

# VILLAGE GAZETTE



## *June is Here!*

*I've said this before, but I have to repeat it.....June is here. Where does the time go? June is here, that means that half the year has passed us by. June will be a month of activities in our beautiful sunny courtyard. We'll have yard games in the back courtyard, root beer floats socials and for our monthly birthday celebration we are having a ice cream sundae station with all the fixings. This month brings another important day, **Father's Day!** This year Chef Patrick has a meal planned that you don't want to miss. The meal will include the salad bar, filet mignon, salmon fillet, baked potato, broccoli and dinner rolls. Wine will be served with your meal and chocolate lava cake will be served for dessert. After our meal we will have Joe Tatar entertain us in the Fireside Lounge at 2:30 pm. Our outings this month will include **Shoreline Village** in Long Beach, **Mimi's Café**, **Corner Bakery** and the classic car show in Miles Square Park. This month we are celebrating **National Donut Day** and **National Ice Cream Soda** day. Please see the Village Gazette for further information on all the entertainment and fun scheduled during the month of June.*

***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 June.***

## JUNE SPECIAL EVENTS

**Thursday, June 14<sup>th</sup> 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, June 16<sup>th</sup> 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, June 16<sup>th</sup> 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.

**Sunday, June 17<sup>th</sup> at 11:30 AM and 12:30 PM**

### **Father’s Day Lunch & Entertainment**

Join us for a wonderful meal for Father’s Day here at Carmel Village. We will celebrate our Dad’s by serving filet mignon, salmon fillet and baked potato, to name a few of the items on the menu. Wine will be served during the meal. After the meal, you can enjoy musical entertainment by Joe Tatar in the Fireside Lounge at 2:30 PM.

**Saturday, June 30<sup>th</sup> at 2:30 PM**

### **June Birthday Celebration**

Please join us in the Fireside Lounge as we celebrate our June birthdays. This is a great time to see who shares a birthday in the same month as you. This month, we will set up an ice cream sundae station where you’ll be able to request your very own toppings. And for those that do not have a birthday in June, this is a good time to enjoy the treats and socialize with your neighbors.

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

## June Special Events





## June Outings

### A GUIDE TO THIS MONTH'S OUTINGS

**Saturdays, June 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup>**

**Saturday Scenic Drives**

This month, our Saturday scenic drives will include a "pit stop" to nearby donut shops in Seal Beach and Huntington Beach. We can enjoy this treat while we take in the breathtaking views of the ocean. So join us for our scenic drives, a nice cup of hot coffee and a donut.

**Friday, June 8<sup>th</sup> at 10:30 AM**

**Shoreline Village Excursion**

Shoreline Village in Long Beach is a great place to visit. There are plenty of shops, ice cream parlors and restaurants to keep us busy for the day. Please make sure you sign up at the front desk Transportation Log to save a seat on the bus for this fun outing.

**Cost: \$\$**

**Friday, June 15<sup>th</sup> at 12:30 PM**

**Women's Lunch Outing – Corner Bakery**

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, June 16<sup>th</sup> at 12:30 PM**

**Men's Lunch Outing – Mimi's Cafe**

Calling all men. Please join us for a nice afternoon out with the "guys". This month we are heading out to Mimi's Café. Enjoy the time out with just the guys.

**Cost: \$**

**Saturday, June 23<sup>rd</sup> at 11:00 AM**

**Classic Car Show at Miles Square Park**

We are heading out to the annual classic car show in Miles Square Park. The car display is amazing! Even if you are not interested in cars, you do not want to miss this fun exhibit, you will not be disappointed.

**Cost: FREE**





# 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, June 5<sup>th</sup> at 4:00 PM  
Theatre Room

## FOOD 4 THOUGHT MEETING

Hosted by: Chef Patrick, Food Service Director  
Tuesday, June 12<sup>th</sup> at 10:00 AM  
Fireside Lounge

## RESIDENT COUNCIL MEETING

Hosted by: Barbara Scruggs, President  
Wednesday, June 20<sup>th</sup> at 1:30 PM  
Theatre Room

## VILLAGE MEETING

Hosted by: Cash Benton, Executive Director  
Wednesday, June 27<sup>th</sup> at 3:00 PM  
Fireside Lounge

## June Birthdays

Jean	June 4 <sup>th</sup>
Aileen	June 9 <sup>th</sup>
Charlene	June 12 <sup>th</sup>
Louis	June 15 <sup>th</sup>
Lucita	June 17 <sup>th</sup>
Margaret	June 19 <sup>th</sup>
Julius	June 27 <sup>th</sup>

## New Neighbors Meet and Greet

Come out and meet your new neighbors at our next New Resident Meet and Greet Social on **Thursday, June 14<sup>th</sup> at 3:30 P.M.** in the Fireside Lounge



Welcome!

## Look for these NEW activities on the JUNE calendar!

### NEW ACTIVITIES:

Cozy Kitchen – Fruit and Yogurt Parfait  
Reminiscing – Name the Stars!  
Lawn Games in the Courtyard  
Let's Color in the Courtyard  
Crafty Corner – Summer Wreath  
! & 4th of July Fun!

### SPECIAL EVENTS:

Father's Day Lunch and Entertainment  
PAWS Pet Therapy  
Peanut Auction  
New Resident Meet and Greet  
Ice Cream Sundae Station - June Birthday Celebration

### OUTINGS IN JUNE:

Shoreline Village Excursion  
Men's Lunch Outing – Mimi's Café  
Women's Lunch Outing – Corner Bakery



**This month's Resident Birthday Celebration is Saturday, June 30<sup>th</sup> 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.

## JUNE HEALTH AND WELLNESS

*Please join us for one of our exercising classes to help keep you active!*

**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, June 6<sup>th</sup>, 13<sup>th</sup> and 27<sup>th</sup> 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, June 1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> 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](http://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

**Focus Care Director**  
Alysia Noriega

**Plant Operations Director**  
Alfonso Cerda

**Director of Health and Wellness**  
Nicole Anaya

**Business Office Manager**  
Petra Vargas

**Assisted Living Director**  
Jennifer Everhart

**Resident Service Coordinator**  
Jessica Juhl-Radvansky

**Activity Director**  
Rose Street

## 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.