

VILLAGE GAZETTE

06 EDITION

June 2021



June!

June is here and so is the beautiful weather! This month we are going to honor our Fathers and the men in our lives that helped us become who we are today. To celebrate our Dads here at Carmel Village, we are going to have a barbecue. The Chef will serve a special treat for the Dads at Carmel Village. We will serve BBQ Ribs, Chicken and Beef skewers, Baked Potatoes, Broccoli Salad and Fresh Fruit. For dessert we will have Banana Royal Sundaes. Beer and soda will be served with your meal.

But wait, **Father's Day** is toward the end of the month, let's see what's in-store for you before June 20th. This month we are going to step-up the **FUN** with **Ice Cream and Root Beer Floats in the Garden**, and we are adding Beer to our **Wine and cheese socials in the Garden**. We will bring back our famous **Quilling**, and **Beading** class. And to add to the fun, we will have "**high stakes Bingo**", the regular games will be \$.25 cents and the cover all game will be \$.50 cents. Join us for activities and socials this month and enjoy some happy times with your friends at Carmel Village.

Please bear with us as these events are strictly for the residents at Carmel Village. We are currently not having family join us for festivities.

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

June Special Events

Sunday, June 20th at 9:00 AM

Father's Day Coffee Bar & Pastries

Join us for some hot coffee with your choice of Kahlua, Bailey's, or Gran Marnier. You can also enjoy just a plain cup of coffee with friends and neighbors. Come out as we begin to celebrate the GREAT DADS on Father's Day.

Sunday, June 20th from 11:00 AM to 1:30 PM

Father's Day Barbecue

The Chef is cooking up a special treat for the Dads at Carmel Village. We will serve BBQ Ribs, Chicken and Beef skewers, Baked Potatoes, Broccoli Salad and Fresh Fruit. For dessert we will have Banana Royal Sundaes. Beer and soda will be served with your meal.

Sunday, June 20th at 2:00 PM and 3:30 PM

Father's Day Music & Magic

To close out Father's Day celebration, we will have live entertainment with James Rader and to follow that we will have a Magician. *Please Join us in the Garden for some Music and Magic!*

Saturday, June 26th 5:30 PM

June Birthday Celebration

We are having a special celebration for our Birthdays this month and all the goodies a grand party has to offer. Please join us as we celebrate with birthday treats and music to dance in our seats. 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 chance to enjoy the treats and socialize with your neighbors.

June Health & Wellness

Stay active and keep your joints moving by adding one of our exercise classes to your daily schedule. Join the Activity Team every morning at 10:00 AM. See below for other Exercise classes.



Thursdays in June, we will offer Health and Wellness lectures in the Theatre room at 2:30. I will provide a list of topics for each of the sessions later in the month.

Sunday through Saturday 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. We are adding an afternoon exercise class to our daily schedule. Please join us.

Tuesdays in June at 2:30 PM

Chair Yoga with Pamela

Pamela was introduced to Yoga at the age of 15. She was fascinated by the names of the Yoga poses from a book she purchased for \$.05 cents at a rummage sale. She began practicing at home and continued for the next 45 years. She took classes in college and local studios. She is currently receiving her certification as a Yoga Therapist. Pamela is a Regional Director for The Veteran's Yoga project which caters to individuals with emotional, psychological trauma and those that are physically challenged.

Wednesdays at 1:30 PM

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.

NEW ACTIVITIES IN JUNE

Ice cream Socials in the Garden
Wine Socials in the Garden
Quilling – Card Making Class
Beading
Health & Wellness Presentations
High Stakes Bingo
Memory Games

Rummikub
Skip Bo Card Game
Happy Hour in the Garden
Movie Night & Snacks
Morning Exercise
ZUMBA
Chair Yoga

JUNE SPECIAL EVENTS

June Birthday Celebration
Highway Patrol Presentation
Father's Day Coffee Bar
Father's Day Barbecue
Father's Day Music and Magic

Carmel Village Transportation Guide

MEDICAL APPOINTMENTS

Carmel Village provides transportation to and from medical appointments Tuesdays, Wednesdays and Thursdays ONLY.

Tuesdays and Wednesdays 8:00 to 12:00 and 1:00 to 4:00 for any medical appointments within a **6-mile radius**

Thursdays ONLY from 8:00 to 12:00 within a **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 driver cell phone as the driver is unable to take calls when the bus is in transport.***

SHOPPING

Due to the current COVID-19 virus, safety precautions are being taken. The Activity Team will continue to shop for your needs.

Complete a shopping list, you can find them by the mailbox, and turn into the Front Desk with your money. Your items will be picked up within 3 days of submitting your request. In addition, if you would like us to pick up any medications for you, let us know. See Rose if you have any questions or concerns.



RESIDENT BIRTHDAY CELEBRATION

Resident Birthday Celebration will be on Saturday, June 26th at 5:30 PM in the Garden.



JUNE BIRTHDAYS



Elizabeth June 11th
Eva June 14th
Yvonne June 19th
Sylvia June 30th

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.



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**
Karen Ashley

Wellness Nurse
Thelma Unite

Salon Jolie One

HOURS OF OPERATION:

Mon., Wed., Thurs., & Fri. - 9:00 to 4:00 pm

CLOSED ON TUESDAYS, SATURDAYS & SUNDAYS.

(949) 335-2880

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.



A WellQuest Living Community

17077 San Mateo Street • Fountain Valley, CA. 92708

(714) 962-6667

www.carmelvillage.com

RCFE LICENSE #306005513



Other Things You Might Want To Know