

Seaside Insider

MAY 2024



Physical Therapy with Tracey

Balance & Mobility

Tuesdays, May 7 – 28, 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, May 2 – 30, 9–10 a.m., \$116

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

Therapeutic Strengthening

Thursdays, May 2 – 30, 10:15–11:15 a.m., \$116

This class will focus on classic therapeutic strengthening exercises for the whole body. Learn proper form and alignment to stay safe as you get stronger!

Age-Related Macular Degeneration

Thursday, May 9, 2 – 3 p.m., Free, Drop-in

Join Dr. Atul Jain for an insightful talk on Age-related Macular Degeneration (AMD) and the importance of maintaining retina health. As seniors, understanding how our vision may change and what steps we can take to preserve it is crucial for maintaining our quality of life.

Fun with Rock Painting

2nd Fridays, May 10, 1 – 3 p.m., \$5

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



Raptor Outreach

**Wednesday, May 22,
10:30–11:30a.m.,
Free, Drop-in**

In this presentation, you will have a chance to meet two raptors up close and personal, one owl and one falcon. In addition to learning about their physical characteristics, you will also learn about their species-specific behavior and unique traits. Each of these birds have physical or behavior impairments, that hinder them from being able to survive in the wild, which will be covered in the presentation as well.

HearingLife

Screening and Cleanings – Registration required

Monday, May 20, 10 a.m. – 11 p.m., Free

Hearing aid cleanings and hearing screenings will be conducted on a limited basis (appointments only for screenings and first come first serve for cleanings) by Dr. Rose and Chloe Franklin, Hearing Aid Dispenser Trainee.

Smart Phone Basics

Monday, May 20, 11a.m.–12 p.m., Free, Drop-in

In this class, you will learn the basics of smart phone operations including how to power on/off your device, how to make a call, how to download an application, and how smart phones now work with hearing aids.



Creative Crafting

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

May 3: Animal Silhouette Painting

May 17: Woven Dream Catcher

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.

Creative Cuisine: Thai

Monday, May 20, 2–4 p.m., \$10, Pre-registration is 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.

Community Garden Club

Tuesdays, 10 – 11 a.m., Free with 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.

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.



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.

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.

Conscious Awareness

Tuesday, May 28, 2 – 3:30 p.m., Free with registration

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



Intermediate Ukulele Jam

1st & 3rd Fridays, 9 – 10:30 a.m., Free with registration

We play an eclectic mix of songs with the sole purpose of HAVING FUN! Bring your ukulele and an ipad or tablet and you are set. We also have an open mic every few months if you have a desire to perform for the group. If not, that's ok too.

Mindfulness & Meditation

Mondays, April 8 – June 10, 9 – 10:30 a.m., Free with registration, (no class 5/6 and 5/27)

All levels of meditation experience are welcome as we use guided meditation (sitting, standing or walking) to increase joy and freedom even if there is also pain and difficulty. The class will begin with an introduction to basic topics, guided meditation practice, and time for discussion. We may progress into more challenging topics such as chronic pain, illness, grief, and loss. Yoga mats and chairs provided. Please bring pillows or mediation cushion to increase your comfort. Instructor Michelle Hobbs has been practicing Buddhist meditation in the Vipassana tradition for 15 years.

Alignment Qigong: Improve your Digestion and Memory

Wednesdays, May 1 – 22, 9:45–11:15 a.m., \$81

Did you know your stomach has more memory cells than your brain? Modern medical science calls this interaction your Enteric System. Connect your first and second brain with the Magic Turtle Abdominal Qigong practice as we transition from budding energy of spring to summer.

Zumba Gold® with Saleemah

24K Gold

Wednesdays, May 1 – 29, 9:30 – 10:30 a.m., \$58

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, May 6 – 20, 9:30 – 10:30 a.m., \$35

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

Seated

Wednesdays, May 1 – 29, 11 a.m. – 12 p.m., \$47

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



Yoga with Joanne

Restorative Yoga

Mondays, May 6 – 20, 11 a.m. – 12 p.m., \$42

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, May 2 – 30, 11 a.m. – 12:15 p.m., \$70

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.

Yoga with Cynthia

Chair Yoga

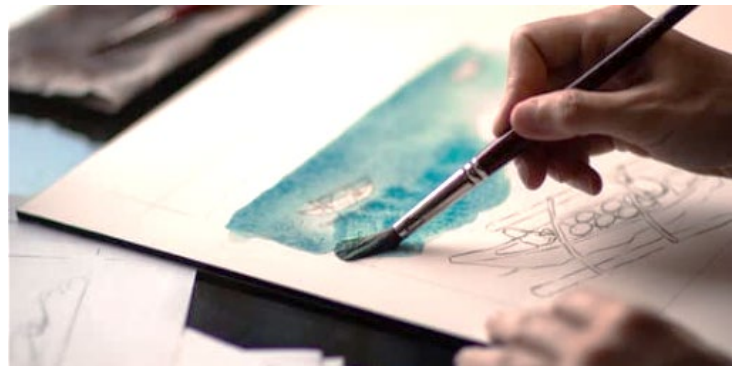
Thursdays, May 2 – 30, 3 – 4 p.m., \$64

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, May 20 – June 1, 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.



