

ST. DUNSTAN'S LABYRINTH BECKONS

Walking a labyrinth may be a way to live out one's faith without traveling far. Walking quietly and slowly with an open mind and heart can be a wonderful form of prayer.

- Find a focus to hold in your heart and mind... a question, a situation, a feeling
- Pause before entering the labyrinth and ask God's spirit to walk with you
- Enter and walk at whatever pace feels natural... think seriously about slowing down!
- Notice your surroundings
- When you reach the center, pause and rest a little
- Begin the return journey back to the start. Maintain a natural pace. Return is an important part of the Journey.
- At the threshold pause and give thanks before leaving

St. Dunstan's Labyrinth, 28805 Robinson Canyon Road, Carmel

Janet McDaniel



A Kass Schwin photo

EVENTS

SAT FEB 22 MUSIC ON THE MENU – 6-7:30 – DR

Tim Carroll (Jack O'Neil's grandson) will play for our listening and dancing enjoyment.

SUN FEB 23 MOVIE – 1:30 – MH (see BB)

MON FEB 24 MONDAY MORNING FORUM – 10:30 – MH

Details below

WED FEB 26 BROADWAY THEATRE– 1 - 2:30 – MH

Give My Regards To Broadway...

Don't miss Dr. Todd Samra's final lecture.

Andrew Lloyd Webber and friends.

WED FEB 26 MOVIE – 7:15 – MH (see BB)

THU FEB 27 HALF-FAST WALKERS PLAN TO WALK

Walkers will head for **Carmel River South Tr.** Sign up on BB. Fred Glasser will lead.

THU MAR 5 HALF-FAST WALKERS PLAN TO WALK

Walkers will head for **Soberanes.** Sign up on BB. Mike Smith and Ken Johnson will lead.

MARCH BIBLE STUDY AT THE MANOR



The Emotions of Life and Lent: a Study of Psalms

The Psalms are profoundly honest prayers, laying open the range of human emotions: joy, abandonment, violent anger, restlessness, regret. They show us how facing our emotion before God can lead to insight, peace and hope. We'll

study Psalms especially keyed to the emotions of the season of Lent.

This class is led by the Reverend Joanne M. Swenson, Th.D, Senior Minister of Church in the Forest, Pebble Beach. Dr. Swenson holds three graduate degrees in theology from Harvard University and is an experienced teacher and small group leader. This is her third time teaching at Carmel Valley Manor.

MARCH 5 Session One REPENTANCE

Why is it so hard to fully repent? Psalm 51

MARCH 12 Session Two ABANDONMENT: WHEN YOU FEEL ALONE

Find strength when you feel forsaken. Psalm 22

MARCH 19 Session Three JOY: A TIME TO DANCE

Learn to rejoice in the past, present and future Psalm 33

MARCH 26 Session Four: RESTLESSNESS: WHEN YOU STILL HAVEN'T FOUND WHAT YOU'RE LOOKING FOR

Learn the cause of—and cure---for our incessant inner hunger
Psalm 42

Each Thursday in March 2PM, West Parlor



As of March 1st we will only be showing movies on Sunday @1:30.

We no longer will show movies on Wednesday @7:15. This change is due to low attendance. Thank you,

Peggy Smith, Movie Chairwoman

Monday Morning Forum Presents

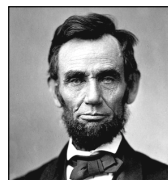
General Michael Carns, Ret. "American Foreign Policy"

Monday, February 24, 2020

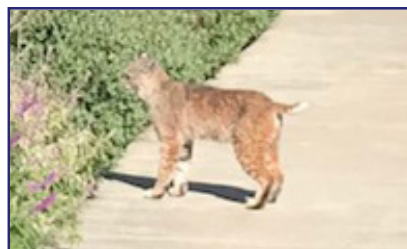
10:30am, Meeting House



Our guest speaker, Michael Carns, is a retired four star general with a very distinguished career. Born in Junction City, Kansas he graduated from the Air Force Academy with a B.S. degree and later completed an MBA at Harvard. General Carns' flying career includes extensive combat experience in the F4 Phantom in which he completed 200 combat missions in Vietnam. Along with various squadron, wing and base commands, General Carns has served as Aide to the Air Force Chief of Staff, Commander of Clark Air Base, Philippines, Chief of Staff U.S. Pacific Command, and Vice Chief of Staff of the United States Air Force. Following retirement General Carns travels globally with other flag rank officers who maintain strong relationships with our military allies. Constant interaction with this critical network provides him with a unique perspective about our foreign policy and defense readiness. He will share this with us on MMF, 2/24/2020. Please join us.



"Nearly all men can stand adversity, but if you want to test a man's character, give him power."



