

VILLAGE GAZETTE

MARCH

May your
pockets be
HEAVY
and your
heart
be light.
May good
luck
pursue you each
morning and night...

Irish Blessing

March!

March ushers out the last days of winter and welcomes the first day of Spring. We'll have sun-kissed days, warm breezes, birds and blossoms and an occasional shower of rain.

*Springtime is in the air and we are welcoming warmer weather with fun socials in our Courtyards. March will also bring **National Oreo Cookie Day** and **National Peanut Butter Lover's Day**. We will celebrate both days with a special Kozy Kitchen activity. This month's crafts will be centered on **Mardi Gras** masks and **Easter** door decorations. Our outings will include the **Old Spaghetti Factory** in Irvine for lunch, tour the **Mission in San Juan Capistrano** and have breakfast at the **Original Pancake House** in Huntington Beach. The daylight hours will soon be longer, thanks to the arrival of Daylight Savings Time March 10th. The official start of Spring will arrive March 20th and we will welcome the new season with a special "Welcome Spring" show with 2 for the Show entertainers. If the warmer weather permits, we will gather in the courtyard for our reminiscing socials and our **Spring Cocktail** hour. Please plan to spend as much time as you can with us and let's enjoy this month together!*

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

MARCH SPECIAL EVENTS

Saturday, March 9th 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, March 16th 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.

Wednesday, March 20th at 3:00 PM

Let's Welcome Spring with Live Entertainment

Join us as we officially welcome the "*first day of Spring*" with refreshments and live entertainment with 2 for the Show. If the weather permits, we will enjoy the show in one of our courtyards. Please come out and enjoy this celebration with your friends and neighbors.

Thursday, March 28th 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.

Saturday, March 30th at 3:00 PM

Resident Birthday Celebration

Please join us for our monthly birthday celebration. 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 this month, 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.

March Special Events





A GUIDE TO THIS MONTH'S OUTINGS

Saturday, March 9th and 30th at 2:00 PM

Shakes, Ice Cream Cones and Floats

Let's get out and enjoy the warmer days with an ice cream cone, shake or root beer float from local businesses in Fountain Valley and Huntington Beach. This is an outing you don't want to miss!

Cost: \$



Friday, March 15th at 8:30 AM

Breakfast at Original Pancake House in Huntington Beach

The Original Pancake House was founded in Portland, Oregon in 1953 by Les Hight and Erma Hueneke. Drawing upon their many years of experience in the culinary field, and their extensive working knowledge of authentic national and ethnic pancake recipes they were able to offer without compromise this unique and original menu which has gained national acclaim. The Original Pancake House is a second and third generation family business, which takes great pride in maintaining the high standards that make their food so outstanding. The batters and sauces are made fresh in each restaurant's kitchen. Please sign up at the Front Desk Transportation Log to join us for a great breakfast experience.

Cost: \$



Friday, March 22nd at 10:00 AM

San Juan Capistrano Mission

The History of the Mission San Juan Capistrano consists of memories and stories of its past inhabitants and present visitors. It is a place of historical cultural, and religious significance, as well as a place of inspiration and education. Mission San Juan Capistrano was permanently founded by Junipero Serra on November 1, 1776, as the seventh of 21 missions to be established in California by the Spanish. Mission San Juan Capistrano was established to expand the territorial boundaries of Spain and to spread Christianity to the native peoples of California. Mission San Juan Capistrano's establishment in 1776 meant many changes and challenges for the indigenous Acjachemen (Ah-HAWSH-eh-men). The Spanish people brought with them new types of technology, clothing, food, animals, and ideas. The missionaries encouraged the Acjachemen to learn about the Catholic faith and be baptized to join the Mission. However, officially joining the Mission meant the Acjachemen had to change almost everything about their life. They were required to change their culture, language, religion, work, clothing, food, and even their daily schedule. Please join us for a "bit of history" as we tour the mission grounds. Sign up at the Front Desk Transportation Log for this fun educational outing.

Cost: \$

Saturday, March 23rd at 12:00 PM

Afternoon at the Movies

We are going to enjoy an afternoon at a local movie theatre. Please join us for this outing and share a box of hot buttered popcorn with your neighbors. The residents can choose the movie they want to view. Sign up at the front desk Transportation Log.

Cost: \$

Friday, March 29th at 12:30 PM

Men & Women's Lunch Outing – Old Spaghetti Factory in Fullerton

Founded in 1969 by Guss and Sally Dussin, the restaurant is still family owned and operated. The Old Spaghetti Factory has been proudly serving delicious affordable 3 course meals since it opened. They have combined a monthly luncheon. Join us so that we can all enjoy each other's company at one of our favorite restaurants, the Old Spaghetti Factory. Please make sure you sign up at the front desk.

Cost: \$

Monthly Casino Trip

The next casino trip will be in April.

Please let us know if there is a casino you would like to go to.

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, March 5th at 4:00 PM
Theatre Room

FOOD 4 THOUGHT MEETING

Hosted by: Chef Patrick, Food Service Director
There will not be a Food 4 Thought meeting in March

RESIDENT COUNCIL MEETING

Hosted by: Barbara Scruggs, President
Wednesday, March 20th at 1:30 PM
Theatre Room

VILLAGE MEETING

Hosted by: Cash Benton, Executive Director
Wednesday, March 27th at 3:00 PM
Fireside Lounge

March Birthdays

Eileen	March 3 rd
Margaret	March 8 th
Buddy	March 12 th
Robert	March 15 th
Rhea	March 15 th
Mary	March 17 th
June	March 19 th
Albert	March 22 nd
Dorothy	March 24 th
Betty	March 29 th
Connie	March 29 th
Betty	March 30 th
Norma	March 31 st

New Neighbors Meet and Greet

Come out and meet your new neighbors at our next New Resident Meet and Greet Social on
Thursday, March 28th at 3:00 P.M. in the Fireside Lounge



Welcome!

Look for these NEW activities on the MARCH calendar!

SPECIAL EVENTS:

PAWS Pet Therapy
Peanut Auction
Resident Birthday Celebration
Lets Welcome Spring with live Entertainment

NEW ACTIVITIES:

Reminiscing – Spring Time Fun!
Crafty Corner – Spring Wreath
Kozy Kitchen – National Peanut Butter Lovers Day
Trivia Treasury
Spring Drink Social
National Oreo Cookie Day – Oreo Ice Cream Shakes
Juicing and Smoothie Demo
Mardi Gras Craft

OUTINGS IN MARCH:

Breakfast at Original Pancake House
Men and Women's Lunch Outing to Old Spaghetti Factory in Fullerton
Mission of San Juan Capistrano
Afternoon at the Movies
Shakes, Ice Cream Cones and Floats



This month's Resident Birthday Celebration is Saturday, March 30th 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, we will go to an indoor Shopping Mall.

MARCH 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 Christina

Christina 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, March 6th and 13th 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, March 1st, 15th and 29th 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
Shaleea Venney

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.