

Seaside Insider

APRIL 2024



Community Garden Club

Tuesdays, 10:15 – 11:15 a.m., Free with Monthly Registration

Club members will work with Master Gardener, Jano Nightingale, to plant and care for the Senior Center raised garden bed. Please bring your own tools.

Conscious Awareness

Tuesday, Apr. 23, 2 p.m. – 3:30 p.m., Free with monthly registration

Bring inner peace, joy, and love into your daily life through meditations, discussions, and laughter. This class meets the 4th Tuesday every month.

Mindfulness: Movement and Meditation

NEW Mondays, Apr. 8 – June 10, 9 – 10:30 a.m., Free with registration

All experience levels are welcome as we use gentle movement and guided meditation to increase joy and freedom despite pain and difficulty. Class will begin with an introduction to basic topics, guided meditation practice, and time for discussion. Yoga mats and chairs provided, please bring pillows or meditation cushion. Registration required, drop-ins welcome to join. **(no class 5/6 and 5/27)**

Alignment Qigong: Mind, Body, Nature

Wednesdays, April 3 – 24, 9:45–11:15 a.m., \$81

Sacred Alchemical Steps to the Fusion of the 5 Qi: Step into the spiraling energetics of the Fusion of the 5 Qi creating a powerful inner alchemical experience. The Six Healing Sounds practice is reviewed as being integrated into this Qigong form.

Creative Cuisine

Monday, Apr. 22, 2–4 p.m., \$10, Pre-registration Required to ensure enough supplies are available

This series will explore all things related to cuisine. Each class will have a different theme, so let's get creative in the kitchen and have some fun! Doors open at 1:45p.m.



Carlsbad Cruisers

Tuesdays & Thursdays, 9–10:15 a.m. Free with Registration

Join us for a morning walk in Carlsbad's beautiful natural scenery. Walks alternate between Calavera Hills and The Village. Dogs, strollers, family, and friends welcome.

Top 6 Ways to Reduce Chronic Stress

Thursday, April 25, 11a.m. – 12 p.m., Free, Drop-in

Did you know that lingering stress speeds up the aging process? Join Sherri in this interactive workshop as she shares the most common causes of stress, how it affects your mental and physical health, and how you can use 6 practical strategies to alleviate chronic stress and experience a more joyful – and longer – life.



Carlsbad Newcomers Coffee Meeting

1st Wednesdays, 9:45 – 11:30 a.m., Free, Drop-in

Monthly Coffee Meeting that is open to the public and include an educational presentation, activity announcements, and notice of local events.

Creative Crafting

1st & 3rd Fridays, 1 – 3 p.m., Free with Registration

April 5: Crepe Paper Flowers

April 19: Paper Collage Rooster

This craft class has students turning everyday 'throw away' items into works of art they can be proud of. New project every time. All materials provided.



Community Friendship Builders

2nd & 4th Fridays, 11 a.m. – 12 p.m., Free with Registration or Drop-in OK

Join us to meet new people, talk and laugh. Facilitated discussions and activities can open-up a fun and interesting new world for you! Just as importantly, you can open-up a new world for others.

Bingo

Tuesdays, 12:15 – 4 p.m., \$1.50 – \$8 packs, Drop-in

New power play machine offers bingo at its best! Bring your own daubers. Water and light snacks only.

12:15 - 1p.m.: Game packet sales

1:15–4pm: Play time (10 games total)

Half pack: \$4

Full pack: \$8

Speedies: \$1.50 (5 games)

Brain Excel Neuro Feedback

Wednesday, April 10, 11 – 12 p.m., Free, Drop-in

Brain Excel is a full-service brain fitness center that uses a combination of assessments to assist individuals who wish to retain the health and function of their brain. Join founder Elia Nikolaev to learn more about maintaining brain and cognitive health!

Fun with Rock Painting

2nd Fridays, 1 – 3 p.m., \$5

Instructor Lee Cuthbert provides step-by-step instructions on creating a rock painting with acrylic paint. Supplies included.

Digital Photo & Tech Classes

3rd & 4th Wednesdays, 2–3:15 p.m., Hybrid, Free with Registration

Apr. 17: Comparing Mapping Apps – Part 1

Google Maps, Apple Maps or Waze – which mapping app is best for you? Our instructor, Mike McMahon, will cover the basics of each of these amazing apps in this Part 1 class. Even if you use one or more of these apps now, you are sure to pick up a few handy tips. Both iPhone and Android smartphone users will find this class informative and fun.