THIS CAT IS OUT OF THE BAG AT THE MANOR

Photo by Barney Latimer
February 16, 2020

NEW/SOON-TO-BE RESIDENTS

Sherry Morse
Nancy Wright
James & Betty Kasson

Martin (Marty) & Karen Wiskoff
Jeffrey & Marilyn Riehl
Sandy Storm

HAPPY BIRTHDAY

| | | | |
|------|-----------|------|-----------|
| 2/21 | Gene B. | 2/28 | Gloria D. |
| 2/22 | Jorgen C. | 3/1 | Gary N. |
| 2/27 | Gordon W. | 3/1 | Vicki V. |

IN MEMORIAM

2/10 Peggy Borsting
2/14 George Albright

ONGOING ACTIVITIES

See also Master Schedule of Ongoing Activities
(C 10,11 Residents' Handbook)

| | | | | | |
|-------------|--|---|-------------|--|---|
| MON | Chair Exercise MH Monday Morning Forum (4th) MH Advanced Exercise MH Duplicate Bridge GR Dominoes GR | 8:30-8:45AM 10:30AM 11:00-11:45AM 1:00PM 7:15PM | THUR | Chair Exercise MH Half-Fast Walkers Adv. Water Exercise SP Games GR Tai Chi MH | 8:30-8:45AM 9:00AM 9:30-10:15AM 1:00PM 1:00PM |
| TUES | Chair Exercise MH Council Meeting (2nd) CR Adv. Water Exercise SP Worship Services (1st) H Communion Services (3rd) HC Tai Chi MH Ukulele Class WP Lawn Bowling PG Sing For Fun (1st) WP | 8:30-8:45AM 9:30AM 9:30-10:15AM 10:30AM 10:30AM 1:00PM 1:00-2:00PM 1:15-3:15PM 2:30PM | FRI | Chair Exercise MH Yoga MH Bookmobile Every other Friday (Feb 21) Lawn Bowling PG Social Bridge GR | 8:30-8:45AM 2:00-3:00PM 12:45-1:30PM 1:15-3:15PM 3:00PM |
| WED | Chair Exercise MH Advanced Exercise MH Communion Service (2nd) WP Mahjong Movie Night MH | 8:30-8:45AM 11:00-11:45AM 11:15AM 2:00-4:00PM 7:15PM | SAT | Chair Exercise MH Putting (2nd) PG Ice Cream Social (1st) PL Wine Dinner Group (2nd) PDR | 8:30-8:45AM 10:00-11:30AM Noon 5:30PM |
| | | | SUN | Movie MH | 1:30PM |

LOCATION LEGEND

| | | | | | | | |
|----|--------------------|-----|---------------------|----|---|----|-----------------|
| CR | Conference Room(s) | DR | Dining Room | FC | Fitness Center | GR | Game Room |
| H | Hillcrest | HC | Health Center | HG | Hall Gallery | L | Library |
| MH | Meeting House | PDR | Private Dining Room | PG | Putting Green | PL | Pavilion Lounge |
| SP | Swimming Pool | WP | West Parlor | BB | Sign-up and/or Information on Bulletin Board | | |

LIBRARY NOTES

BOOKS SELECTED FOR MARCH 2020

Mystery

TRACE ELEMENTS

Donna Leon

Fiction

UNSHELTERED**

Barbara Kingsolver

AGENT RUNNING IN THE FIELD* Jean le Carré

Biography

LIFE IN A COLD CLIMATE***

Laura Thompson

U. S. History

IMPERFECT UNION

Steve Inskeep

Reference

CVM CHAPEL*

(Council Section, White binder)

Donation**MacCullough FundWagner Fund**

DVDS DONATED FOR MARCH 2020

CALL THE MIDWIFE* (8 Seasons)

STAYING ON*

The R.O.S.E. by any other name would be May

As some of you may have heard May Waldroup has stepped down as chair of the R.O.S.E.. And in doing so she has made it abundantly clear that she wants no fuss or "to do" over her decision. But, her many years of service at the R.O.S.E. cannot pass without some acknowledgment. Quite simply May has done an absolutely superb job, enabling the R.O.S.E. to be generous in its support of the Residents' Council and its activities. So, May, whether you like it or not and on behalf of everyone, we are here to offer a heartfelt "Thank you" for all you have done for so long.

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of gratitude."

A.A. Milne

Residents of the Carmel Valley Manor

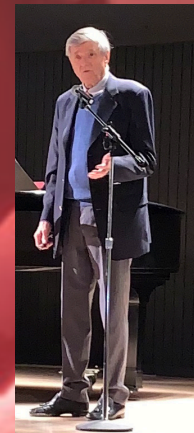
NEW BEGINNING UKULELE CLASS STARTING



We hope to find a half dozen or more new aspiring uku players. We will meet weekly for an

hour. An organizational meeting will be announced soon. If interested, please contact Steve Brooks: Tel. (626) 4736 Email uku27@me.com

REVISITING *Valentine's Day* ONE WEEK LATER



Kass Schwin Photos



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ACCENTS is published by and for the residents of
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ADDRESS SERVICE REQUESTED