FORTNIGHTLY PUBLICATION - AUG 24 - SEP 6, 2018

Monday, September 3rd

Our gala Labor Day festívítíes will feature a Mexican Fíesta with mariachís!

Schedule:

Carmel Valley Manor

life Care Retirement

9:30	Putting contest
10:00	Margaritas will be served
10:30	Mariachi Tapatio San José
11:30	Mexican lunch buffet
1:15	Bridge in the Game Room
3:30	Movie – <i>RBG</i>
An intimate menturit of an amlilate mede	stow Surveys Court Justice Duth Deday

An intimate portrait of an unlikely rock star: Supreme Court Justice Ruth Bader Ginsburg.





EVENTS

SUN AUG 26 DAYTRIPPERS HEAD TO THE THE-ATER – 1

Million Dollar Quartet tells of a historic quartet - Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins - brought together by an extraordinary twist of fate. This Tony Award-winning musical brings that occasion to life with an irresistible tale of secrets, betrayal, and celebrations that is both poignant and funny. The score includes "Blue Suede Shoes," "Fever," "Walk the Line," "Great Balls of Fire," "Folsom Prison Blues," "Hound Dog," and many more. Make checks for \$27.20 payable to CVMDT. Sign up on BB. Manor Bus leaves at 1 for Golden Bough performance at 2. Mary Krecki, 4770 **SUN AUG 26 MOVIE – 1:30 – MH**

Amistad, starring Morgan Freeman, Anthony Hopkins, and Matthew McConaughey, is a 1997 film directed by Steven Spielberg. It is based on the true story of the events in 1839 aboard the slave ship *La Amistad*, during which Africans abducted for the slave trade managed to gain control of their captors' ship off the coast of Cuba. An international legal battle followed their capture, and the case was ultimately resolved by the U.S. Supreme Court in 1841.

MON AUG 27 MONDAY MORNING FORUM – 10:30 – MH

Margaret White, Senior Staff Advisor of *No Labels*, will tell us of her exciting organization whose purpose is to organize and empower the political center of Congressional leadership. In a FIRST for the Manor, we will see our DC-based speaker on the big screen, and she will see us, as well.

WED AUG 29 HEALTH ADVISORY COMM. – 10:30 – MH

Dr. James Gilbert, ObGyn, will talk on Urinary Tract Infections.

<u>WED AUG 29</u> <u>MOVIE – 7:15 – MH</u>

Under the Same Moon puts a human face on the dilemma of illegal immigrants living and working in the USA. THU AUG 30 HALF-FAST WALKERS PLAN TO

WALK – 9

Walkers will head for **Jacks Peak.** Sign up on BB. Jim Riesenfeld will lead.

FRI AUG 31 MANOR PLAYERS PERFORM VAUDEVILLE – 7:15 - MH

By popular demand, the Manor Players return for a raucous reprise of the days of vaudeville. Not to be missed! SUN SEP 2 MOVIE – 1:30 – MH

Castaway When FedEx employee Chuck Noland's plane crashes, he ends up on a deserted island for four years. Stars Tom Hanks.

<u>WED SEP 5</u> <u>MOVIE – 7:15 – MH</u>

The Rider, based on a true story, is a contemporary Western drama that tells the story of a once-rising star of the rodeo circuit who finds his days of competitive riding over after a tragic accident. Rated 97% on the

"Tomatometer" and called by a critic one of the best movies of the year.

THU SEP 6 HALF-FAST WALKERS PLAN TO

<u>WALK – 9</u>

Walkers will head for **Garland Park.** Sign up on BB. Mike Smith will lead.

<u>SUN SEP 9</u> <u>MOVIE – 1:30 – MH</u>

Mr. Deeds Goes to Town A snappy plot about a simple man made suddenly rich features a strong performance by Gary Cooper. It is a wonderful classic.

This Side of Heaven

I must have done something right! Deciding to apply for admission to the Manor was the best decision I ever made.

How blessed can one be? Usually being single means being lonely. I never feel this way. I have made so many wonderful friends who have become family to me, and I love them more and more every day.

Every resident can live the life he wishes. If he desires privacy or a more social network, it is his decision. When you are engaged with others, however, it makes for a happier life and a fine way to spend the rest of your life.

There are so many activities and events to engage in, for instance educational classes, musical performances, games, and so much more. At times my calendar is full to overflowing. The residents themselves work on many committees and enjoy being active.

So, prospective retirees, "Come to the Manor!"