Apr. 24: Comparing mapping Apps – Part 2

We will take a deeper dive into three amazing mapping apps – Google Maps, Apple Maps, and Waze in this class. Our instructor, Mike McMahon, will discuss some of the advanced features that set these apps apart from each other. Use of the apps for trip planning will be discussed, including mapping apps while traveling in Airplane mode. We will survey the audience for tips and tricks that folks have found especially helpful. Come join the learning and the fun.

My Kids Don't Want My Stuff, What Now?

Tuesday, April 2, 11 a.m.–12 p.m., Free, Drop-in

In a time where we can really see the shifts in generations, it's becoming increasingly more difficult to sell, donate, and gift the significant items in your life. Learn from Jami Shapiro how you can get a "yes" from your family and what the options are when it comes to selling and donating the rest.

The Basics of Parkinsons Disease

Tuesday, Apr. 16, 11 a.m. – 12 p.m., Free, Drop-in

Know someone with Parkinson's? This workshop will help you better understand what they're going through and ways you can support them. This is not some complicated medical seminar full of jargon. We will focus on practical issues that anyone can understand and apply.

Yoga with Cynthia

Chair Yoga

Thursdays, April 4 – 25, 3 – 4 p.m., \$51

Build strength and stamina, improve flexibility and learn to harmonize all the levels of your life. This gentle class will teach you how to incorporate the healing power of deep breathing into all of your movements.

Gentle Yoga

Mondays, April 8 – May 13, 3 – 4 p.m., \$77

Lift your spirit with this gentle, yet strengthening, yoga class. You will learn a flow of postures designed to enhance flexibility and improve balance as muscles, bones, and joints get stronger. Deep breathing will relax and rejuvenate you, harmonizing body, mind, and spirit.

Physical Therapy with Tracey

Balance & Mobility

Tuesdays, April 9 – 30, 9–10 a.m., \$70

This class will focus on balance principles, postural awareness, strength, confidence, and strategies to reduce the risk of falling.

Therapeutic Pilates

Thursdays, April 11 – 25, 9–10 a.m., \$70

This class will focus on the foundational Pilates principles, modifications, alignment, core strength and connecting the mind and body.

Coming Soon: Therapeutic Strengthening with Tracey, Thursdays, 10:15 – 11:15 a.m.

Zumba Gold® with Saleemah

24K Gold

Wednesdays, April 3 – 24, 9:30 – 10:30 a.m., \$35

Cha-cha, merengue, and salsa will get you moving your feet, clapping your hands, shaking your hips, and having so much fun you'll forget you're exercising!

Toning

Mondays, April 1 – 29, 9:30 – 10:30 a.m., \$58

All the Latin and International rhythms you love with the added benefits of focused strength training!

Seated

Wednesdays, April 3 – 24, 11 a.m. – 12 p.m., \$28

Designed to provide safe and fun movement for everyone and everybody.

Yoga with Joanne

Restorative Yoga

Mondays, April 1 – 29, 11 a.m. – 12 p.m., \$70

Class will begin with a breathing meditation and move into gentle Restorative poses. This class is for all levels and introduces the benefits for each pose.

Yin Yoga

Thursdays, April 4 – 25, 11 a.m. – 12:15 p.m., \$56

Yin poses are held for 2–5 minutes each and are designed to relax targeted areas, stimulate the dense connective tissue, and promote vitality and resilience.

Silver Paddles Pickleball

Level I

Thursdays, April 4 – 25, 9 – 10:30 a.m.

& 10:30 a.m. – 12 p.m., \$70

Level II

Thursdays, April 4 – 25, 12 – 1:30 p.m., \$70

This is a high energy workout that focuses on fast ball rallies and advanced strategies.

Fundamentals of Drawing & Painting

Tuesday, April 2 – 23, 12:30 p.m. – 3 p.m., \$99

Rediscover the FUN and joy of drawing and painting again with Artist Liz Kile! We'll take a multimedia approach with variety of water-based mediums as you experience the joy of creating Art.

Ceramics

Beginner

Wednesdays, April 3 – 24, 9:30 a.m. – 12:30 p.m., \$76

Classes include detailed instruction and demonstrations followed by guided studio time where students will create individual pieces using multiple hand building techniques. \$70 materials fee due to the instructor.

Intermediate

Thursdays, April 4 – 25, 9:30 a.m. – 12:30 p.m., \$64

Instruction with guided studio time that focuses on expanding knowledge and perfecting hand building techniques. \$70 materials fee due to the instructor.

