

VILLAGE GAZETTE

MAY



May - Welcome Spring!

*You've heard the saying, April showers bring May flowers. Well, hold on to your seat because May is going to bring you a whole lot more! May brings warmer weather and we will spend time outdoors in our beautiful courtyards. This month we will celebrate **Cinco de Mayo** with a luncheon and social later in the afternoon. We will pay a special tribute to our "Moms" on **Mother's Day** with a champagne brunch. Our menu will include chicken cordon bleu, beef loin top sirloin, white fish filet with lemon butter sauce, eggs benedict with hollandaise sauce, scalloped potatoes, savory rice pilaf and petite fresh vegetables. There will be assorted pies and cakes for dessert. Chilled champagne and sparkling apple cider will be served. Please make sure you RSVP with the Front Desk. The celebrations do not stop there! The month of May also brings a special **Memorial Day barbecue** in the courtyard. Our Chef Patrick will serve BBQ ribs, beef kosher hot dogs, potato salad, Cole slaw, macaroni salad, fresh cut fruit, corn bread and apple pie. Soft drinks will be served. We will have entertainment in the Fireside Lounge later in the afternoon. We want to pay tribute to our fallen heroes and families and remember that they are the reason we are free. Our outings this month will include a tour of the **Newland House Museum** in Huntington Beach, lunch at **Katella Deli** and a stroll thru **Sherman Gardens** in Corona Del Mar. **Please join us for the fun!***

Please see the Village Gazette for further information on all the entertainment and fun scheduled during the month of May.

MAY SPECIAL EVENTS

Saturday, May 5th Lunch & Social at 3:30 PM **Cinco de Mayo Luncheon and Social**
Cinco de Mayo actually celebrates the Mexican victory over the French at the Battle of Puebla May 5, 1862. In 1861, Mexican President Benito Juarez suspended payment of all foreign debts, and France, ruled at the time by Napoleon III, invaded Mexico in response. May 5th is observed to commemorate the Mexican Army's victory over the French at the Battle of Puebla in 1862. We will celebrate with a special lunch that will include Chile rellenos, beef tacos served with guacamole, salsa and sour cream. The salad bar will be open and for dessert you will enjoy the wonderful flavors of tres leches cake. We will follow later in the day with a social in the Fireside Lounge where we will enjoy ice cold margaritas. Please sure you join us for the refreshing drink and enjoy the social with your neighbors.

Sunday, May 13th at 11:30 AM and 12:30 PM **Mother's Day Brunch**
Chef Patrick has prepared an exceptional lunch to honor our Mothers on this special day. You will be served chicken cordon bleu, beef loin top sirloin, white fish fillet with lemon Butter sauce, scalloped potatoes, savory rice pilaf, petite fresh vegetables, salad bar and an assortment of pies and cakes. To compliment your meal, you will have a choice between chilled champagne and apple cider. We will also have entertainment in the Fireside Lounge from 11:30 to 1:30. Please RSVP with the front desk if you plan on having guests join you on this special day.

Thursday, May 17th at 3:30 PM **New Neighbors Meet and Greet**
Can you remember how you felt when you first moved into Carmel Village? You looked around and thought "how on earth am I going to remember all these names?" Well, here's a perfect opportunity to put faces to those names. Each month we have an afternoon social to welcome our new residents to Carmel Village. The new residents will introduce themselves and talk briefly about where they are from and family. Please take some time to introduce yourselves to them and welcome them to their new extended family at Carmel Village. Refreshments will be served.

Saturday, May 19th at 2:00 PM **PAWS Pet Therapy**
Let's greet our favorite four legged friends in the Fireside Lounge. Let's come and welcome them as they put smiles on our faces. Thanks to the Orange County SPCA for continuing to make time for us.

