

VILLAGE GAZETTE

FEBRUARY



February - a month of LOVE!

February 2020, how wonderful that sounds! This month has a lot in store for us. February is known as the month of “**LOVE**”, so let’s do some of the things we really love to do. We are going to have some fun events this month that will include a **Super Bowl Tailgate Party**, viewing of the **Academy Awards** with sparkling soda, Champagne, cheese and crackers. We will have a special **Valentine celebration** with live musical entertainment, chocolate covered strawberries will be served. It doesn’t stop there, we will celebrate **Fat Tuesday** with George Rossi bringing in the musical entertainment, special refreshments will be served for this **Mardi Gras** fun! We will head out to **Mile Square Park** for breakfast at their Golf Course restaurant and we’ll have lunch at a local restaurant of your choice then go to the movies. We will also take a nice drive to San Celente for a tour of **Casa Romantica**, the home of Ole Hanson, an architect that built San Clemente in the 1920’s. We are having our employee gift give-a-way on February 15th, it’s not too late to contribute.

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

FEBRUARY SPECIAL EVENTS

Throughout the Month of February – Join us for the Fun!

Sunday, February 2nd at 2:00 PM

Super Bowl Tailgate Party

We are having a tailgate party in the Theatre room for Super Bowl Sunday! Special snacks and drinks will be served. If you are a football fan, you want to join us in the Theatre room for the Super Bowl fun. After the food and drinks are done, you can relax and watch the game with your neighbors and friends. If you are not a football fan, you want to come out and enjoy the special food and drinks provided for this fun event.

Saturday, February 15th 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, February 20th at 1:30 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.

Tuesday, February 25th at 3:30 PM

Mardi Gras Celebration with Live Entertainment

Come out and celebrate Fat Tuesday with us in the Fireside Lounge. We will have live entertainment and refreshments will be served. Come out and enjoy the fun!

Thursday, February 27th at 1:30 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, February 29th at 3:00 PM

Resident Birthday Celebration

Please join us 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.





A GUIDE TO THIS MONTH'S OUTINGS

Monday, February 3rd at 7:30 AM

Breakfast at Mile Square Park Golf Course

Join us for breakfast at Mile Square Park Golf Course. Come and join us and your neighbors from Carmel Village for a hot cup of coffee. They have a wide selection of breakfast favorites.

Cost: \$\$



Monday, February 10th at 11:00 AM

Lunch and a Movie

Sign up for our outing to a local theatre to watch a movie of your choice and have a light lunch before heading back to Carmel Village.

Cost: \$\$



Monday, February 17th at 10:00 AM Casa Romantica and Lunch

February is the month of Love. Join us for a tour of Casa Romantica in San Clemente. This beautiful home was built in 1927 and owned by the architect Ole Hanson, who developed San Clemente. You'll have lunch after taking the tour of Casa Romantica.

Cost: \$\$

Monday, February 24th at 9:00 AM

Casino Trip – San Manuel

Our casino trip is back on! If you feel lucky, please join us as we head out to San Manuel. 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 to get a seat on the bus.

Cost: \$\$

February Outings

San Manuel casino is this month's casino trip!

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, February 4th at 4:00 PM
Theatre Room

FOOD 4 THOUGHT MEETING

Hosted by: John Kang,
Food Service Director
Tuesday, February 11th at 10:00 AM
Fireside Lounge

RESIDENT COUNCIL MEETING

Hosted by: Barbara Scruggs, President
Monday, February 3rd at 1:30 PM
Theatre Room

VILLAGE MEETING

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

February Birthdays

JaniceFebruary 12th

Jacqueline.....February 20th

JerryFebruary 22nd

Irma.....February 28th

New Neighbors Meet and Greet

Come out and meet your new neighbors at our next New Resident Meet and Greet Social on
Thursday, February 20th at 3:00 P.M. in the Fireside Lounge



Welcome!

Look for these NEW activities on the FEBRUARY calendar!

SPECIAL EVENTS:

PAWS Pet Therapy
Resident Birthday Celebration
New Resident Meet and Greet
Super Bowl Party
Mardi Gras Celebration with Live Entertainment
Academy Awards Show and Refreshments

NEW ACTIVITIES:

Crafty Corner – Mardi Gras Masks
Kozy Kitchen – Crock Pot Surprise
Trivia - US Presidents
How Many Words in a Word

OUTINGS IN FEBRUARY:

Casa Romantica & Lunch
Breakfast at Mile Square Park Golf Course
Lunch and a Movie
Casino – San Manuel

This month's Resident Birthday Celebration is Saturday, February 29th 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 medical appointments. **Any appointment pick-up after 4:00 PM will need to be arranged with family or other transportation. Carmel Village will no longer be able to pick-up residents after 4:00 PM. If you have any questions, please speak to Rose.**

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.

FEBRUARY 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, February 6th and 20th 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, February 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!



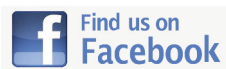
Carmel Village Retirement Community

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
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
Denise Leek

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.