Glaze Clinic

Thursdays, April 4 – 25, 12:30 – 3:30 p.m., \$35

Come glaze and fire your previously constructed pieces! No experience required. Painting materials available for purchase. Fee goes towards instructor guidance and use of kiln.

April 2024

Activity Calendar

CARLSBAD SENIOR CENTER | 799 Pine Avenue | 442-339-2650
<https://www.carlsbadca.gov/departments/parks-recreation/adults-50>

Center Hours: MON – FRI: 8a.m. – 5p.m. SAT: 9a.m. – 12p.m.
Lunchroom Hours: MON – FRI: 11a.m.–1p.m., Lunch served at 12p.m.

All programs require pre-registration or sign-in upon arrival

†Fee-based Session start-dates Special Events

WEEKLY	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
	9–11	Carlsbad Ukulele Strummers	106	9–10	†Balance & Mobility 4/9	111	9:30–10:30	†24K Zumba Gold® 4/3	111	9–10	†Therapeutic Pilates 4/11	111	9–12	Writers’ Bloc	118
	9–10:30	Mindfulness: Movement & Meditation 4/8	107	9–10:15	Carlsbad Cruisers	offsite	9:30–12:30	†Beg. Ceramics 4/3	106	9–10:15	Carlsbad Cruisers	offsite	9–12	The Art Group (TAG)	106
	9:30–10:30	†Zumba Gold® Toning 4/1	111	9–11	Needlecraft	106	9:45–11:15	†Alignment Qigong: Six Healing Sounds 4/3	107	9–10:30	†Pickleball – Level I 4/4	PACC	12:30–4	Duplicate Bridge	AUD
	9:30–11	High Beginner Line Dance	AUD	10–11	Community Garden Club 4/2	PARK	11–12	†Seated Zumba Gold® 4/3	111	9–11:30	†Int./Adv. Watercolor 4/18	AUD	12:45–2:30	Adv. Hawaiian Dance	107
	11–12	†Restorative Yoga 4/1	107	10:30–1:30	Improver/Int. Line Dance	107	12:15–1:15	Beg. Hawaiian Dance	107	9:30–12:30	†Int. Ceramics 4/4	106	1–4	Ping Pong	111
	11–12:15	Beginner Line Dance	AUD	10:30–12:30	†Let’s Paint Like Impressionists 4/23	116	1–4	Sewing & Quilting Group	118	10:30–12	†Pickleball – Level I 4/4	PACC			
	3–4	†Gentle Yoga 4/8	107	12:15–4	Bingo	AUD	1–4	Ceramics Club	106	11–12:15	†Yin Yoga 4/4	107			
				12:30–3	†Drawing & Painting 4/2	106	1:30–3	Seaside Singers	AUD	12–1:30	†Pickleball – Level II 4/4	PACC			
				12–2	†Back to Basics Fitness Room		1:30–4	Int. Hawaiian Dance	107	12:30–3:30	†Ceramics Glaze Clinic 4/4	106			
				1–3	Writing Our Lives	118				3–4	†Chair Yoga 4/4	107			
				1–4	Ping Pong	111									
				1–4	Chess	115									
<div><div>SATURDAYS</div><div>†Fitness Room & Library Saturdays, 9 a.m.–12 p.m., Drop-in, Membership required Billiards Room & Ping Pong Saturdays, 9:15–11:45 a.m., Drop-in, Free Ask a Student 2nd Saturday, Apr. 13, 10 a.m.–12 p.m., Drop-in, Free, @Pine Avenue Community Center</div></div>															
1				2	8:30–3 AARP Tax-Aide	116	3	9:45–11:30 Carlsbad Newcomers	AUD	4	8:30–3 AARP Tax-Aide	116	5	9–10:30 Int. Ukulele Jam	111
					11–12 My Kids Don’t Want My Stuff, What Now?	111					9:30–2 †Excursion: Camp Pendleton	115		1–3 Creative Crafting: Crepe Paper Flower	106
											1–4 Canasta				
8	12:30–1:30 Concert: Adrienne Nims			9	8:30–3 AARP Tax-Aide	116	10	11–12 Brain Excel Neuro Feedback	116	11	8:30–3 AARP Tax-Aide	116	12	10:30–12 Stamp Collectors	115
	1–3 Canasta – Hand & Foot	118									12:30–2:30 Threshold Choir	118		11–12 Community Friendship Builders	111
											1–3 Movie: Wedding Crashers	AUD		†Rock Painting	106
														1–4 Bunco	115
15	3–4:30 The Birth of Impressionism	AUD/Z		16	9–12 Ask the Attorney	119	17	2–3:15 Digital Photo & Tech: Comparing Mapping Apps – Part 1	111/Z	18	1–3 Broadway Film: Love Never Dies	AUD	19	9–10:30 Int. Ukulele Jam	111
					11–12 Successful Aging in Place: Basics of Parkinson’s Disease	111								1–3 Creative Crafting: Paper Collage Rooster	106
														1–4 Canasta	115
22	1–3 Canasta – Hand & Foot	118		23	2–3:30 Conscious Awareness	116	24	2–3:15 Digital Photo & Tech: Comparing Mapping Apps – Part 2	111/Z	25	11–12 Top 6 Ways to Reduce Chronic Stress	111	26	11–12 Community Friendship Builders	111
	2–4 †Creative Cuisine: Charcuterie Board	DR									12:30–2:30 Threshold Choir	118		1–2:30 Book Club	118
29				30											



