

VILLAGE GAZETTE

DECEMBER



MERRY
CHRISTMAS

December is a Season of Giving!

2018 has been filled with wonderful memories. We've laughed, danced and yes, cried. We have experienced things that will forever leave an imprint on our hearts. We will close out December with the same fun and laughter we're grown accustomed to throughout the year.

*The festivities begin with the **25 Days of Christmas**. We will show a holiday movie beginning December 1st and continuing through December 25th, light refreshments will be served. We will kick off our **Winter Wonderland** fun on December 5th and 6th. We are spending the time decorating our holiday tree in the Fireside Lounge, we would like to have all residents come out and hang an ornament. We will have an **Elf workshop** on Saturday, December 8th that will include several fun craft stations and holiday refreshments.*

*Our annual **Carmel Village Open House** will be December 15th from 2:00 to 4:00 with strolling Carolers.*

Chef Patrick will add his magnificent touch by providing desserts and beverages.

*Our activities this month include evening scenic drives to see the **Christmas lights in the city**, hot chocolate socials, and a trip to **Roger Gardens**. The month is filled with holiday entertainment and special events.*

*The **Employee Gift Fund Give a Way** will be February 26th, 2019. Our Resident Council President, Barbara Scruggs will send a separate letter detailing the appreciation gift to all front-line employees.*

*Lastly, we will say "good bye" to 2018 and welcome 2019 with a **New Year's Eve party** from 6:15 to 8:30 PM, with entertainment by George Rossi. Champagne and a special treat will be served. I hope that you will take some time this holiday season to join us for one of the many events scheduled this month.*

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

DECEMBER SPECIAL EVENTS

Saturday, December 1st 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.

Sunday, December 2nd at 2:30 PM

Student Music Recital

The Music Students will perform for us after lunch in the Fireside Lounge. You will be amazed at the talent of these young musicians, they will take your breath away!

Saturday, December 8th from 12:00 PM to 3:00 PM

Winter Wonderland – Santa's Elf Workshop

Hold on to your seat, cuz this event is going to bring out your imagination and artistry. We will have several "Elf" workshops set up for you to make your very own holiday door decoration, miniature snow village, holiday ornaments, reindeers and snowmen. The selection is endless! Please invite family and friends to enjoy this fun day. Hot holiday refreshment will be served.

Saturday, December 15th 2:00 PM to 4:00 PM

Holiday Open House

Our annual Carmel Village Open House will be December 15th from 2:00 to 4:00. We have added strolling Carolers that will walk through the Fireside Lounge bringing in the holiday with songs we can all remember. Chef Patrick will add his magnificent touch by providing desserts and beverages.

Sunday, December 23rd from 11:30 AM to 1:30 PM

Christmas Champaign Brunch & Entertainment

We are having a very special Champaign lunch from 11:30 to 1:30. Chef Patrick has prepared a spectacular menu. Champaign and apple cider will be served. We will have live entertainment in the Fireside Lounge with Just Us! (Brad & Suzi). Come and enjoy the food and stay for the music. All meal tickets for family and friends will be \$25. Please make sure you put in your reservations with the receptionist at the front desk.

Thursday, December 27th 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, December 29th at 2:30 PM

Resident Birthday Celebration

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

Saturday, December 29th 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.

Monday, December 31st at 6:15 PM

New Year's Eve Champaign Dance Party

And finally, we will close out 2018 with a special New Year's Eve dance party. We will have George Rossi entertain us with dance music, we will serve Champaign and we will have a special treat will be served for your enjoyment. This is an event you do not want to miss. Come and enjoy the music and stay for the fun!

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

December Special Events





December Outings

A GUIDE TO THIS MONTH'S OUTINGS

Sunday, December 9th at 8:00 AM Chips for Kids – Super Cars by the Sea Car Show

This is a car show you don't want to miss! The admission is free. Please make sure you sign up at the front desk Transportation Log.

Cost: FREE

Sunday, December 9th at 12:30 PM Christmas Carol at Rose Theatre in Westminster

A Christmas Carol recounts the story of Ebenezer Scrooge, an elderly miser who is visited by the ghost of his former business partner Jacob Marley and the spirits of Christmas Past, Present and Yet to Come. After their visits, Scrooge is transformed into a kinder, gentler man.