Norma McAravy The Manor Writers' Group

	NFW/SOON TO I	E DE	SIDENTS			
NEW/SOON-TO-E Claude"Skip" & Joan Keyzers Selma Petker Diane Greenlee Charles and Leslie Snorf Paula Albert Bill Schueler and Susan Nycum		Tom and Sue Masters John and Ann Mahoney Bruce and Harriet Newell Susan DuCoeur Aliceon Jones				
	Happy B	irthd	av			
8/24	Otto N.	8/29	Will F.			
8/25	Char M.	8/30	Woody B.			
8/25	Jeanette D.	9/1	Ned D.			
8/27	Peggy S.	9/3	Dot W.			
8/28	Rena Y.	9/4	Jim V.			
8/29	Lynn K.					
IN MEMORIAM 8/21 Richards "Dick" Heuer						

ONGOING ACTIVITIES

UNGUING ACTIVITIES							
See also <i>Master Schedule of Ongoing Activities</i> (C 10,11 Residents' Handbook)							
ΜΟΝ	Chair Exercise MH		esidents		8:30-8:45AM		
	Monday Morning Forum (4th) MH			Half-Fast Walkers	9:00AM		
		11:00-11:45AM		Adv. Water Exercise SP	9:30-10:15AM		
	Duplicate Bridge GR	1:00PM		Games GR	7:00PM		
	Dominoes GR		FRI	Chair Exercise MH	8:30-8:45AM		
TUES	Chair Exercise MH	8:30-8:45AM	<u></u>	Balance and Stretch MH	9:15-9:45AM		
	Council Meeting (2nd) CR	9:30AM		Strength Circuit Training FC	11:00-11:45AM		
	Adv. Water Exercise SP	9:30-10:15AM		Bookmobile	12:45-1:15PM		
	Worship Services (1st) H	10:30AM		(Every other Friday from August			
	Communion Service (3rd) HC	10:30AM		Lawn Bowling PG	1:15-3:15PM		
	Lawn Bowling PG	1:15-3:15PM		Social Bridge GR	7:15PM		
	Sing For Fun (1st) WP		SAT	Chair Exercise MH	8:30-8:45AM		
WED		8:30-8:45AM	<u></u>	Putting (2nd) PG	10-11:30AM		
	Balance and Stretch MH	9:15-9:45AM		Wine Dinner Group (2nd) PDR	5:30PM		
		11:00-11:45AM		Music on the Menu DR. (Aug 25)			
			SUN	Classic Movie MH	1:30PM		
	Communion Service (2nd) WP	11:15AM	<u></u>				
	Movie Night MH	7:15PM		ION LEGEND			
	•		LUCAI		D		
	CR Conference Room(s)DR H Hillcrest HC	Health Center	•	FC Fitness Center GR Game HG Hall Gallery L Libra			
					ion Lounge		
	will wrecting nouse i DR						
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New Art Exhibit Opens in the Hall Gallery

Manor artist Madeleine Wood will display a retrospective of her paintings from the past 20 years in a show that opens on August 27 and will run for 2 months. The show will include watercolor and oil paintings painted in *plein air* (outdoors from life). Madeleine is an award-winning artist with a long career in the arts.

The Manor's Culture

Why am I happy at the Manor? At first I didn't know if I would be. I lived in what was to me a charming New England cottage in New Haven, Connecticut. I was about to become eighty years of age and thought it would be wise to look at retirement communities,

This I did. The communities in my area were demoralizing. They were all high-rises with little old ladies like me hovering around the front door with their walkers.

By chance, I came out to visit an old friend in Carmel who had just moved into an apartment at the Manor. I went to see the Manor with her and was enchanted by the many flowers in bloom. Everyone had he own front door and many had their own private garden. It was delightful, just what I wanted, but it was not in my neighborhood.

After six months of dithering, I got up my courage, grabbed my little dog, and leapt across the country to the Manor.

Moving in was fun! I love decorating and all that kind of thing. The people who worked here and helped me put my apartment together were wonderful beyond belief. They clearly liked old people and wanted to make my living conditions good for me and make me happy. To have someone available all the time to fix my television or hang a picture was a new and fortuitous situation.

At first, if someone hadn't invited me to join them for dinner, I took the takeout option - a nice choice. Then I discovered the informal dining room. Everyone just came in and sat down at any empty seat so you didn't feel like you were intruding. There are many interesting people here, and it was great fun getting to know them.

A few months after arriving, I was driving down the road when I realized I was singing. I was happy. I was here to stay.

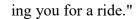
> Sally Viscount The Manor Writers' Group

If you plan to fly, you may hear something like this: "To operate your seat belt, insert the metal tab into the buckle and pull tight. It works just like every other seat belt; and, if you don't know how to operate one, you probably shouldn't be out in public unsupervised."

"In the event of a sudden loss of cabin pressure, masks will descend from the ceiling. Stop screaming, grab the mask, and pull it over your face. If you have a small child traveling with you, secure your mask before assisting with his. If you are traveling with more than one small child, pick your favorite."

"Your seat cushions can be used for flotation; and in the event of an emergency water landing, please paddle to shore and take them with our compliments."

"Thank you for flying ______Airlnes. We hope you enjoyed giving us the business as much as we enjoyed tak-



Just after a very hard landing, a flight attendant came on the intercom and said,

"That was quite a bump and I know what y'all are thinking. I'm here to tell you it wasn't the airline's fault; it wasn't the pilot's fault; it wasn't the flight attendant's fault; it was the asphalt."





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