Lunch served Monday – Friday, promptly at 12p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Posole W/ Hominy Shredded Cabbage, Cilantro, Radishes Zucchini & Corn Mixed Rice Mandarin Oranges	2 Texas BBQ Beef Sweet Potatoes Cabbage Salad WW Bread Apple	3 Curry Chicken Mixed Rice Pilaf Broccoli Normandy Cucumber Salad Pineapple	4 Meat & Cheese Lasagna Marinara Sauce Chickpea Tomato Stew Spinach Peaches WW Garlic Breadsticks	5 Tilapia Provençal W/ Tomatoes, Red Peppers, Olives Quinoa Pilaf Broccoli Applesauce
8 Chicken Marsala Mixed Rice Collard Greens W/Bacon Fruit Cocktail 	9 Beef Stew W/ Carrots, Celery & Onion Parsley Potatoes Peas & Carrots Whole Wheat Bread Apple	10 Chicken Cordon Bleu* Potatoes Gratin Manhattan Blend WG Bread Mixed Bean Salad Banana	11 Pork Zurichoise Mushroom Cream Sauce 51% WG Noodles Sauteed Cabbage Pineapple	12 Vegetarian Chili Cheese Mixed Rice Broccoli Peaches
15 Pasta Primavera With Lemon Chicken Mixed Pasta Tossed W/ Broccoli, Carrots, Squash, Red Peppers, Tomatoes, Fresh Parsley Chickpea Salad Apple	16 Pork Loin W/ Apple Chutney Sweet Potatoes Italian Vegetables WW Bread Applesauce	17 Turkish Spiced Meatballs Tzatziki Ratatouille Eggplant, Zucchini & Tomato Tomato Cucumber Salad Whole Wheat Pita Orange	18 Thai Chicken Salad W/ Red Peppers, Carrots, Scallions, Cucumbers, Chopped Romaine Sesame 51% WG Noodles Pineapple	19 French Dip* Au Jus Garlic & Herb Roasted Potatoes Broccoli Salad Whole Wheat Roll Banana 
22 Korean Beef W/ Ginger, Scallions, Carrots, Bean Sprouts, Cabbage Mixed Rice Stir Fry Blend Mandarins	23 BBQ Pork Sandwich White Wheat Roll Potatoes Gratin Mixed Vegetables Apple	24 Seafood Newburg Surimi Crab & Bay Shrimp 51% WG Pasta Spinach Spring Mix Salad Peaches	25 Meatloaf Beef & Pork Mashed Potatoes, Gravy Peas & Carrots Whole Wheat Bread Banana	26 Margarita Chicken Mixed Mexican Rice Corn & Black Beans Orange
29 Chicken w/ Brandied Tomato Cream Sauce WG Pasta Green Beans Mandarins	30 Italian Lentil Stew with Turkey Mixed Vegetables Mixed Rice Cantaloupe	1% Milk Served Daily *Denotes Meal ≥ 1000 Mg Sodium WW = Whole Wheat WG = Whole Grain		



Home Delivered Meals
Follow One Business Day

Congregate Lunch Service

- Nutritious lunch is offered weekdays for older adults aged 60 and above. First time attendees must fill out a San Diego County Intake form.
60+ years: \$3.50 suggested contribution
Guests 50-59 years: \$5 fee
Guests under 50 years: \$5 fee and must be accompanied by a senior 60+
- Meals are served promptly at 12p.m. and drink service is available at 11 a.m. for those who wish to arrive early and socialize. Please keep in mind the kitchen closes at 12:45p.m. and the dining room closes at 1p.m.
- Attendees may bring their leftovers home in their own container. Carlsbad Senior Center does not provide disposable containers or to-go meal service.
- No outside food is permitted at lunch service, per San Diego County Health Code.