Saturday, May 19th at 3:00 PM **Peanut Auction**
We've been a little "low" on donations. If there is anything you no longer want, donate to the Activity Department and help make our peanut auction a success. If you have not joined us for our monthly peanut auction, here is your chance. It's time to bid on your favorite items. Join us as we auction off a variety of items during our monthly peanut auction. The wonderful thing is...you only pay peanuts for your purchase!

Saturday, May 26th at 2:30 PM **May Birthday Celebration**
Please join us in the Fireside Lounge as we celebrate our March birthdays. This is a great time to see who shares a birthday in the same month as you. And for those that do not have a birthday in May, this is a good time to enjoy the treats and socialize with your neighbors.

Monday, May 28th from 11:30 to 1:30 PM **Memorial Day Barbeque**
The Memorial Day holiday marks the beginning of summer fun, food and outdoor barbeques. Carmel Village is kicking off the beginning of Summer with a barbeque in the courtyard. Your menu will include BBQ ribs, beef kosher dogs, potato salad, cole slaw, macaroni salad, fresh cut fruit, corn bread and apple pie for dessert. You have the choice of sitting in the dining room or outside under the tents. We will have entertainment in the Fireside Lounge from 2:30 to 3:30. Please join us! Please RSVP with the front desk if any guests will be joining you.

Please check the full calendar inside this month's newsletter for even more events and programs.

May Special Events





The Cheesecake Factory



May Outings

A GUIDE TO THIS MONTH'S OUTINGS

Friday, May 11th at 12:00 NOON

Lunch at Katella Deli

Since 1964, Katella Deli has been serving the best sandwiches, soups and other delicacies in their world famous restaurant. The matzo ball soup and pastrami sandwiches have fed millions throughout the years. The menu is extensive, and from young to old, everyone can find something to satisfy their appetite. From Apple Pie to Zucchini Muffins, Katella Deli bakes everything from scratch every day of the year. The Rye Breads contain the original Sour Starter brought from Europe 60 years ago. The Bagels are made fresh each day in the traditional way – boiled then baked, unlike the mass producers. Try the delicious danish, rugelach, coffee cakes, decorated cookies, strudels, Challah breads, and much more. And they hand make their delicious bagel chips, a one-of-a-kind treat unlike any you have ever tried. Please make sure you sign up at the Transportation Log at the front desk.

Cost: \$

Friday, May 18th at 10:00 AM

Lunch & Sherman Gardens in Corona Del Mar

The Sherman Library & Gardens is the perfect place to visit. The Gardens provide a museum of living plants, displayed amidst a setting of immaculate gardens, patios and conservatories linked together by wide brick walkways, beds blooming with seasonal flowers and bubbling tile fountains. After viewing the spectacular gardens we will have a light lunch before heading back to Carmel Village. Please make sure you sign up at the front desk Transportation Log to save your seat on the bus.

Cost: \$\$

Saturday, May 19th at 11:30 AM

Lunch and Tour the Newland House Museum in HB

The Newland House Museum is the oldest residence built in the City of Huntington Beach. The Huntington Beach Historical Society maintains the museum for all to enjoy. The Newland House was built in 1898 for Huntington Beach pioneers William and Mary Newland and their ten children.

The original Newland ranch extended from Beach Blvd. to Magnolia and from Yorktown south to Atlanta for a total of 500+ acres in which they planted lima beans, sugar beets, celery and later chili peppers.

Cost: \$

Friday, May 25th at 12:30 PM

Women's Lunch Outing – Super Mex Restaurant

Ladies, please join us for some good food and great conversation with your female neighbors from Carmel Village. Please make sure you sign up at the front desk.

Cost: \$

Saturday, May 26th at 11:30 AM

Men's Lunch Outing – Cheesecake Factory

Calling all men. Please join us for a nice afternoon out with the "guys". This month we are heading out to the Cheesecake Factory in Huntington Beach. Enjoy the time out with just the guys.

Cost: \$

Meeting Schedule

Meetings are open to all residents and are a great way to stay informed about Carmel Village and our monthly activities and events.

