



CARMEL VALLEY MA-NOR-GER-IE*

* me·nag·er·ie - a collection of wild animals kept in captivity for exhibition

We are all familiar with the many four-legged canine and feline Manor residents that can bark or purr, respectively. But are you familiar with the more-varied Manor fauna that are silent?



EVENTS

FRI AUG 9, 16, 23 EDUCATION COMM.

LECTURES – 9:30–11:30 – CR

Laura Courtney Headley returns to speak on the art, poetry, literature, and music of the Pre-Raphaelite Period.

SUN AUG 11 MOVIE – 1:30 – MH (see BB)

MON AUG 12 FITNESS CENTER OPEN HOUSE – 9–11

See details below.

WED AUG 14 ALL RESIDENTS MEETING – 10:30 – MH

WED AUG 14 MOVIE – 7:15 – MH (see BB)

THU AUG 15 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Carmel Meadows**. Sign up on BB. Mel Blevens will lead.

SUN AUG 18 MOVIE – 1:30 – MH (see BB)

SUN AUG 18 DAYTRIPPERS SUNDAY SUPPER

Il Vecchio Restaurant, in Pacific Grove, has been voted the best Italian restaurant on the Monterey Peninsula 8 years in a row. Manor Bus leaves at 4:30. See BB for details.

WED AUG 21 MOVIE – 7:15 – MH (see BB)

THU AUG 22 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Garland Park**. Sign up on BB. Jack Enbom will lead.

FITNESS CENTER OPEN HOUSE



The Manor Fitness Specialist, Matt Burke, and the Fitness Committee invite residents to an open house at the Fitness Center on Monday, August 12 between 9–11 a.m. Inspect and try out the new Hoist fitness equipment. If you have not had the opportunity to meet Matt, come

and say “Hello!” and learn how easy it is to use the new equipment safely and effectively. The new leg press and the hip-strengthening machines are very popular. Learn about other options to enhance strength, balance, and fitness. Snacks will be available. The only thing you “risk” is improving your health and your well-being. See you at the Fitness Center!

Jack Enbom, Fitness Committee Chair

HEARD IN THE COURTROOM

ATTORNEY: What was the first thing your husband said to you that morning?

WITNESS: He said, “Where am I, Cathy?”

ATTORNEY: And why did that upset you?

WITNESS: My name is Susan.

Happy Birthday

9/10	Glen R.	8/17	Ann W.
8/12	Harry H.	8/18	Sophia G.
8/15	Mary T.	8/21	Mary S.

In a small tropical country, there was a king who was adored by his people, and so they wanted to build him a castle. But they were poor people and could only afford to build it out of grass. So they worked for many weeks, and finally completed a lovely woven grass castle for him. The king was pleased.

A neighboring country, significantly richer than the first, presented a peace offering of a massive and ornate throne. The king accepted this gift graciously and was most pleased. The only trouble was, the throne was very uncomfortable. The king preferred the throne he'd sat on for many years, so he stored the massive throne in the attic. Unfortunately, it fell through the floor and killed him.



The moral of this story: *People who live in grass houses shouldn't stow thrones.*

THE RESIDENTS' WEBSITE

OUR WEBSITE HAS 40+ PAST ISSUES OF ACCENTS

If there is an article you wished you had saved, just go to the Residents' Website, click on ACCENTS, and scroll down to the issue you are looking for.

cv8545.org



CLINIC CLIPS



Annual physicals will now include a home visit by our physical therapist, Mercedes Abluton. During her visit to your unit, she will conduct a home safety assessment as well as functional testing. The aim is to identify and remedy fall hazards. Mercedes will also inspect assistive devices such as walkers, and perhaps recommend exercises to improve balance. She will schedule the visit with each resident as their annual physical approaches. Call Dana Suess x4962 or Mercedes Abluton x4988 for more information.

NEW/SOON-TO-BE RESIDENTS

John and Ann Mahoney	Kenneth Johnson & Marilyn
Roger Newell	Porter
Jerry & Diana Kitchen	Janet McDaniel
Mary Eldredge & Alik Poulou	Thomas & Sonja Hout
Frederick & Alice Glasser	Marlene Wood

ONGOING ACTIVITIES

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

MON	Chair Exercise MH	8:30-8:45AM	THUR	Chair Exercise MH	8:30-8:45AM
	Monday Morning Forum (4th) MH	10:30AM		Half-Fast Walkers	9:00AM
	Advanced Exercise MH	11:00-11:45AM		Adv. Water Exercise SP	9:30-10:15AM
	Duplicate Bridge GR	1:00PM		Games GR	1:00PM
	Dominoes GR	7:15PM	FRI	Chair Exercise MH	8:30-8:45AM
TUES	Chair Exercise MH	8:30-8:45AM		Bookmobile	12:45-1:15PM
	Council Meeting (2nd) CR	9:30AM		Every other Friday (August 9)	
	Adv. Water Exercise SP	9:30-10:15AM		Lawn Bowling PG	1:15-3:15PM
	Worship Services (1st) H	10:30AM		Yoga MH	3:00-4:00PM
	Communion Service (3rd) HC	10:30AM		Social Bridge GR	3:00PM
	Ukulele Class WP	1:00-2:00PM	SAT	Chair Exercise MH	8:30-8:45AM
	Lawn Bowling PG	1:15-3:15PM		Putting (2nd) PG	10-11:30AM
	Sing For Fun (1st) WP	2:30PM		Ice Cream Social (1st) PL	Noon
WED	Chair Exercise MH	8:30-8:45AM		Wine Dinner Group (2nd) PDR	5:30PM
	Advanced Exercise MH	11:00-11:45AM		Music on the Menu DR (August 10)	6:00-7:00PM
	Communion Service (2nd) WP	11:15AM	SUN	Movie MH	1:30PM
	Mahjong	2:00-4:00PM			
	Movie Night MH	7:15PM			

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	

DID YOU KNOW?



