee: \$5, sign up [carmelfoundation.org](http://carmelfoundation.org) or  
Member Services,624.1588

### Free Smartphone Training

1:30pm-3:30pm, Wed, 5/15  
Training to make your iPhone work better for you  
Through California Connect, Seideneck Room  
Free, sign up [carmelfoundation.org](http://carmelfoundation.org) or  
Member Services,624.1588

## Writing

---

### Creative Writing: The Short Story

12:00pm-3:00pm, Fri  
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

## Demos & Workshops

---

### Introduction to Vedic Astrology

10:30am-12:00pm, Sat, 3/30 - 4/27  
Instructor; Michael Vogt, Seideneck Room  
Fee: \$250/series, \$49/pd weekly, sign-up online  
[carmelfoundation.org](http://carmelfoundation.org) or Member Services, 624.1588

### "Oh no! I am afraid of Spiders!"

2:30pm-3:30pm, Thrus 4/11  
Presenter: Bryan Sands, Seideneck Room  
No fee, sign-up online, [carmelfoundation.org](http://carmelfoundation.org) or Member  
Services, 624.1588

### Exploring Nature's Canvas

10:00am-1:00pm, Sat, 5/11, 18, 25  
Instructor; Dale Mirmow, Seideneck Room  
Fee: \$95/3 class series, materials included  
[carmelfoundation.org](http://carmelfoundation.org) or Member Services, 624.1588