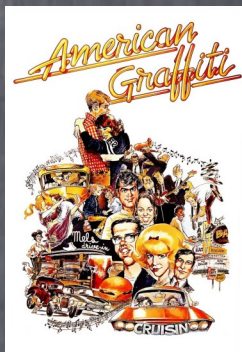


PRESENTED BY THE SPECIAL EVENTS COMMITTEE

**The Sunday Afternoon
CVM CLASSIC MOVIE FESTIVAL
October 16 to November 20
3:00 PM in the Meeting House**

Get ready for a new take on Sunday afternoons. From mid-October until the beginning of the Thanksgiving rush there will be a movie of interest to all shown in the Meeting House at 3PM. Who can resist the appeal of the cowboys in the Magnificent Seven, duelin' dudes in High Noon or Butch Cassidy and the Sundance Kid, at it again? Remember Gene Kelly tap dancing his heart out in Singin' in the Rain? American Graffiti offers us a big chunk of life cool and not so cool! Many of us will weep yet again at the conclusion of Casablanca. Fear not, we will always have Paris! Know I'll see you at the movies beginning October 16.



OCTOBER 16



OCTOBER 23



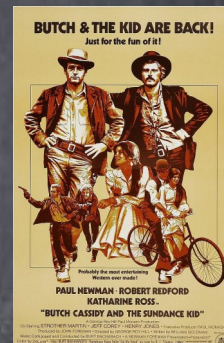
OCTOBER 30



NOVEMBER 6



NOVEMBER 13



NOVEMBER 20

EVENTS

TUE SEPT 13 MUSIC IN THE LIBRARY – 7:15

Variation on “La Ci Darum La Mano” from Mozart’s “Don Giovanni”, Horn Concerto in C minor, op. 8 Richard Strausse, Symphonie Concertane, London Symphony Orchestra Andre Previn, Conductor, The Grasshopper and the Wasp, Benjmin Britten, Pauline Oosternijk, oboe

WED SEPT 14 MOVIE – 7:15 – MH

“The Man Who Knew Infinity” Based on a true story of a young genius and his drive to show the world his talent despite his rejection and derision of his peers.

THUR SEPT 15 HALF FAST WALKERS PLAN TO WALK—10:30AM

JOIN US FOR A BAR-B-Q

All aboard for our annual Barbeque Picnic in our exclusive Big Sur Picnic area. Frank Broad will once again demonstrate his famous barbeque flipping technique that has firmly assured his place in the Guinness Book of Records and Hall of Fame in Kew Gardens, England. So sign up on the bulletin board pronto for the FREE FUN! Bus will depart promptly on Thursday, September 15 at 10:30AM from the main parking lot. We will then cruise oh so very leisurely along one of the most beautiful coastlines in North America, Excluding Texas.

Beer, soft drinks, waters and vapors, salads will accom-



pany gourmet beef or veggie burgers and premium hot dogs from Aromas. (In and Out Burgers is considering suing us for unfair competition...) So don't miss this heritage event. Your children will never forgive you. This event is hosted by Half fast Walkers who will provide no stunts. (Promise) SIGN UP NOW! We have only 28 seats in the bus, but we have the possibility of private cars joining in if there is sufficient interest on the sign up sheet.

Martin Rosen

SUN SEPT 18 DAY TRIPPERS GO TO THE BARN-YARD – 4:30

From Scratch Restaurant (as seen on National TV) at the Barnyard Center. Manor Bus leaves at 4:30PM

TUE SEPT 20 MUSIC IN THE LIBRARY – 7:15

From the Ruth and Larry Rosen Collection: Johanness Brahms, Trio No. 1 in B major, Op. 8, Trio No.2 in C major, Op. 87, Hungarian Dance No. 6, Eroca Trio.

WED SEPT 21 DAYTRIPPERS GO TO THE ZOO—

9:30

Join us on a visit to our local Wild Animal Zoo. Manor bus leaves at 9:30AM. We will have lunch at the zoo or order your own brown-bag from Helen.

