

VILLAGE GAZETTE

NOVEMBER



November is a Season of Giving!

*It's that time of year again! The holidays are rushing in as we begin to "wrap up" 2018. November is a season of giving "thanks" and we will begin with a "special thank you" to our Veterans on Sunday, November 11th. We will begin with a **flag presentation by the Boy Scouts** and special live entertainment in the afternoon. We will have a history presentation with "the General". November will also be filled with hot cider, cocoa and flavored coffees (including a drop or two of Bailey's or Kahlua). Our outings this month will include **In-N-Out** burger runs, **Old World Village** and a trip to the **Hero's Hall** for a special Veteran's Day presentation. We will close out the month with a special **Thanksgiving** meal and entertainment. Please make your reservations at the front desk by November 17th.*

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

NOVEMBER SPECIAL EVENTS

Thursday, November 1st 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.

Monday, November 12th at 2:00 PM

History of Veteran's Day with The General

Join us for a step back in history focused on Veteran's Day. The presenter will be dressed as General Eisenhower and will bring you fascinating facts during the time of the war. He will also show different popular movie clips depicting World War II. Join the General in the Theatre room for this fun filled presentation.

Saturday, November 17th 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, November 17th 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.

Saturday, November 24th at 3:00 PM Resident Birthday Celebration

Please join us for as we celebrate the November 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 November, this is a good time to enjoy the treats and socialize with your neighbors.

Saturday, November 29th at 3:00 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.

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

November Special Events





November Outings

A GUIDE TO THIS MONTH'S OUTINGS

Saturday, November 10th at 10:00 AM

Hero's Hall – Veteran's Day Celebration

The Hero's Hall is a free, permanent year-round museum and education center with exhibits and educational programs that celebrate the legacy of Orange County veterans and other who have served our nation. The exhibits focus on the personal stories and experiences of veterans. Housed in a renovated 1942 Santa Ana Army Air Base barracks building.

Cost: FREE

Thursday, November 15th & 29th at 3:00 PM In-N-Out Burger Run

This month we are heading out to In N' Out burger grill for a late lunch. Please make sure you sign up at the front desk to enjoy a burger, fries and shake.

Cost: \$

Friday, November 16th at 1:00 PM

Old World Village – Shopping & Lunch at Bella Terra Plaza

Old World Village is shopping and eating experience designed after the European style villages. We will shop at the different stores and have lunch at Bella Terra Plaza next door.

Friday, November 23rd at 12:30 PM

Women's Lunch Outing –The Cheese Cake Factory

The Ladies' at Carmel will go to their monthly lunch outing to the Cheeses Cake Factory in Huntington Beach. 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: \$

Friday, November 30th at 12:30 PM

Men's Lunch Outing – The Cheese Cake Factory

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

Cost: \$

Monthly Casino Trips

We will not schedule any casino trips for the months of November and December, we will resume the casino outing in January 2019. If you have any questions or concerns, please see Rose.

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, November 6th at 4:00 PM
Theatre Room

FOOD 4 THOUGHT MEETING

Hosted by: Chef Patrick, Food Service Director
Tuesday, November 13th at 10:00 AM
Fireside Lounge

RESIDENT COUNCIL MEETING

Hosted by: Barbara Scruggs, President
Wednesday, November 21st at 1:30 PM
Theatre Room

VILLAGE MEETING

Hosted by: Cash Benton, Executive Director
Tuesday, November 28th at 3:00 PM
Fireside Lounge

November Birthdays

Georgia	November 6 th
Maurine	November 13 th
Carolyn	November 13 th
Maurine	November 13 th
Janet	November 16 th
Art	November 18 th
David	November 19 th
Paul	November 22 nd
Ardeth	November 26 th
Wayne	November 29 th

New Neighbors Meet and Greet

Come out and meet your new neighbors at our next New Resident Meet and Greet Social on **Saturday, November 10th at 2:45 P.M.** in the Fireside Lounge



Welcome!

Look for these NEW activities on the NOVEMBER calendar!

SPECIAL EVENTS:

PAWS Pet Therapy
Peanut Auction
Flu Shots
Resident Birthday Celebration
Thanksgiving Luncheon and Entertainment
History of Veteran's Day with The General
Veteran's Day - Flag Presentation and Afternoon Entertainment

NEW ACTIVITIES:

Crafty Corner – Thanksgiving Craft and Winter Snowmen
Kozy Kitchen – Mini Apple Cinnamon Pies
Brain Teasers
Thank You Tree
Pumpkin Pie Social
The Game of Monopoly
Reminiscing – Thanksgiving Memories

OUTINGS IN NOVEMBER:

Men's Dinner Outing – Cheesecake Factory
Women's Lunch Outing – Cheesecake Factory
In-N-Out Burger Run
Old World Village Shopping and Lunch at Bella Terra Plaza
Hero's Hall – OC Fairgrounds Veteran's Day Celebration



This month's Resident Birthday Celebration is Saturday, November 24th at 3:00 PM.

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.

NOVEMBER 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, November 7th and 14th 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, November 2nd, 6th and 30th 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

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
Jessica Juhl-Radvansky

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 Susann in our Sales Department for details. You can also stop by the Front Desk for additional literature. We are certain these funds can come in handy during the holidays.