

# 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 4<sup>th</sup> 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 mediation 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

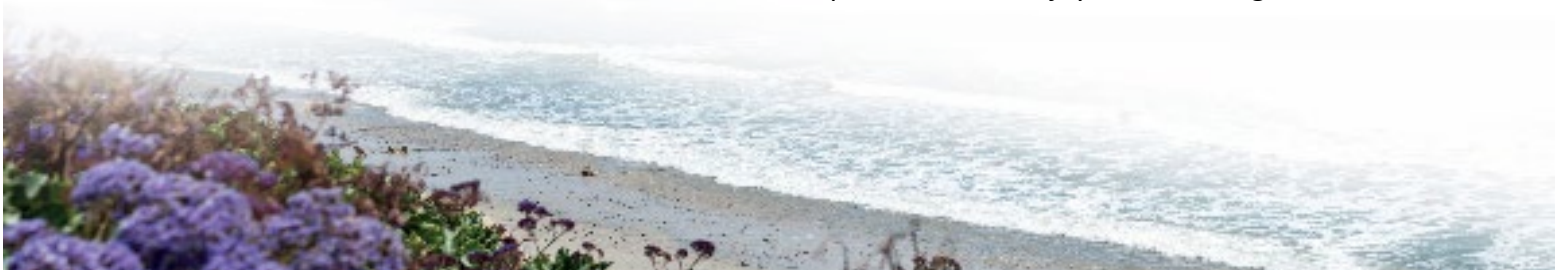
**Tuesdays & Thursdays, 9–10:15 a.m. Free with Registration**

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

**1<sup>st</sup> 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

**1<sup>st</sup> & 3<sup>rd</sup> 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

**2<sup>nd</sup> & 4<sup>th</sup> 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

**2<sup>nd</sup> 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

**3<sup>rd</sup> & 4<sup>th</sup> 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.

## 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 8:15 – 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.



## 150<sup>th</sup> 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.