

# VILLAGE GAZETTE

OCTOBER



## *October is Here!*

We are welcoming October with a very special **Octoberfest luncheon**. The chef has prepared a choice of food options that are 'out of this world'. Our outings this month will include the **Getty Villa in Malibu** and a tour of the **Crystal Cathedral** in Garden Grove. We are going to celebrate **International Coffee Day** with different flavored coffee and creamers. We are taking this national holiday a step further by offering a hot Bistro Bar throughout the month. In addition to coffee, we will have different flavored tea and hot cider and cocoa. I've said it before, when someone creates a holiday to pay tribute to food.....who am I to argue? Bailey's can be added at your discretion! The Activity Department is hosting a pre-Halloween celebration with a very special performance of the **Phantom of the Opera**. In addition, on **Halloween** day, I am so pleased to tell you that our youth from Plavan Elementary School will visit us dressed in their favorite costumes. Join us in the Fireside Lounge directly after breakfast. This is a Halloween parade you don't want to miss!

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

## OCTOBER SPECIAL EVENTS

### Thursday, October 4<sup>th</sup> at 2:00 PM

### Rite Aid Flu Shots

A Rite Aid Pharmacist will be here to administer Flu shots for the residents at Carmel Village. Please sign up at the front desk and complete a consent form. Let's all focus on staying healthy this Fall and Winter season.

### Saturday, October 20<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, October 20<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. The wonderful thing is..... you only pay peanuts for your purchase.

### Thursday, October 25<sup>th</sup> at 4:00 PM

### New Resident 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, October 27<sup>th</sup> at 3:00 PM

### Resident Birthday Celebration

Please join us for as we celebrate the September birthdays. This is a great time to see who shares a birthday in the same month as you. Special refreshments will be served. And for those that do not have a birthday in October, this is a good time to enjoy the treats and socialize with your neighbors.

### Saturday, October 27<sup>th</sup> at 10:00 AM Carmel Village 5th Annual Breast Cancer Walk

Carmel Village is proud to show our support for our breast cancer survivors. This will be the 5th year in a row that our residents, family and friends have participated in the Carmel Village Breast Cancer Walk. We are going to honor those we have lost from this devastating disease as well as those brave ones that have survived. The Activity Department staff will begin collecting names for all those we know and love that have had cancer. The names will be read aloud after the walk and we will have a moment of silence. Then, we will release pink balloons in honor of our loved ones. Refreshments will be served.

### Saturday, October 27<sup>th</sup> at 1:30 PM

### Pre-Halloween Performance – Phantom of the Opera

Join us for live entertainment with a special treat with a pre-Halloween performance of the Phantom of the Opera. Refreshments will be served

### Wednesday, October 31<sup>st</sup> at 9:30 AM Plavan Elementary School Costume Parade

Please join us in the Fireside Lounge after breakfast to enjoy the beautiful faces of our youth from Plavan Elementary School. The teachers and children will sing songs and greet you dressed in their favorite costumes. This is something you don't want to miss!

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

## October Special Events





## A GUIDE TO THIS MONTH'S OUTINGS

**Saturday, October 6<sup>th</sup> at 10:00 AM**

**Getty Villa in Malibu**

The Getty Villa is one of two locations of the J. Paul Getty museums. Located at the end of the Malibu coast. The Getty Villa is an educational center and museum dedicated to the study of the arts and cultures of ancient Greece and Rome. After touring the art and floral grounds we will have lunch before heading back to Carmel Village.

**Cost: \$**



**Thursday, October 18<sup>th</sup> at 3:00 PM**

**Dinner at Mrs. Knott's Chicken Restaurant**

The famous Mrs. Knott's chicken restaurant will be our dinner destination this month. If you have not tried the famous fried chicken, mashed potato and gravy, then you want to sign up for this outing.

