

VILLAGE GAZETTE

SEPTEMBER



September!

It's that time of year again, our **Annual Luau!** The day will include an Aloha luncheon, live musical entertainment and last but not least, our Polynesian dancers in full costume. We will begin the festivities with Hula lessons in the Fireside Lounge. Grass skirts will be provided. We will serve our **Aloha lunch** in the courtyard and dining room. We will have a bar set up in the Fireside Lounge with drinks to add to the celebration, souvenir cups will be given to all the participants for this fun filled day. After your meal, we will have Hawaiian entertainment with George Rossi in the Fireside Lounge and we will close our day with Polynesian dancers in the back courtyard. This is an event you do not want to miss! As a special "thank you", we are offering a 2 for 1 promotion. For the price of one ticket at \$25, you receive the 2nd ticket **FREE**. Please RSVP to the front desk by Thursday, September 12th. This month will also include scenic drives, **National Pizza Day** and **National Chocolate Milkshake Day**. Our outings this month will be a tour of Descanso Gardens, breakfast at Polly Pies and lunch at **Marie Calendar's**. Make sure you mark your calendars for a fun filled month!

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

SEPTEMBER SPECIAL EVENTS

Saturday, September 14th 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.

Thursday, September 19th at 3:30 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, September 21st from 10:00 AM to 4:00 PM

Luau – Aloha Fun Day!

It's that time of year again, for the Carmel Village annual Luau and Aloha luncheon. We will begin the festivities with Hula lessons in the Fireside Lounge, grass skirts will be provided. We will serve our Aloha lunch in the courtyard. We will have a bar set up in the Fireside Lounge with drinks to add to the celebration, souvenir cups will be given to all the participants for this fun filled day. After your meal, we will have Hawaiian entertainment with George Rossi in the Fireside Lounge, and we will close our day with Polynesian dancers in the back courtyard. This is an event you do not want to miss! As a special "thank you", we are offering a 2 for 1 promotion. For the price of one ticket at \$25, you receive the 2nd one for FREE. Please RSVP to the front desk by Thursday, September 12th.

Thursday, September 26th 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.

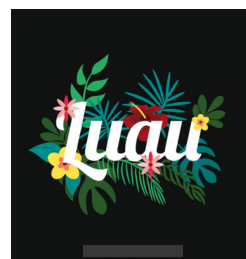
Friday, September 27th at 3:00 PM

Resident Birthday Celebration

This month, we will celebrate the resident birthdays with a special tribute by our Friday entertainer. Please join us for as we celebrate this month's 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 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.

September Special Events



PEANUT AUCTION
Activities for Seniors
www.goldencareers.com



A GUIDE TO THIS MONTH'S OUTINGS

Monday, September 9th at 11:30 AM

Men & Women's Lunch Outing @ Marie Calendar's

This month, the men and women will enjoy their monthly outing together. We are going to Marie Calendar's on Brookhurst. The restaurant is currently offering a *"pair & share"* special, 2 entrees with appetizer and a slice of pie for \$25. You will have a variety of lunch items to choose from like the famous chicken pot pie and house salad with a slice of your favorite pie. Please sign up at the front desk Activity Log.

Cost: \$\$

Monday, September 16th at 7:30 AM Breakfast at Polly's Pies in HB

We are heading out to Polly's Pies for breakfast. Try the blueberry pancake combo or the triple breakfast surprise. They also have Omelettes, classic egg combos, Belgian waffles, French toast and so much more, the selection is endless. Sign up at the front desk Activity Log.

Cost: \$

Monday, September 23rd at 10:30 AM

Descanso Gardens in La Canada Flintridge

Year-round, there's something to see at Descanso Gardens. July, August and September you'll see roses, summer annuals and perennials in full bloom and much more. Please sign up at the front desk Activity Log to save a seat on the bus.

Cost: \$6 with photo ID

Monday, September 30th at 9:00 AM Casino Trip – Valley View Casino

Our casino trip is back on! If you feel lucky, please join us as we head out to Valley View Casino. The bus will leave in the morning and have you back in time for dinner. Bring money for lunch and some cash to gamble. Please sign up at the front desk to get a seat on the bus.

Cost: \$\$

Monthly Casino Trip

This month we will be going to Valley View Casino!

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, September 3rd at 4:00 PM
Theatre Room

FOOD 4 THOUGHT MEETING

Hosted by: Patrick Montana,
Food Service Director
Tuesday, September 10th at 10:00 AM
Fireside Lounge

RESIDENT COUNCIL MEETING

Hosted by: Barbara Scruggs, President
Wednesday, September 18th at 1:30 PM
Theatre Room

VILLAGE MEETING

Hosted by: Cash Benton, Executive Director
Wednesday, September 25th at 3:00 PM
Fireside Lounge

September Birthdays

Joanne	September 1 st
Joseph	September 1 st
Gary	September 2 nd
Ken	September 8 th
Nicholas	September 9 th
Mary	September 10 th
Robert	September 10 th
Harvey	September 11 th
Norma	September 12 th
Pauline	September 13 th
Jacqueline	September 15 th
Margaret	September 17 th
Cleo	September 20 th
Monica	September 20 th
Ruby	September 20 th
Velia	September 20 th
Barbara	September 28 th

New Neighbors Meet and Greet

Come out and meet your new neighbors at our next New Resident Meet and Greet Social on
Thursday, September 19th at 3:30 P.M. in the Fireside Lounge



Welcome!

Look for these NEW activities on the SEPTEMBER calendar!

SPECIAL EVENTS:

Luau – Aloha Fun Day!
PAWS Pet Therapy
Peanut Auction
Resident Birthday Celebration
New Resident Meet and Greet

NEW ACTIVITIES:

Crafty Corner – Fall Craft
Kozy Kitchen – Tasty Hawaiian Treat
Reminiscing – What Were You Doing in the 60's
Hawaiian Word Scramble
Aloha Bingo
Trivia – Take the Challenge

OUTINGS IN SEPTEMBER:

Descanso Gardens in La Canada Flintridge
Men & Women's Luncheon – Marie Calendar's
Casino Trip to Valley View Casino
Breakfast at Polly Pies

This month's Resident Birthday Celebration is Friday, September 27th at 3:00 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, TJ MAXX & BIG LOTS. These stores will be our new shopping destinations.

SEPTEMBER HEALTH AND WELLNESS

Please make sure to join us for one of our exercise classes to help keep you active!

We will schedule Rite-Aid Pharmacist Flu shots in early October. Please sign up this month so we can make sure your insurance information is available for the Pharmacist's visit in October.

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.

Thursday, September 12th and 19th at 9:30 AM

Chair Fitness with Jillian

Jillian Hardwick is a certified Pilates Instructor who focuses on maximizing your strength and wellness. Chair Fitness emphasizes 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, September 6th and 20th 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
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
Johnna Pocoroba

Assisted Living Director
Jessica Juhl-Radvansky

Resident Service Coordinator
Deshanae Barrientos

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.