Home Meal Delivery Service

- Qualifying Carlsbad residents aged 60 and above can register to have a healthy meal delivered to their home weekdays between 10a.m. – 1p.m. There is a **suggested contribution of \$5 per meal.**
- To qualify, the participant must be homebound and incapable of doing two of the following on their own: eating, dressing, bathing, toileting, walking or transferring in and out of bed.
- No eligible person shall be denied a meal because of failure or inability to contribute. This program is federally funded from the Older American’s Act, Aging and Independence Service, the City of Carlsbad and donations.

Transportation Service

- Transportation services available to Carlsbad residents 60 and above who do not have a driver’s license. Advanced registration and approval required. *Participants must be ambulatory.*
- Transportation to/from our congregate lunch program is available Monday–Friday. There is a **suggested contribution of \$4 per roundtrip.**
- Shopping options are available for registered participants on Wednesdays after congregate lunch and late departures are available after special events. Monthly schedule available upon request.
- Transportation to medical appointments is available Monday – Friday, starting after 1:30 p.m. and ending by 4 p.m. **There is a \$5 fee for this service.**

Carlsbad Contacts

Carlsbad Senior Center: front desk	442-339-2650 x0
City Hall.....	442-339-2820
Facility Reservations: carlsbadconnect.org	442-339-2510
Fire Department (Non-emergency)	442-339-2141
Libraries	442-339-2049
Pine Avenue Community Center	442-339-5022
Police (Non-emergency) and You Are Not Alone Program (YANA):	442-339-2100
San Diego County: Aging & Independence Services.....	800-339-4661

Ask a Student

Saturday, April 13, 10 a.m.–12 p.m., Free, Drop-in

Join local students at Pine Community Center for one-on-one assistance with your tech questions. Students can help with phone and computer basics such as pairing a Bluetooth device, changing your call or email settings, sending photos, and more. Assistance is limited to 20 minutes per person. If you are unsure if your questions can be answered by our student volunteers, please call ahead!



Concert in the Courtyard:

Adrienne Nims

Monday, April 8, 12:30 – 1:30 p.m., Free, Drop-in

Welcome back Adrienne Nims who will take you on a musical journey with lush sensual harmonies, mystical melodies, and global rhythms.

Adrienne's music, performed on flutes and saxophones is elegant, earthy, and multidimensional, combining jazz, Latin, pop, rock, and R&B and many different styles from around the globe.

Billiards Room

Monday – Friday 8:15 a.m. – 4:45 p.m.

Saturdays 9:15 – 11:45 a.m.

The Senior Center billiards room is available for adults age 50+ and features two billiards tables. Pool ball sets can be checked out at the front desk.

Fitness Room

Monday – Friday, 8 a.m. – 5 p.m.

Saturdays, 9 a.m. – 12 p.m.

Features treadmills, bikes, free weights, and circuit training machines. Prices vary, starting at \$4/day.

Back to Basics with Vince

Tuesdays, 12 – 2 p.m., Drop-in

Free with Fitness Room membership or day pass

Learn how to use our fitness room equipment and the basics of senior focused nutrition and exercise! Volunteer instructor Vince will work with you in a group setting to exceed your personal fitness goals.

Senior Excursion: Camp Pendleton

Mechanized Museum & Ranch Tour

Thursday, April 4, 9:30 a.m. – 2 p.m., \$10, Sold Out

Join us for a docent lead tour of the Ranch House and Mechanized Museum located on Camp Pendleton.



150th Anniversary of Impressionism

Local oil painter, Leigh Cohn, is conducting a series of events celebrating the beginning of Impressionism 150 years ago in 1874. The workshops, lectures, and classes will be featured throughout 2024.

The Birth of Impressionism

Monday, April 15, 3 p.m.–4:30 p.m., Hybrid, Free with registration

You're invited to a birthday party and lecture celebrating the 150th Anniversary of the Birth of Impressionism. Carlsbad oil painter and instructor, Leigh Cohn, will share the history, personalities, and colorful stories about this popular art movement. Cake and coffee included!

Let's Paint like Impressionists

Tue., April 23 – May 28, 10:30 a.m.–12:30 p.m., \$75

This six-week painting class promises to be fun. Each participant will use Impressionist techniques like painting with quick brushstrokes and using complimentary colors. Leigh Cohn will demonstrate Monet's approach to layering, with weekly steps in the process; and, will assist everyone to complete their own 16" x 20" painting. For any level, beginning to experienced. Materials and oil paints are included, but you're welcome to bring your own.