ACTIVITIES MEETING

Hosted by Activities
Tuesday, May 1st at 4:00 PM
Theatre Room

FOOD 4 THOUGHT MEETING

Hosted by: Chef Patrick, Food Service Director
Tuesday, May 8th at 10:00 AM
Fireside Lounge

RESIDENT COUNCIL MEETING

Hosted by: Barbara Scruggs, President
Wednesday, May 23rd at 2:30 PM
Theatre Room

VILLAGE MEETING

Hosted by: Cash Benton, Executive Director
Wednesday, May 30th at 3:00 PM
Fireside Lounge

May Birthdays

| | |
|------------|----------------------|
| Patricia | May 4 th |
| Ann | May 5 th |
| Saundra | May 5 th |
| Lillian | May 7 th |
| Roma | May 8 th |
| Angelina | May 9 th |
| Ann | May 9 th |
| Chadyienne | May 9 th |
| Kathleen | May 13 th |
| Irene | May 13 th |
| Doratheia | May 20 th |
| William | May 20 th |
| Lavonne | May 23 rd |
| Todd | May 23 rd |
| Barbara | May 30 th |

New Neighbors Meet and Greet

Come out and meet your new neighbors at our next New Resident Meet and Greet Social on **Thursday, May 17th at 3:30 P.M.** in the Fireside Lounge



Welcome!

Look for these NEW activities on the MAY calendar!

NEW ACTIVITIES:

Play the Matching Phrase Game
Find It! Identify the Hidden Objects
The Game – Hot Potato
Crafty Corner – Fiesta Flowers
Poker
Reminiscing – Vintage Photos
Paint Your Very Own Birdhouse

SPECIAL EVENTS:

Mother's Day Brunch
Memorial Day Barbeque
Cinco de Mayo luncheon and Social
PAWS Pet Therapy
Peanut Auction
Cupcake Station – Resident Birthday Celebration
New Resident Meet and Greet

OUTINGS IN MAY:

Lunch and Tour the Newland House Museum in Huntington Beach
Men's Luncheon – Cheeses Cake Factory
Women's Luncheon – Super Mex Restaurant
Lunch at Katella Deli
Sherman Gardens in Corona Del Mar & Lunch



This month's Resident Birthday Celebration is Saturday, May 26th at 2:30 PM. in the Fireside Lounge

Celebrate!

Carmel Village Transportation Guide

Times shown for transportation are starting and ending times. Please be sure to schedule your transportation so that you can arrive 1/2 hour after starting times and you are ready for pick up 1/2 hour before ending times.

CHURCH RIDES: SUNDAY 8:00 AM to 12:00 PM Church rides are provided to any church within a **6 mile** radius. The sign up sheet is in the transportation book at the front desk. Please indicate the time the church service starts and ends.

MEDICAL APPOINTMENTS: Carmel Village provides transportation to and from any medical appointments. **TUESDAYS & THURSDAYS 8:00 AM to 12:00 Noon and 1:00 PM to 4:00 PM** for any medical appointments within a **six (6) mile** radius. **WEDNESDAYS ONLY FROM 8:00 AM to 12:00 Noon** within a **twelve (12) mile** radius.

DOCTOR APPOINTMENT FORMS ARE LOCATED BY THE FRONT DESK. Please complete the forms and drop it in the brown medical appointment box. The driver will contact you prior to your appointment to let you know what time to meet her in the front lobby. ***Please schedule your transportation 48 hours prior to your appointment.*** We ask that you call the front desk at **(714) 962-6667** when you are ready for pick-up from the appointment. Please do not call the driver directly on the drivers cell phone as the driver is unable to take calls when the bus is in transport.

