Dan McGilloway joins the Board of Directors

Dan assumes the role of Treasurer for the Board with extensive education and experience in accounting. He is an owner/partner of a local accounting firm and has experience on many boards ranging from Planned Parenthood and Monterey Bay Aquarium to Beacon House and the Rotary Club of Monterey. He wants to give back to his community and since he is a “senior” this seemed like a good fit.

Annual Meeting

This year’s Annual Meeting will take place on Tuesday, September 27 at the Carmel Mission Inn at 3:00pm (doors open at 2:30pm). The Carmel Foundation team will be presenting a brief update on the Foundation happenings. After the presentation, join us for food and wine in the courtyard. This is a great opportunity to visit with members, staff and the Foundation’s Board of Directors. Limited tickets for members and guests, which are free, will be available as of September 1. Please see reception to get your tickets. Looking forward to seeing you soon!

Walking Group Leader Wanted

We are looking for a volunteer to lead our weekly walking group! The TCF Walking Group visits local parks, beaches & paths every Tuesday afternoon. If you are interested in learning more about this volunteer opportunity, please contact coordinator Kari Martorella at 620.8706.

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

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.
Focus on the Foundation

Carmel-By-The-Sea Concours on the Avenue

On Tuesday, August 16 visitors and locals were able to enjoy a spectacular collection of extraordinary vehicles during Concours on the Avenue. Eighteen blocks were closed for the day to allow for world class collector cars to be enjoyed at this event which was open to the public. The Carmel Foundation has been honored to be the non-profit beneficiary of this event since its inception 10 years ago. We would like to thank the many volunteers that help make this event such a success!

Benefit Checkup
Alliance on Aging
Thursday, September 22
9:00am-12:00pm
Blanchard B
No Fee, call 646-4922 to make an appointment
Are you 60+???. You may be eligible for senior benefits. Whether you need to apply for assistance or you just have questions, contact the Benefit Specialist today to make an appointment.

Discover Your Ancestors Online at the Tech Center
Junel Davidson, Certified Genealogist, returns to the Foundation to help you discover your ancestors.
In Discovering Ancestors Online series Session 1, Tuesday, 9/13, 1:30pm-3:00pm, you will explore family history websites that have clues about your ancestors. Find out how to search for and use historical sources for your family tree. Discussion includes updated search methods.
Session 2, a continuation of Session 1, Tues 9/20, 1:30pm-3:00pm will include some info about using DNA tests together with family history research. For maximum benefit from Session 2, it is recommended that participants have Ancestry.com 14-day free trial or an Ancestry.com subscription. Fee is $18 for members & $22 for non-members for the two sessions, payable to Junel.
Junel also offers Family History in Newspapers Online at the Foundation, Thursday, 9/15, 1:30pm-3:00pm. Explore newspapers on websites that have info and stories about your ancestors. Focus will be on free websites with info provided about other available sites. Fee: is $8 for members, $10 non-members, payable to Junel.
All classes are offered in the newly refurbished Technology Center. Please pre-register with reception by 9/8, 624.1588.

Memorial Gifts
Clifford Ograin; Gregory & Robin Aeschliman, Brian & Sara Leidig
Lou Silvestri; Roy Kaminske, Evelyn & Sadri Musavi, Mia & Gerry Maddoux, Neil & Jill Sheffield, Dianne Terrell, Mary Berry, Ray & Joan Hutton
Shirley Sorci, Marge Wilson
Pat Steele, Neil & Jill Sheffield, Charles & Lois Rigbee, Gene & Alice Oliver
Phyllis Kelley; Doris Niemeyer
Anne Flynn; Noelle Steinbroner

Tribute Gifts
Leticia Bejarano, Ester Goodhue
Genie & Doug Freedman, Jennifer Glazer Malkin

An Adventure in Neighborliness: the concept remains fresh and the spirit of our organization continues. www.carmelfoundation.org
Lesson only $10! Contact Jack at 238.2624.