We all know that recycling conserves our natural resources. We have been more interested in conservation, since the photos of our blue planet came back from the moon 50 years ago, making clear the finiteness of planet Earth.

Recently, China, which was buying our recyclables, changed the parameters of what they would accept, making selling recyclables to China less profitable. This means we all need to be aware and careful to put another check on what we put in the recycle bin. Look at the posted list of what can be recycled, and, most importantly, only put clean material in the bin. A piece of recycled material with food on it will contaminate the entire load with which it is to be bundled, and the load will be discarded. Only recycle clean and dry.

Plastic bags and plastic wrapping will not be recycled. If put in with garbage, be aware that it will take thousands of years to decompose. This is why supermarkets have stopped using carry-home plastic bags. If you have any clean bags to recycle, ask at your supermarket whether they have a process in place to do this.

No shredded paper is acceptable –it jams up the machinery. Use the shred container here at the Manor for pages to be shredded. Remove any plastic from packaging, and only recycle the cardboard part of the packaging. Also, here at the Manor, place bulky items on the shelf, alongside the recycle bin.

And, finally, a rule-of-thumb phrase from early in the recycle era:

“When in doubt, throw it out.”

Selma Petker

Jack O’Neil

Our beloved pianist, Jack O’Neil, has passed away. For years, this Connecticut Yankee widower graced our Saturday evening dinners with his graceful dance music. He knew and played all of the standards from the Sinatra era. His familiar compact figure, with silver hair, white shirt, and dark tie and suit made our evenings “a night out.” Everyone enjoyed his musical gifts, especially the resident couple that he regularly enticed onto the dance floor with his rendition of *Deep Purple*. His light touch on the keyboard lingers on into the night.

Marty Rosen

How The Manor Got Its Putting Green

Once upon a time, Oh dearly beloved, a new member arrived at the Manor. He was short, wore knickers with plaid socks, and had a long bag slung over his shoulder. He spoke in a curious foreign tongue and he rrrrrolled his "r's." His name was Jock McPherson, and he came from a rocky, foggy, wind-swept land called "Pebble Beach." Jock put down his bag of clubs and spoke in a loud, demanding voice, "Aye lads and lassies, wherrre arrre the links?" And the residents were ashamed, for they had no links at all.

"Well now," said Jock, "this pitiful situation must be prrrrromptly corrected!" He then marched off, and many fell in behind. They walked north, south, east, and west, and after he concluded his inspection, this canny Scot sat down and made his plans. Soon he rose and declared, "Lads and lassies, what we have here is perrrrfect! We can easily build an eighteen-hole course, with a par 68. I shall declare my own home the 19th hole, wherrre we shall lubrrricate ourselves before, during, and after each arrrrduous game." The men (and not a few ladies) were astonished, and they rejoiced!

At once, they set out to establish the course. They dug holes and installed flags. They put one hole between the pool and the hot tub declaring them water hazards. "Aye, it will be a verrrry difficult courrrse," said Jock. "Firrrst," said he, "you must all get loud plaid socks and baggy knickers." He taught them all to yell "FOUR" when they hit the ball over building four or "TEN" when they drove through building ten (so that non-golfers would have time to hide behind chairs or under their beds).

On the inaugural day, they all stopped at Jock's before teeing off, leading to somewhat raucous behavior and erratic flights of golf balls. In fact, Oh dearly beloved, they created chaos and mayhem around, over, and under

the Manor. Glass was shattered, women screamed, dogs howled, and cats climbed trees. Through it all, Jock played his bagpipes, which wailed with loud and doleful sounds. They sliced balls into the dining room, rang the Chapel bell, and destroyed a large plate glass window on the second floor of building sixteen. The 6th hole (par 3) was played over building 12 to the green, just past building 8, and through apartments A and H.

Soon they teed off for the most difficult hole of all, requiring a mighty drive over buildings 5 and 4, surmounting the Health Center, before landing on the green behind Hillcrest (par 6). The skylights in the library were smashed, the birdbath behind Hillcrest was dumped, and, finally, on the last, magnificent 18th hole, at least twelve balls were driven with great force (and much glee) through the administrator's large office windows. "That's it!!" cried she, jumping up from writing a Board report, "This crazy game must stop!"

But, as you may have guessed, she was soon chastened by her hasty reaction. The golfers and their remorseful leader gathered for liquid consolation over a wee dram (or two) of that peat-smoked nectar of the Highlands. And it was at that exact, precise, and unambiguous moment that the administratrix raised her glass and declared, "We may not have an 18-hole golf course, but we *shall* have a really, truly, most wonderful putting green!" The room hushed and then all burst forth with joy!

It is thus, gentle readers, that after that first, last, and only game of golf, we now have our very own perrrrfect putting green, and now peace, harmony, and tranquility have returned, as it they always have and always shall, to Carmel Valley Manor.

Dick Wheat



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