SHOPPING: WEDNESDAYS AT 1:30 PM to 3:00 PM Shopping at Ralphs, Rite Aid and the Post Office

Whether you want to spend time at any of the shops in the area or get some stamps to send a friend a card, this is the time to take care of those errands. **FRIDAYS AT 10:00 AM to 12:30 PM Shopping at Walmart, Target, Trader Joe's or 99 Cent Store, Barber Shop or Bank Runs** Sign up for your favorite shopping destination. This is a great time to head out to the stores or bank to take care of your shopping needs. The bus will drop you off and come back around to pick you up in about an hour.

SAVE THE LAST FRIDAY of the month to shop at Marshall's Ross, T.J.Maxx and Big Lots. These will be our **NEW** shopping destinations.

MAY HEALTH AND WELLNESS

This month is **National Arthritis Month**. Dr. Felgner will head our Health and Wellness seminar that will focus on Arthritis and the different ways to treat and stay active. Please join us in the Fireside Lounge, May 24th at 2:30 PM. In addition, we will have a **Fall Prevention Seminar** on May 31st at 4:00 PM. Please save the dates and join us in the Fireside Lounge.

Sunday through Saturday at 9:30 AM

Exercise Programs

Go4Life is an exercise program that focuses on 4 types of exercise: Endurance, Strength, Balance and Flexibility. Go4Life is endorsed by the National Institute of Aging due to the beneficial effects it has on older adults. Our focus is preventing falls.

Tuesdays & Thursdays at 1:30 PM

Balance & Mobility Class with Christine

Christine is a certified instructor who focuses on improving balance and range of motion. Balance exercises help prevent falls which is a common problem in older adults. Christina incorporates music and ball exercise into her exercise program.

Wednesday, May 2nd, 9th and 30th at 1:30 PM

Chair Pilates with Jillian

Jillian Hardwick is a certified Pilates Instructor who focuses on maximizing your strength and wellness. Pilates is similar to yoga but emphasizes on developing strength, muscular endurance, coordination and good posture with a lower chance of injury than with other forms of exercise. Maximize your strength and wellness with this low impact class.

Friday, May 4th and 18th at 9:30 AM

Zumba Exercise with Michelle

Exercise to music by joining certified instructor Michelle Cooper's Gold Zumba Class. Although Zumba is known to be a fast paced exercise, Michelle has transformed it into a fun class that will have you moving to the right rhythm.

Salon Jolie One

HOURS OF OPERATION:

Monday - 9:00 to 1:00 pm

Tuesday - Friday - 9:00 to 4:00 pm

CLOSED ON SATURDAYS AND SUNDAYS

(949) 335-2880

GIFT
CERTIFICATES
AVAILABLE!



Carmel Village Retirement Community

17077 San Mateo Street
Fountain Valley, CA. 92708

(714) 962-6667

www.carmelvillage.com

RCFE LICENSE #306001861



Your Management Team

Executive Director
Cash Benton

Sales Director
David Kuzmiak

**Sales and Marketing
Move-In Coordinator**
Sara Herrera

Food Service Director
Chef Patrick Montana

Acting Focus Care Director
Nicole Anaya

Plant Operations Director
Alfonso Cerda

Director of Health and Wellness
Nicole Anaya

Business Office Manager
Petra Vargas

Activity Director
Rose Street

Assisted Living Director
Jennifer Everhart

Resident Service Coordinator
Alysia Noriega

Other Things You Might Want To Know

About Us

Carmel Village Retirement Community is licensed as a residential care facility for the elderly.

As a licensed community, we are able to provide “*assisted living*,” which means we provide a full range of services including meals, utilities, housekeeping, activities, and transportation. And, for those needing a little extra assistance, our dedicated care staff is close at hand.

We are a privately owned senior residence committed to providing residents and their families a home-like and friendly atmosphere in attractive and well-maintained surroundings.

If you have any questions about our amenities and services, we hope you will give us a call today.

MARKETING CORNER

Don't forget about our **Resident Referral Program**; Residents and Family who refer prospects that move-in, can receive a \$2,000.00 rent credit. Please reach out to David or Sara in our Sales Department for details. You can also stop by the Front Desk for additional literature.