Lesson. Back from vacation special: first September 12, 12:00pm-6:00pm, in play the drums, Mondays starting Learn to Play the Drums at many events around the Peninsula. Janet and Lois are a product of his dances. Darold Skerritt has taught Greek afternoon and then from 5:00pm-5:30pm, teacher will teach basic Greek dancing as lead teacher and Lois Lynne as assistant Carmel Foundation members. Janet Tezak Diment Hall, free of charge and open to all Foundation starting September 6, 2016 at

There will be a new class at The Carmel Foundation starting September 6, 2016 at Diment Hall, free of charge and open to all Carmel Foundation members, Janet Tezak as lead teacher and Lois Lynne as assistant teacher will teach basic Greek dancing steps from 4:00pm-5:00pm on Tuesday afternoon and then from 5:00pm-5:30pm, they will run through all the Greek dances. Darold Skerritt has taught Greek dancing for more than twenty years, and Janet and Lois are a product of his wonderful teaching techniques. They have also been part of the Greek Village dancers at many events around the Peninsula.

Learn to Play the Drums

Jack Dempsey is back to teach you how to play the drums, Mondays starting September 12, 12:00pm-6:00pm, in Blanchard B. Cost is $40 per one hour lesson. Back from vacation special: first lesson only $10! Contact Jack at 238.2624.

Natural Writing

Everyone has a story to tell...this class can help you tell it. Natural Writing, Tuesdays, 9/6-9/27, 11:00am-12:30pm in Blanchard A with instructor Patrick Flangan. Fee is $5 per class, register with reception 624.1588.

Women's Health, Happiness & Habits

Are you at the top of your to-do list? Are you happy with who you are? Do you love the life you live? Are you aging gracefully? For a FREE presentation on how to say "YES" to all of these questions, please join Jennifer Jones, health and lifestyle coach for this workshop Friday, September 9, 11:00am-12:00pm in the Seidenbeck Room. To learn more about Jennifer go to www.yestohealthandjoy.com. Register with reception, 624.1588.

Tech Tips

Look before you click.

Do not open e-mails when you can't tell who the sender is. The "friendly" postcard below should have alerted readers of the danger with its weird syntax, poor spelling and suspicious web address. PS: Do NOT click on any links in this message if they appear.

Sample Postcard: "Hello Friend! You have just received a postcard from someone who cares about you! It has been a long time since I haven't heard about you! I've just found out about this service from Claire, a friend of mine who also told me that.... If you'd like to see the rest of the message, click here http://[link removed] to receive your animated postcard! Thank you for using http://[link removed].com's services!!! Please take this opportunity to let your friends hear about us by sending them a postcard from our collection!"

Passwords: Be creative

If you can't remember hard passwords no matter how hard you try, put your password in parenthesis. baseball38 is a weak password. (baseball38) is much better. When you change your password, you should always change at least half of it and when you do, change the parentheses as well. Change the parentheses to asterisks, exclamation points or dollar signs. *sallyandbob39* is better than sallyandbob39.

Wednesday Programs

2:30pm, Diment Hall Refreshments Served

September 7 - Looking Ahead Wellness Series: sPeeDy - Speed Training for Parkinson's Disease - Join Dr. Maria Bellumori, Assistant Professor in Kinesiology at CSUMB, to learn about how exercise and speed training benefits people with Parkinson's disease by helping to maintain physical function and potentially even slow down the progression of PD.

September 14 - Tips for Greater Energy, Increased Strength and Deeper Sleep! Join Sophie Biddle health coach who has worked with many Hollywood celebrities. She will share with you her many celebrity secrets and easy tips for revitalizing your health through nutrition, supplementation and mindset to maintain optimal health and glamorous looks. Her postgraduate work includes the New Center for Health Education and Research. She's studied under, most notably, Deepak Chopra, Master Wo of the Beijing Institute, and Anne-Marie Colbin of the National Gourmet Institute.

September 21 - Age Defying Style: Creator of Mastering the Business of You, Virtual Style School & Style School by Marion Gellarly, AICI CIM. Marion is a award-winning Certified Image Master (one of only 13 in the world) whose passion is guiding women to find their full potential by using Visual Communication as a strategic branding tool. She guides them to focus and align their wardrobe and style for maximum credibility, trust and influence.