**Cost: Bring money for dinner**



**Saturday, October 20<sup>th</sup> at 11:00 AM**

**Crystal cathedral in Garden Grove**

The Garden Grove Community Church was founded in 1955 by Robert H. Schuller and his wife Arvella. An affiliate of the Reformed Church in America, the church first held services in space rented from the Orange Drive-In Theatre. In 1961, the congregation moved to a new sanctuary designed by architect Richard Neutra. In 1968, the congregation completed the Tower of Hope to provide office and classroom space, but continued growth led to the need for a new facility. Schuller envisioned a unique facility with walls made of glass and commissioned architect Philip Johnson. The design was an outgrowth of Johnson's reexamination of German expressionist architect Hermann Finsterlin. Construction of the Crystal Cathedral began in 1977 and was completed in 1980, built at a cost of \$18 million. The signature rectangular panes of glass comprising the building are not bolted to the structure; they are glued to it using a silicone-based glue. This and other measures are intended to allow the building to withstand an earthquake of magnitude 8.0. The building was constructed using over 10,000 rectangular panes of glass. Upon moving from the old Neutra sanctuary to the new Johnson sanctuary in 1981, the congregation changed its name to the "*Crystal Cathedral*" – an alliteration derived from the appearance of the building. In fact, the building was neither made of crystal nor intended to be a true cathedral – that is, a church that houses a bishop's official seat by that congregation. The congregation added the Prayer Spire in 1990.

**Cost: \$**

**Saturday, October 20<sup>th</sup> at 12:30 PM**

**Men's Dinner Outing –Old Spaghetti Factory**

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

**Cost: \$**

**Saturday, October 27<sup>th</sup> at 12:00 PM**

**Women's Lunch Outing –Fortune Cookie**

The Ladies' at Carmel will go to their monthly lunch outing to Fortune Cookie Restaurant in Fountain Valley. 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: \$**

**Monday, October 29<sup>th</sup> at 9:00 AM**

**Casino – Valley View**

Join us for our monthly casino trip! This month we are going to Valley View Casino. Please make sure you sign up at the front desk Transportation Log. We will return in time for dinner. Make sure you bring money for betting and lunch.

**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, October 2<sup>nd</sup> at 4:00 PM  
Theatre Room

## FOOD 4 THOUGHT MEETING

Hosted by: Chef Patrick, Food Service Director  
Tuesday, October 9<sup>th</sup> at 10:00 AM  
Fireside Lounge

## RESIDENT COUNCIL MEETING

Hosted by: Barbara Scruggs, President  
Wednesday, October 17<sup>th</sup> at 1:30 PM  
Theatre Room

## VILLAGE MEETING

Hosted by: Cash Benton, Executive Director  
Tuesday, October 30<sup>th</sup> at 3:00 PM  
Fireside Lounge

## October Birthdays

Kathleen	October 2 <sup>nd</sup>
Dorothy	October 3 <sup>rd</sup>
Emily	October 4 <sup>th</sup>
Esther	October 9 <sup>th</sup>
John	October 9 <sup>th</sup>
James	October 13 <sup>th</sup>
Zella	October 17 <sup>th</sup>
Bernice	October 22 <sup>nd</sup>
Mary	October 24 <sup>th</sup>
Evelyn	October 26 <sup>th</sup>
Jean	October 30 <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, October 25<sup>th</sup>**  
**at 3:30 P.M.** in the Fireside Lounge



Welcome!

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

### SPECIAL EVENTS:

PAWS Pet Therapy  
Peanut Auction  
5th Annual Breast Cancer Walk  
Flu Shots  
Pre-Halloween Performance of the Phantom of the Opera  
Plavan Elementary School Costume Parade  
Resident Birthday Celebration

### NEW ACTIVITIES:

Fall Craft – Decorate Pumpkins  
Halloween Craft  
Kozy Kitchen – Cinnamon Apple Danish  
Brain Games  
Reminiscing – Daily Doses of Nostalgia  
Trivia – Do You Know?  
Bistro Bare – Hot Winter Drinks

### OUTINGS IN OCTOBER:

Getty Villas in Malibu  
Men's Dinner Outing – Old Spaghetti Factory  
Women's Lunch Outing – Fortune Cookie  
Tour the Crystal Cathedral  
Dinner at Mrs. Knotts Restaurant

**This month's Resident Birthday Celebration is Saturday, October 27<sup>th</sup> at 3:30 P.M.**



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.

## OCTOBER HEALTH AND WELLNESS

*Please make sure to join us for one of our exercise 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, October 3<sup>rd</sup> and 10<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, October 5<sup>th</sup> and 19<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

**Food Service Director**  
Chef Patrick Montana

**Activity Director**  
Rose Street

**Business Office Manager**  
Petra Vargas

**Plant Operations Director**  
Alfonso Cerda

**Sales Director**  
David Kuzmiak

**Sales & Marketing Move-In Coordinator**  
Susann Altbach

**Director of Health and Wellness**  
Nicole Anaya

**Focus Care Director**  
Alysia Noriega

**Assisted Living Director**  
Jessica Juhl-Radvansky

**Resident Service Coordinator**  
Bless Antow

## 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.