WED SEPT 21 MOVIE – 7:15 – MH

“Eddie the Eagle” A British biography, sports, comedy-drama. The story of Eddie Edwards the tenacious. Underdog ski jumper who charmed the world.

THUR SEP 22 HALF FAST WALKERS PLAN TO WALK—9

Walkers will head to **Monterey Beach**. Sign up on BB. Peggy Smith will lead.

UPCOMING EVENTS

SAT OCT 8 “TEAM CV MANOR” GO TO WALK TO END ALZHEIMER—8:30

Custom House Plaza Monterey, Manor Bus leaves at 8:30AM, CV Manor T-Shirts will be provided. Pre-registration is required, register online (No fee to register) <http://act.alz.org/monterey2016>

CARMEL VALLEY MANOR

HEALTH FORUM



Committee will present the 10th Annual Health Forum in the Meeting House at 10:30 a.m. on

Wednesday, September 28, 2016. The speakers will include Dr. Paul Tocchet, Medical Director, and the health care staff: Chris Regan, RN, Connie Hays, RN, Pam Ziering, RN, Bill Zika, PhD, Mercedes Abluton, Physical Therapy, and Loy Vincent, Fitness Center. Mail box notices will be distributed announcing the Forum and will encourage the submission of questions for the Forum panel. Dick Wheat, MD, will moderate the Health Care Forum. We look forward to your attendance.

Jack Enbom

Chair Health Advisory Committee

NEW/SOON-TO-BE RESIDENTS

Virginia Von Hasseln	Zad and Laela Leavy
Murray and Rena Yeomans	William and Julie Obering
Charles Bancroft	Claude “Skip” & Joan Keyzers
Jean Brenner	Leslie Geyer

Happy Birthday

9/9	Marty R.	9/16	Betty B.
9/10	Carolyn S.	9/16	Jitka E.
9/11	Diane N.	9/19	Lois K.
9/13	Elsa K.	9/21	Lee C.
9/15	Betty Y.	9/22	Liz S.

ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*
(C 8-9 Residents' Handbook)

<u>MON</u>	Chair Exercise MH	8:30-8:45AM	<u>THUR</u>	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		Table Tennis MH	1:15-3:15PM
	Dominoes GR	7:15PM		Bingo (2nd & 4rd) GR	7:15PM
<u>TUES</u>	Chair Exercise MH	8:30-8:45AM	<u>FRI</u>	Chair Exercise MH	8:30-8:45AM
	Council Meeting (2nd) CR	9:30AM		Balance and Stretch MH	9:15-9:45AM
	Adv. Water Exercise SP	9:30-10:15AM		Strength Circuit Training FC	11:00-11:45AM
	Worship Services (1st) H	10:30AM		Bookmobile	12:45-1:15PM
	Communion Service (3rd) HC	10:30AM		(Every other Friday from September 9)	
	Lawn Bowling PG	1:15-3:15PM		Lawn Bowling PG	1:15-3:15PM
	Sing For Fun (1st & 3rd) WP	2:30PM		Social Bridge GR	7:15PM
	Music In The Library L	7:15PM	<u>SAT</u>	Chair Exercise MH	8:30-8:45AM
<u>WED</u>	Chair Exercise MH	8:30-8:45AM		Adv. Water Exercise SP	9:30-10:15AM
	Balance and Stretch MH	9:15-9:45AM		Putting (2nd) PG	10-11:30AM
	Java w/Jane (3rd) (9/21)PL	9:30AM		Wine Dinner Group (2nd) PDR	5:30PM
	Advanced Exercise MH	11:00-11:45AM		Music on the Menu DR. (Sept. 17)	5:30-7:15PM
	Strength Circuit Training FC	11:00-11:45AM			
	Communion Service (3rd) WP	11:15AM			
	Movie Night(1st, 2nd, 3rd & 4th)MH	7:15PM			

LOCATION LEGEND

CR Conference Room(s) DR Dining Room 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



Murray and Rena Yeomans

The Yeomans' cute rescue dog, Twilight met me at the door. Unfortunately, I was unable to interview her.