September 28 - New Medicare Wellness Assessment and Chronic Care Management Program- Join Michael Hendrickssen, PhD, President/CEO of Monterey Bay Center For Integrated Health with 35 years of career/medicine experience, Sr. Research Scientist and Professor at USC, UCLA and UCSC; as he introduces you with the Comprehensive “Whole Person” Wellness Care Plan that is a 100% Medicare covered. Learn how to access a digital health care plan and care management services with TeleHealth; their Geriatric team, Nurse Practitioners and Care Managers work with you, and YOUR CURRENT DOCTORS, to help meet your healthcare goals.

ACTIVITIES • EVENTS • PROGRAMS

New Class, New Instructor

The all new Fun-da-mental Internet Computer Class will offer empowering sessions in a nurturing environment. Together we will focus on the things you want to do, including how to improve, explore or learn on the Internet using your computer, phone or other gadgets. It is not rocket-science, but it is a unique opportunity to learn and share while having fun with your peers. 1:00pm-3:00pm, Thursday, September 29th.

Instructor Holger Hubbs (www.holger.us).

QIGONG

QIGONG with Harriet Lynn returns to The Carmel Foundation on Wednesdays, starting on September 7, 11:30am-12:30pm in Diment Hall. For most people, the first and foremost benefit of qigong lies in the relief or prevention of chronic health problems. The practice of qigong helps manage stress, anger and depression. Qigong is an excellent form of exercise for seniors, because of its gentle and soothing nature that anyone can do, regardless of age. It is suggested to attend wearing comfortable clothing and low flat shoes. People may also participate sitting in a chair as well. Class is held in Diment Hall, cost is $10/class or $32/mo ($8 per session). Sign-up with Harriet, 443.630.5312.

Greek Dancing Class This Fall

There will be a new class at The Carmel Foundation starting September 6, 2016 at Diment Hall, free of charge and open to all Carmel Foundation members, Janet Tezak as lead teacher and Lois Lynne as assistant teacher will teach basic Greek dancing steps from 4:00pm-5:00pm on Tuesday afternoon and then from 5:00pm-5:30pm, they will run through all the Greek dances. Darold Skerritt has taught Greek dancing for more than twenty years, and Janet and Lois are a product of his wonderful teaching techniques. They have also been part of the Greek Village dancers at many events around the Peninsula.

Learn to Play the Drums

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An Adventure in Neighborliness: the concept remains fresh and the spirit of our organization continues. www.carmelfoundation.org
ARTIST OF THE MONTH

Photography Group

The Carmel Foundation Photographers represent a wide range of interests and experience including professional and amateur photographers. They meet at the Foundation every Thursday from 1:00pm-2:30pm. One meeting each month involves an outside speaker who shares their work. This usually includes an inspiring story behind the photos and offers a unique perspective on how this photographer has developed their artistic style. This same opportunity to share is afforded to one of our own members each month. The other two meetings involve an open topic, or a specific photo assignment based around a topic of interest. These short “Show and Tell” sessions bring out the best in our members who enjoy sharing their own photography. Members of the photo group will be participating in The Carmel Foundation Gallery Show the month of September. Their photographs can be viewed on their web site: cfphotographers.org.

The group is planning a field trip to Cooks Portrait Studio in October. Their legacy as a portrait studio began four generations ago, and is being carried on through the third and fourth generations as father and son team, Ken and Jason Cook. Experts will give pointers on combinations of highlight and shadow techniques, and many other aspects of their expertise. The group has also enjoyed various field trips to Point Lobos, Elkhorn Slough, Filoli Gardens, & UCSC Arboretum.

