

VILLAGE GAZETTE



November!

Fall has truly arrived. We can see the leaves on the trees changing colors with beautiful autumn colors. The Thanksgiving planning for the family festivities have begun! November is a month to remember all the wonderful things we are thankful for. Our friends and families are on the top of that list. One of the wonderful things we all should be thankful for is our **Veteran's** and their families. Those that have sacrificed their lives to keep us and our families safe.

November 11th we will pay a special tribute to all the Veteran's here at Carmel Village.

If you want us to honor your loved one, please make sure that name is turned in at the front desk Activity Log. Names need to be submitted no later than Wednesday, November 6th.

This month, we will have our annual *"tree of thanks"*. We will have a large tree in the Activity room where we will place the leaves of thanks throughout the month. In addition, please remember to invite your friends and family to the **Thanksgiving feast** here at Carmel Village. In addition to the roasted turkey, we will have all the trimmings with pumpkin pie & whipped cream for dessert. A special drink will be served with your meal.

This year we are offering a **2 for 1 special**. Purchase a \$25 Thanksgiving meal and you get a second one for **FREE!** Please **RSVP at the front desk by Saturday November 23rd**. The reservations and tickets need to be purchased in advance to receive the special offer. If you have any questions, see Rose in

Activities. Our outings this month include **The Cheesecake Factory, Roger's Gardens** and the **Original Pancake House**. Please make sure you mark your calendars and join us for all the fun activities and outings this month.

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

NOVEMBER SPECIAL EVENTS

In November, our Veteran's will be honored with a very special tribute. In November, we are asking each Veteran, spouse and or family member to submit the name and branch of service for the Veteran you would like us to honor. Please submit your names to Rose, Liz or Flor.

Thursday, November 14th 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 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.

Thursday, November 21st 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.

Friday, November 22nd 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 with Darvy Traylor. 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.

Thursday, November 28th at 11:30 AM & 12:30 PM

Thanksgiving Feast

Our Chef John is planning a fabulous feast for everyone to enjoy! In addition to the roasted turkey, we will have butternut squash, Virginia ham, mashed potatoes and gravy, cornbread stuffing, sweet potatoes, green bean casserole and dinner rolls. For dessert, we will have pumpkin pie with whipped cream and wine will be served with your dinner. This year we are offering a 2 for 1 special. Purchase a \$25 Thanksgiving meal and you get a second one for free. ***Please RSVP at the front desk by Saturday November 23rd.*** The reservations and tickets need to be purchased in advance to receive the special offer. If you have any questions, see Rose in Activities.

Saturday, November 30th at 6:30 PM

Movie Night with Your Grandchildren

Let's bring in the Christmas holiday a little early with a fun family night. We are going to show a Christmas movie in the Fireside Lounge for you and your grandchildren to enjoy. We will serve treats to make this a memorable event everyone. We want you to invite, family, friends and especially your grandchildren and great grandchildren. We will turn our large Fireside Lounge into a movie theatre with all the trimmings. If you want, the kids can bring their sleeping bags to enjoy the movie as we serve hot chocolate, popcorn, cookies and brownie bites. Sign up for this fun filled night!

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

November Special Events



The
Cheesecake
Factory



A GUIDE TO THIS MONTH'S OUTINGS

Monday, November 4th at 11:30 AM

Monthly Lunch Outing - Super Mex

Please join us for a nice afternoon out. This month we are going to have Mexican meal at Super Mex in Fountain Valley. Enjoy an afternoon out. Sign up at the front desk Activity Log to save your seat.

Cost: \$\$



Monday, November 11th at 10:30 AM

Roger's Gardens – Holiday Decorations

Roger's Gardens has a fabulous display of Fall, Thanksgiving and Holiday decorations for you and your family. Please join us for this fun trip and enjoy the large display and variety of decorations in their Fall and Christmas boutiques.

FREE



Monday, November 18th at 7:30 AM

Breakfast at Norm's

Join us for breakfast at Norm's on Beach Blvd. You can choose from classic egg dishes like bacon and eggs, ham and eggs or eggs, sausage patty and egg. Norm's also offers Omelettes, breakfast sandwiches, hotcakes and French toast. You can top it all off with a great cup of coffee. Come and join us and your neighbors from Carmel Village for a great breakfast meal. They have a wide selection of breakfast favorites.

Cost: \$\$

Monday, November 25th at 9:00 AM

Casino Trip – Pala Casino

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

Cost: \$\$

November Outings

Monthly Casino Trip

This month we will be going to Pala 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, November 5th at 4:00 PM
Theatre Room

FOOD 4 THOUGHT MEETING

Hosted by: John Kang,
Food Service Director
Tuesday, November 12th at 10:00 AM
Fireside Lounge

RESIDENT COUNCIL MEETING

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

VILLAGE MEETING

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

November Birthdays

Mary	November 5 th
Georgia	November 6 th
Ken	November 6 th
Beldon	November 7 th
Carolyn	November 13 th
Maurine	November 13 th
Janet	November 16 th
Eleanor	November 17 th
Norah	November 18 th
Ardeth	November 26 th
Wayne	November 29 th

Celebrate!

New Neighbors Meet and Greet

Come out and meet your new neighbors at our next New Resident Meet and Greet Social on
Thursday, November 21st
at 3:30 P.M. in the Fireside Lounge



Welcome!

Look for these **NEW** activities on the **NOVEMBER** calendar!

SPECIAL EVENTS:

Thanksgiving Feast in the Dining Room
PAWS Pet Therapy
Peanut Auction
Resident Birthday Celebration
New Resident Meet and Greet
Holiday Movie Night with Your Grandchildren

NEW ACTIVITIES:

Thanksgiving Tree
Crafty Corner – Cinnamon Stick Pumpkin Pom Poms
Kozy Kitchen – National Peanut Butter Day
Reminiscing – Planning Your Family Thanksgiving Feast
Thanksgiving Trivia

OUTINGS IN NOVEMBER:

Monthly Lunch Outing – Super Mex
Pala Casino
Breakfast at Norm's
Rogers Gardens

This month's Resident Birthday Celebration is **Friday, November 22nd** at 3:00 PM. in the Fireside Lounge



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.

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 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.

Thursdays, November 7th and 14th 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.

Fridays, November 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

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Fountain Valley, CA. 92708

(714) 962-6667

www.carmelvillage.com

RCFE LICENSE #306001861



Your Management Team

Executive Director
Cash Benton

Food Service Director
John Kang

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
Jessica Thielmann

Assisted Living Director
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 **up to 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.