

VILLAGE GAZETTE

MARCH



March - Spring has Sprung!

Happy Spring! March is the beginning of Spring and the start to warmer weather each day. New season means new life and a new time to try something you haven't tried before. Maybe an activity, an outing or a social to meet and mingle with your neighbors. Let's all try to do something different to make each day better and brighter than the day before. Spring is our theme this month and everything we do in March will center around Spring. In addition, we will bake up goodies for Kozy Kitchen that will have you remembering those wonderful aromas that swept through your home when your children were young. For our crafts this month, we're making floral wreaths and Easter decorations. What better way to brighten everyone's day but to have fresh flowers in the dining room? The Activity staff will need your help with floral arranging to make this happen. The outings this month will include a tractor ride to view 50 acres of flowers at the **Floral Fields in Carlsbad**. We'll go to breakfast at **Norm's restaurant** and **Soboba casino** is where we are going for our monthly casino trip.

We'll welcome our favorite four-legged friends when they visit on the 21st. And to celebrate Spring and the monthly birthdays, we are having live entertainment with **Just Us**. Please join us for all the fun planned for you. Speak to Rose if you have any question.

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

MARCH SPECIAL EVENTS

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

Thursday, March 19th 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.

Saturday, March 21st at 2:00 PM **PAWS Pet Therapy**

Join us as we welcome our favorite four-legged friends in the Fireside Lounge. Let’s come out and say hello to them as they put smiles on our faces. Thanks to the Orange County SPCA for continuing to make time for us.

Saturday, March 21st at 3:00 PM **Let’s Welcome Spring & March Birthdays**

We are doubling up on our celebrations this month! We are welcoming the beginning of Spring and the March birthdays. Please join us as we celebrate with live entertainment by Just Us. 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, come out for the great entertainment and a chance to enjoy the treats and socialize with your neighbors.

Thursday, March 26th 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.

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





A GUIDE TO THIS MONTH'S OUTINGS



Monday, March 2nd at 7:30 AM

Breakfast at Norm's Restaurant

Join us for breakfast at Norm's restaurant on Beach Blvd. Norm's has a variety of breakfast specials. My recommendation are the French toast and sausage patty. In my opinion, it's the best! Come and join us and your neighbors from Carmel Village for a hot cup of coffee.

Cost: \$\$



Saturday, March 7th at 12:30 PM

GEM Theatre – Guys and Dolls

As the weather gets warmer, we are going to add late afternoon and early evening outings. This month we are going to see Guys and Dolls at the GEM Theater in Garden Grove. Tickets for this performance have already been purchased. But keep an eye out for future performances. Let Rose know if you have any suggestions of performances that you are interested in attending.

Cost: \$35

Monday, March 23rd at 7:30 AM

Flower Fields in Carlsbad

Join us for a real treat, the Flower Fields in Carlsbad. There are rows and rows of beautiful colored ranunculus flowers. We will go on a tractor ride to view all the rows of beauty. The 50 acres of land also has a beautiful American flag, something you don't want to miss.

Cost: \$22

Monday, March 30th at 9:00 AM

Casino Trip – Soboba Casino

Our casino trip is back on! If you feel lucky, please join us as we head out to Soboba 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: \$\$

March Outings

Soboba Casino is this months 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, March 3rd at 4:00 PM
 Theatre Room

FOOD 4 THOUGHT MEETING

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

RESIDENT COUNCIL MEETING

Hosted by: Barbara Scruggs, President
 Monday, March 16th at 1:30 PM
 Theatre Room

VILLAGE MEETING

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

March Birthdays

EileenMarch 3rd
 Wanda.....March 4th
 Margaret.....March 8th
 ThelmaMarch 9th
 BuddyMarch 12th
 JuneMarch 12th
 RheaMarch 15th
 RobertMarch 15th
 JamesMarch 16th
 JuneMarch 19th
 BarbaraMarch 19th
 Albert.....March 22nd
 DorothyMarch 24th
 JoanMarch 24th
 Ernest.....March 26th
 FrancesMarch 26th
 BettyMarch 29th
 Constance.....March 29th
 BettyMarch 30th
 NormaMarch 31st
 Santo.....March 31st

Celebrate!

New Neighbors Meet and Greet

Come out and meet your new neighbors at our next New Resident Meet and Greet Social on **Thursday, March 19th at 1:30 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
 New Resident Meet and Greet
 Health and Wellness – Auto Immune Disorders
 Welcome Spring – Just Us Entertainment

OUTINGS IN MARCH:

Play at the GEM Theatre in Garden Grove
 Flower Fields in Carlsbad
 Breakfast at Norm's
 Saboba Casino in San Jacinto

NEW ACTIVITIES:

Kozy Kitchen – Remembering the Pleasant Cooking and Baking Smells of Yesterday
 Crafty Corner – Floral Spring Door Wreath
 Spring Word Scramble
 Finishing Words
 Floral Arranging
 Afternoon Stroll – Please Meet at the Front Desk
 St. Patrick's Day Trivia
 Crafty Corner – Easter Crafts

This month's Resident Birthday Celebration is Saturday, March 21st 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 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.

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

For the month of March, there will NO Balance and Mobility classes on March 3rd, 5th and 10th. Our instructor will be out of town. Christine is a certified instructor who focuses on improving balance and range 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, March 5th and 12th 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, March 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



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
Ninad Dadabhoy

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.