**SEPTEMBER • LUNCH • PROGRAMS • MOVIES • 2016**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
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<tbody>
<tr>
<td>Lunch served Mon, Tue, Thur &amp; Fri, 11:45am-1:00pm</td>
<td>Hot Entree $4.00(Salmon $5) Large Hot Entree $7.00(Salmon $8) Salad Entree/Du Jour $4.00 (Chicken Caesar, Shrimp, Chinese Chicken)</td>
<td>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, Jello $1.00 Dessert $1.50, Sides $1.00, Beverages $.50-$1.00</td>
<td>Fettuccine Alfredo With Pesto &amp; Grilled Chicken Breast Raspberry Almond Tart Weekly Salad Special Sesame Chicken</td>
<td>Salmon Fillet with Mango Salsa Brown Rice Vegetables Banana Cream Pie</td>
<td>Cinema Eddie the Eagle PG-13, 2016 Sports Drama 105 minutes Taron Egerton 1:00pm, Blanchard A</td>
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<tr>
<td>Closed in Observance of Labor Day</td>
<td>BBQ Pork Shank w/Roasted Potatoes Ice Cream Weekly Salad Special Strawberry, Roasted Pecan, Chicken</td>
<td>Wednesday Program Looking Ahead Wellness Series: sWeekly - Speed Training for Parkinson Disease 2:30pm Diment Hall Refreshments</td>
<td>Honey Lemon Chicken Apple Crisp</td>
<td>Tilapia Vera Cruz, Tomato Caper Sauce Chocolate Eclair Pie</td>
<td>Cinema Suffragette PG-13, 2015 Drama 106 minutes Carey Mulligan 1:00pm, Blanchard A</td>
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<tr>
<td>Beef Bourguignon Mashed Potatoes Ice Cream Weekly Salad Special Taco</td>
<td>Italian Chicken Parmesan; Mozzarella &amp; Marinara Sauce Blueberry Pie Bring a friend to lunch, pay membership price</td>
<td>Wednesday Program Tips for Greater Energy, Increased Strength and Deeper Sleep 2:30pm Diment Hall Refreshments</td>
<td>Roast Pork Loin Red Potatoes &amp; Vegetables Birthday Cake</td>
<td>Chile Relleno, Fiesta Corn Refried Beans Flan</td>
<td>Cinema The Finest Hours PG-13, 2016 Based on Real Life 117 minutes Chris Pine 1:00pm, Blanchard A</td>
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<tr>
<td>Chicken Cacciatore Blackberry Pie Weekly Salad Special Nicoise</td>
<td>Pork Osso Buco; Pork Shank in Sauce, Mashed Potatoes &amp; Vegetables Cherry Cobbler</td>
<td>Wednesday Program Age Defying Style 2:30pm Diment Hall Refreshments</td>
<td>Chicken Picatta Brown Rice Vegetables Ice Cream</td>
<td>Sole Florentine; Fillet of Sole with Spinach &amp; White Sauce Peach Berry Pie</td>
<td>Cinema Truth R, 2015 Biography 121 minutes Robert Redford 1:00pm, Blanchard A</td>
</tr>
<tr>
<td>Turkey Pot Pie Salad Ice Cream</td>
<td>Wednesday Program New Medicare Wellness Assessment &amp; Chronic Care Management Program 2:30pm Diment Hall Refreshments</td>
<td>Lasagna Caesar Salad Bread Pudding</td>
<td>Parmesan Encrusted Tilapia Triple Berry Pie</td>
<td>Oct 1 Cinema In the Heart of the Sea PG-13, 2015 Action &amp; Adventure 122 minutes Chris Hemsworth 1:00pm, Blanchard A</td>
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An Adventure in Neighborliness: the concept remains fresh and the spirit of our organization continues.

www.carmelfoundation.org
September 17, Saturday • Santa Cruz Follies. Join us for a trip to Santa Cruz to see “Happy Days are Here Again” featuring a Frank Sinatra 100th Birthday Musical Celebration! Lunch is on your own in Santa Cruz. Leave the Crossroads at 9:30am. Depart show at 3:00pm. Arrive Carmel at 4:30pm. Cost: $48.

September 27, Tuesday • San Francisco 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: $49.

October 7, Friday • FDR Presidential Yacht “The Potomac” and Fleet Week. Our cruise will travel into the bay near the Golden Gate Bridge where we will watch the US Navy precision aviation team, “The Blue Angels” and other flying aces on practice day! Enjoy a three hour cruise & a gourmet box lunch onboard “The Floating White House” of Franklin Roosevelt. Depart The Crossroads at 10:00am. Depart Oakland at 5:00pm and arrive Carmel approximately 7:00pm. Cost: $180.