Tena was born in Chicago but moved to Iroquois, Ontario, Canada when she was three. At age 6 she moved to Kansas City, Mo. Where she staid until age 14. When she then moved to Peoria, her next door neighbor was none other than Murray. As they say, the rest is history. Two days after both graduating from Miami University in Ohio, they marred. Murry then became a Marine and spent one year in Quantico and one year at Pendleton.

When Murray returned to Peoria, Rena spent a year working for him doing advertising work. After that, she

devoted her time to raising two sons. She was a loyal member of an Aerobics Dance Group. Her fine needle-work is displayed on the walls of their unit. She taught Sunday School. When Murray traveled for business, Rena often went along and served as hostess for meetings.

Rena and Murray's two sons live in Michigan and in Chicago. Two of her grandsons have expressed an interest in living in California; hopefully near Carmel. Murray was born in Philadelphia and moved to St. Louis when he was 10. his father was one of the first people to work for Motorola. His father bought a Motorola distributorship in Peoria and the family moved there. After Marines, Murray took over the business. He realized that Motorola had a limited life and he expanded the successful business to include many other products. In 1996 he retired and sold the business to his employees.

While Murray was in Peoria he was on many Boards. They were both charitable and business Boards. Murray loves to play golf, and after moving to Carmel he joined three different golf clubs.

Please Welcome Rena and Murray to the Manor!

Kay Enbom

INFLUENZA/IMMUNIZATION CLINICS

Clinics have been scheduled as follows:

Tuesday October 4, 1-3PM

Wednesday October 5, 10AM-12 Noon

Wednesday October 12, 10AM-12 Noon

Thursday October 13, 1-3PM

Central Avenue Pharmacy will be administering the immunization(s) you have chosen to have. When you schedule your appointment (4962) please indicate which vaccines you want to receive. There will also be a choice of three (3) Flu vaccines this year;

- Trivalent
- Quadrivalent
- High Dose

Please check with your doctor for his/her recommendations as to which one you need to have. It is possible to have multiple vaccines at the same time. Medicare covers the Pneumonia and Influenza vaccines. If you are receiving a tetanus vaccine or Zostavax (Shingles), you will need to bring your checkbook to cover your Medicare Part D copay.

INSURANCE INFORMATION

The

open enrollment period for insurance is upon us. During October through December you may choose to change insurance plans. If you do change any part of your insurance plan, you must make sure that Gina, in the business office has all of your new insurance information which will include making a copy of the new insurance card(s). It is important for Carmel Valley Manor to have this information so that you are not improperly billed for medications or care. It is your responsibility to provide this information.

Your Part D Plan needs to be reviewed annually to make sure you are receiving the best insurance for the drugs you take. CAP Pharmacy has offered to come to Carmel Valley Manor to check your medications against the 27 drug plans available to help you decide. Please call the clinic if you are interested in this service. No date has been chosen yet.

Connie Hays



Clinic Clips



Labor Day Putting

Twenty-one putters, 8 women and 13 men, participated in the Labor Day morning putting event. Diane Nelson and Madeleine Wood tied with scores of 39 and Diane won in a putt off on the second hole. Billie Musante was third with a 40. Two men, Dick Heuer and Jack Enbom also tied with 35 each and Dick won with a one-putt on the second playoff hole. Jim Vorhes was third with 36 putts.

Linda Page had three aces (one putt), Madeleine Wood two and Billie Musante had one. Dick Heuer and Curt Hussey each had three aces while Jack Enbom, Jack Davis, and Jack Richter had two aces, and Jim Vorhes, Bob Evans, and Mike Smith had one each.

The Women's Long Putt was won by Kay Enbom with a putt 22 inches from the pin and Jack Davis won the Men's Long Putt at 8 inches from the pin. We thank the participants and audience for cheering them on.

Jack Enbom, Sports and Games Putting

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