Cost: \$24

Friday, December 14th at 8:00 AM Breakfast at Paul's Coffee Shop on Bushard

We will have a good breakfast and a hot cup of coffee at Paul's Coffee Shop in Fountain Valley. This coffee shop has been around for quite some time and has World War II memorabilia hanging on the walls. Please sign up at the Front Desk Transportation Log.

Cost: \$

Friday, December 14th and 21st at 5:30 PM

Evening Drives – Christmas Lights in the City

Join us as we drive around town to see the festive holiday lights around town. Please sign up at the front desk Transportation Log.

Cost: FREE

Saturday, December 22nd at 1:30 PM Winter Wonderland at Roger Gardens

Christmas at Roger's Gardens is a seasonal celebration of lights and laughter. Twinkling lights mingle with seasonal greens and delicate hand-blown glass sparkle in a magical palette of color. Spark your holiday spirit and decorate your home for the holidays with a visit to Roger's Gardens. An enchanting festive wonderland awaits you.

Cost: FREE

Saturday, December 29th at 12:30 PM

Men's and Women's Lunch Outing

California Pizza Kitchen

Please join us for a nice afternoon out. The residents at Carmel Village will have a nice lunch at **California Pizza Kitchen in Bella Terra Plaza**. Enjoy the time outing with your neighbors.

Cost: \$

Monthly Casino Trip

We will not schedule our monthly casino trip for the month of December. We will resume the outing in January 2019. Please let us know if this is an outing that you would be interested in.

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, December 4th at 4:00 PM
Theatre Room

FOOD 4 THOUGHT MEETING

Hosted by: Chef Patrick, Food Service Director
Tuesday, December 11th at 10:00 AM
Fireside Lounge

RESIDENT COUNCIL MEETING

Hosted by: Barbara Scruggs, President
Wednesday, December 19th at 1:30 PM
Theatre Room

VILLAGE MEETING

Hosted by: Cash Benton, Executive Director
Wednesday, December 26th at 3:00 PM
Fireside Lounge

December Birthdays

Karen	December 1 st
Dorothy	December 8 th
Betty	December 9 th
Wes	December 11 th
Kathleen	December 13 th
Eugene	December 15 th
Quinton	December 16 th
Audrey	December 20 th
Betty	December 21 st
Mora	December 31 st

Celebrate!

New Neighbors Meet and Greet

Come out and meet your new neighbors at our next New Resident Meet and Greet Social on **Thursday, December 27th at 4:00 P.M.** in the Fireside Lounge



Welcome!

Look for these NEW activities on the DECEMBER calendar!

SPECIAL EVENTS:

PAWS Pet Therapy
Peanut Auction
Resident Birthday Celebration
Student Music Recital
Christmas Champaign Brunch
Just Us! Holiday Entertainment
New Year's Eve Dance Party with Live Entertainment
Singing Knights – Christmas Special
Caroling with the Cub Scouts
2 for the Show Christmas Show
Holiday Open House
Strolling Carolers in the Fireside Lounge

NEW ACTIVITIES:

Winter Wonderland- Santa's Elf Workshop
Reminiscing – Holidays with the Family
Hot Cocoa Station
Holiday Trivia
Horseshoe Toss
Hand and Foot Card Game
Kings in the Corner Card Game
The 25 Days of Christmas – Movie and Snacks
Decorate the Holiday Tree

OUTINGS IN DECEMBER:

Breakfast at Paul's Coffee Shop
Men and Women's Lunch Outing at the California Pizza Kitchen
Rose Theatre – A Christmas Carol
Winter Wonderland at Roger Gardens
Evening Drive – Christmas Lights in the City
Chips for Kids – Super Cars by the Sea



This month's Resident Birthday Celebration is Saturday, December 29th at 2:30 PM.

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.

DECEMBER 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, December 5th and 12th 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, December 7th and 21st 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
Carole Presley

Focus Care Director
Alysia Noriega

Assisted Living Director
Jessica Juhl-Radvansky

Resident Service Coordinator
Carolane Gultiano

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 **up to a \$4,000.00 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.