October 27, Thursday • Oakland Museum of CA. Visit the many galleries that await you! The Gallery of CA Art, CA History and Gallery of CA Natural Sciences! The Gallery is installed along three themes: California Land, California People, and California Creativity. Dine at OMCA’s Blue Oak Café with a menu filled with inspired dishes featuring seasonal and local ingredients that reflect the many cultures of California. Depart The Crossroads at 9:00am. Arrive at 11:30am. Depart Oakland at 3:30pm. Arrive Carmel at 6:00pm. Cost: $65.

November 1, Tuesday • SF MOMA. Visit the newly expanded SF MOMA! “Come with an open mind. Leave with so much more.” For updated exhibits, visit https://www.sfmoma.org/visit/. Depart The Crossroads at 9:00am. Depart from MOMA at 3:00pm. Arrive Carmel at 6:00pm. Cost: TBD

November 10, Thursday • SF Express to Union Square. Time to make a run to the city! It’s your day! 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, new fee for SF Express.

November 19, Saturday • SF Express. Have a great day in the city! Depart The Crossroads at 9:00am. Arrive Union Square at 11:30am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: $55, new fee for SF Express.

December 6, Tuesday • SF Express. Enjoy your afternoon in Union Square! Depart The Crossroads at 9:00am. Arrive Union Square at 11:30am. Depart Union Square at 5:00pm. Arrive Carmel at 7:30pm. Cost: $55, new fee for SF Express.

Future Tour Offerings
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.

Caregiver Support Group facilitated by Rosemarie Axtom, LMFT, 646.8196, 2nd & 4th Monday, 1:30pm–3:00pm in Blanchard A.

Information and Referral 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 Each Tuesday from 10:00am–12:00pm in Blanchard B. Call 899.0492 to make an appointment.

HICAP: Alliance on Aging Questions about Medicare or supplemental insurance. Call 655.4244 to make an appointment; available every Wednesday, 9:00am-12:00pm & 3rd Thur, 9:30am-4:00pm, Blanchard B.

Melodic Memories A program for people with memory loss due to Alzheimer’s or a related disorder. Co-sponsored with the Alzheimer’s Association. Call 620-8705 for more information.

VNA Life After Loss - Grief Support Group Facilitated by Mick Erickson, Chaplin 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 Assistance with completing applications, understanding income/property limits & determining eligibility for free “Food Assistance” CallFresh Program. First Thursday of the month, 9:00am-12:00pm in Blanchard B. Call 624.1588 to schedule an appointment.

The Carmel Foundation

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Mon-Fri 9:00am-5:00pm
Sat 9:00am-4:00pm
TAX ID #94-1225368

THE CARMEL FOUNDATION
An Adventure in Neighborliness since 1950.

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

Facilities Carlos Correa, Director 620.8707 ccorrea@carmelfoundation.org

Reception 624.1588

NON-PROFIT ORG. U.S. POSTAGE PAID PERMIT NO. 440 CARMEL, CA
Address Service Requested
Acrylic Art Class  
1:00pm-4:00pm, Wed; 8/24-11/16  
Instructor Melissa Bispo; Seideneck Room  
$90, register w/Carmel Adult School, 624.1714

Adult Coloring with Zesty Art  
10:00am-11:30am, 2nd & 4th Tues  
Instructor Jeanne Hamilton, Craft Room  
$5/class, register w/reception, 624.1588

Drumming Circle  
3:30pm-4:30pm, Thurs  
Leader Lee Lotz; Seideneck Room  
No fee, 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

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: Jack Savage 372.8464  
No fee, open, call in advance

Watercolour Painting with Julia Harnett Harvey  
1:00pm-4:00pm, Fri  
Instructor Julia Harnett Harvey, Seideneck Room  
Drop in fee $20 per session  
Beginners & personal projects welcome

Wood Carving  
9:00am-11:30am; Tues  
Leader Phil Hawthorne; Seideneck Room  
9:00am-11:45am; Thurs  
Open; Seideneck Room  
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, 9/14 & 28  
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 Room  
No fee, drop-ins welcome

Men's & Women's Discussion Group  
3:15pm-4:45pm, 1st & 3rd Tues  
Sponsored by Alliance on Aging Facilitators: Ted Hill, Renate Mason, Babs Andruzak, Blanchard A  
No fee, register w/reception, 624.1588

Women's Discussion Group FULL  
1:00pm-2:30pm, 1st & 3rd Mon of the month  
Leader Marlena Tumlin; Blanchard A

Women's Discussion Group 2 FULL  
3:00pm-4:30pm, 1st & 3rd Mon of the month  
Facilitator Vicky Torcolini; Blanchard A

Driving  
AARP Safe Driving  
12:30pm-4:30pm, Fri, 10/14 (4 hr refresher)  
Instructor: Curt Tipton, Seideneck Room  
$15 for AARP members, $20 for non-members, register w/reception, 624.1588 at least one week prior

Games  
Bridge, Beginning  
9:30am-11:30am, Fri, 9/9-10/14  
Instructor Doug Hallole, Craft Room  
Fee: $60/6 sessions, register w/instructor, 917.2502

Bridge, Duplicate  
12:00pm-3:30pm, 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

Chess, for Beginners  
1:00pm-2:00pm, Mon, 8/22, 8/29, 9/12, 9/19 (series)  
Leader Chet Lowney; Seideneck Room  
No fee, register at 624.1588

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

Texas Hold'em FULL  
1:00pm-4:00pm, Thurs  
Facilitator Anthony Pagano, Craft Room

Health & Wellness  
Awareness Through Movement - Feldenkrais  
9:15am-10:15am, Thurs  
Instructor Patric Zito, Diment Hall  
$10/class (1st class free), sign-up w/reception, 624.1588

Greek Dance Class  
4:00pm-5:00pm (instruction), Tues  
5:00pm-5:30pm (dancing), Tues  
Instructor Janet Tezak, Lois Lynne, Diment Hall  
No fee, register at class

Holistic Singing Lessons, Intro to  
12:30pm-4:30pm, Fri (by appt only)  
Instructor Jennarose Johnson  
$40/class per hr, register w/Johnson, 383.2778

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

Melodic Memories - Sing-a-long  
2:00pm-2:45pm, 1st & 3rd Fri  
In collaboration w/Alzheimers Assoc., Diment Hall  
No fee, call Support Services, 620.8705

Mindfulness, Intro to  
10:00am-12:30pm, Mon, 9/12-11/7  
Instructors Corinne Collins, Rochelle Hall, Blanchard A  
$100/series, register w/reception, 624.1588

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

Qi Gong  
11:30am-12:30pm, Weds  
Instructor Harriet Lynn, Diment Hall  
$10 / class or $32/mo (8 per session)  
Sign-up with Harriet, 443.630.5312
Serene Body Stretch
10:00am-11:00am, 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, 9/7-10/12 (Basic 6 Forms)
10:15am-11:15am, Weds, 10/19-12/21 (Extended Forms)
Instructor Liana Olson, Diment Hall
$128/16 wks, $48/6 wks, $80/10 wks, $10/drop-in
Register w/reception 624.1588

Learn to Tango
11:15am-12:15pm, Sat, 9/3, 10, 17, 24
Instructor Nance Hoefl, Diment Hall
Fee: Sliding scale; 6 registrations=$20/lesson, 8+=$18/lesson, 10+=$15/lesson
Register w/Nance, 915.7323 or tangonation@gmail.com

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, Weds, Fri
Instructor Lynn Geisen (M&F); Jody Quintana (W)
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

Literature
Non-Fiction Reading Discussion- FULL
10:30am-12:00pm, Thurs
Instructor Jeff Fisher; 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

The Carmel Foundation Women's Book Club
6:00pm-8:00pm, 4th Wed/mo
Facilitator: Vicky Torcolini, Craft Room
No fee

Music
Guitar
Instructor Terrence Farrell, Blanchard B
$25/class, register w/Farrell, 241.6062, by appt only
Introduction to the Piano
1:00pm-5:30pm, Wed, other days available by appt.
Instructor Lori Lewis, Blanchard B
$40/class, register w/Lewis 624.1353

Learn to Play the Drums
12:00pm-6:00pm, Tues, starting 9/12 by appt.
Instructor Jack Dempsey, Blanchard B
$40/1 hr session, register w/Dempsey, 238.2624

Topics in Music
10:00am-12:00pm, Sat, 7/1-9/24
Instructor Scott MacClelland, Blanchard A
$90/series, check payable to Scott McClelland
Register at class

Technology Center
Corel Painter
1:00pm-3:00pm, Fri, 9/9, 16, 23 (one session classes)
Instructor Roy Hils
Fee: $3/class, register w/reception, 624.1588

Discovering Ancestors Online
Session 1, 1:30pm-3:00pm, Tues, 9/13
Explore family history websites
Session 2, 1:30pm-3:00pm, Tues, 9/20
Continuation of session 1
includes info about using DNA tests
Instructor Junel Davidson, Certified Genealogist
Fee: $18 for members, $22 for non-members for the two sessions, payable to Junel, register w/reception by 9/8, 624.1588

Family History in Newspapers Online
Focus on free websites with info about other available sites
1:30pm-3:00pm, Thur 9/15
Instructor Junel Davidson, Certified Genealogist
Fee: $8 for members, $10 for non-members, payable to Junel, register w/reception by 9/8, 624.1588

Fun with iPad, Basics
1:00pm-3:00pm, Mon, 9/12
Instructor Jeff Fisher
Fee: $5/class, register w/reception, 624.1588

Fun with iPad, Beyond the Basics
1:00pm-3:00pm, Mon, 9/26
Instructor Jeff Fisher
Fee: $5/class, register w/reception, 624.1588

Fun-da-Mental Internet Computer Class
explore or learn using the Internet,
1:00pm-3:00pm, Thur, 9/29
Instructor Holger Hubbis
No fee, register w/reception, 624.1588

Great Apps for Seniors
Part 1, 10:00pm-12:00pm, Fri, 9/16
Demonstrates useful & fun apps for seniors on mobile devices
Part 2, 10:00am-12:00pm, Fri, 9/23
Cont. of Part 1; Part 1/hiring a mobile device/smart phone/tablet
Instructor: Henry Teng
No fee, register w/reception, 624.1588

How to Tune a Slow Computer, Part 2
Cont. of Part 1; prerequisite: Part 1/hiring your Windows laptop
10:00am-12:00pm, Fri, 9/2
Instructor: Henry Teng
No fee, register w/reception, 624.1588

How to Tune a Slow Computer, Part 1
Learn skills to tune your computer to meet the daily needs.
10:00am-12:00pm, Fri, 9/30
Instructor: Henry Teng
No fee, register w/reception, 624.1588

iPhone/iPad - 1 on 1 Sessions
Carmel High School students help navigate Apple technology.
Free, 45 minute sessions, register w/reception, 624.1588

Open Session with Instructors
10:00am-12:00pm, Thur 9/15
No fee, drop-ins welcome

Open Lab (except for scheduled classes, see above)
10:00am-3:00pm, Mon-Thurs - sign-in in Tech Center
Windows 10 Demystified
Learn how to find familiar functions of your Windows 7
10:00am-12:00pm, Fri, 9/9
Instructor Henry Teng
No fee, register w/reception, 624.1588

Future Classes: ABC's of those “Clouds”
Tech Center Questions: techcenter@carmelfoundation.org

Writing
Keys to Unlock Writer's Block for Women
12:00pm-1:15pm, Fri
Leader Susan Cantrell, Blanchard A
$15/class, register at class
Natural Writing
11:00am-12:30pm, Tues
Instructor Patrick Flanigan, Blanchard A
$5/class, register w/reception, 624.1588

Poetry Writing
1:30pm-3:00pm, Mon
Instructor Walt Notley; Craft Room
No fee, register at class
Writing Memoirs (two separate classes)
10:00am-12:00pm, Mon
9:30am-11:30am, Wed
Instructor Illia Thompson; Craft Room
Fee: $40/mo, register w/Thompson, 659.5210