Fundamentals of Drawing & Painting

Tuesday, May 7 – 28, 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 a variety of water-based mediums as you experience the joy of creating Art.

Ceramics

Beginner

Wednesdays, May 1 – 22, 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, May 2 – 23, 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.

May 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 5/7	111	9:30–10:30	†24K Zumba Gold® 5/1	111	9–10	†Therapeutic Pilates 5/2	111	9–12	Writers’ Bloc	118			
	9:30–10:30	†Zumba Gold® Toning 5/6	111	9–10:15	Carlsbad Cruisers	offsite	9:30–12:30	†Beg. Ceramics 5/1	106	9–10:15	Carlsbad Cruisers	offsite	9–12	The Art Group (TAG)	106			
	9:30–11	High Beginner Line Dance	AUD	9–11	Needlecraft	106	9:45–11:15	†Alignment Qigong: Digestion		9–10:30	†Pickleball – Level I 5/2	PACC	12:30–4	Duplicate Bridge	AUD			
	11–12	†Restorative Yoga 5/6	107	10–11	Community Garden Club 5/7	PARK		& Memory 5/1	107	9:30–12:30	†Int. Ceramics 5/2	106	12:45–2:30	Adv. Hawaiian Dance	107			
	11–12:15	Beginner Line Dance	AUD	10–1:30	Improver/Int. Line Dance	107	11–12	†Seated Zumba Gold® 5/1	111	10:15–11:15	†Therapeutic Strengthening	111	1–4	Ping Pong	111			
	3–4	†Gentle Yoga 5/20	107	12:15–4	Bingo	AUD	12:15–1:15	Beg. Hawaiian Dance	107	10:30–12	†Pickleball – Level I 5/2	PACC						
				12:30–3	†Drawing & Painting 5/7	106	1–4	Sewing & Quilting Group	118	11–12:15	†Yin Yoga 5/2	107						
				12–2	†Back to Basics	Fitness Room	1–4	Ceramics Club	106	12–1:30	†Pickleball – Level II 5/2	PACC						
				1–3	Writing Our Lives	118	1:30–3	Seaside Singers	AUD	12:30–3:30	†Ceramics Glaze Clinic 5/2	106						
			1–4	Ping Pong	111	1:30–4	Int. Hawaiian Dance	107	3–4	†Chair Yoga 5/2	107							
							1			2			3					
	SATURDAYS						9:45–11:30	Carlsbad Newcomers	AUD	9:30–2:30	Excursion: Carlsbad Flower Fields		9–10:30	Int. Ukulele Jam	111			
	†Fitness Room & Library						9 a.m.–12 p.m., Drop-in, Membership required			1–4	Canasta	115	1–3	Creative Crafting: Animal Silhouette Painting	106			
	Billiards Room & Ping Pong						9 a.m.–12 p.m., Drop-in, Free											
	6			7			8			9			10					
										12:30–2:30			Threshold Choir	118	10:30–12	Stamp Collectors	115	
										1–3			Movie: Bringing Down the House	AUD	11–12	Community Friendship Builders	111	
										2–3			Age-Related Macular Degeneration	116	1–3	†Rock Painting	106	
															1–4	Bunco	115	
	13			14			15			16			17					
	9–10:30	Mindfulness: Movement & Meditation	107				1:30–3	Seaside Singers Concert	AUD	1:30–3	Seaside Singers Concert	AUD	9–10:30	Int. Ukulele Jam	111			
	12:30–1:30	Concert: Ken Sprinkle	Courtyard										1–3	Creative Crafting: Woven Dream Catcher	106			
	1–3	Canasta – Hand & Foot	118										1–4	Canasta	115			
	20			21			22			23			24					
	9–10:30	Mindfulness & Meditation	107	9–12	Ask the Attorney	RR	10:30–11:30	Discovery Center: Raptor Outreach	Courtyard	12:30–2:30	Threshold Choir	118	11–12	Community Friendship Builders	111			
	10–11	Hearing Screenings & Hearing Aid Cleanings	119	10–11:30	Ask the Orthopedic Surgeon	120				1–3	Broadway Film Series: Cats	AUD	1–2:30	Book Club	118			
	11–12	Smart Phone Basics	116	11–12	ElderHelp Services in North County	111												
	2–4	†Creative Cuisine: Thai	DR															
	27			28			29			30			31					
	1–3	Canasta – Hand & Foot	118	2–3:30	Conscious Awareness	116												
																		



Home Delivered
Meals Follow One
Business Day



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1% Milk Served Daily *Denotes Meal ≥ 1000 Mg Sodium WW = Whole Wheat WG = Whole Grain</p>		<p>1 Stir Fried Pork Stir Fry Vegetables Mixed Rice Asian Cabbage & Carrot Salad Sesame Ginger Dressing Pineapple</p>	<p>2 Chicken Suiza W/ Spinach, Green Chiles, Cilantro & Cream Mixed Rice Black Beans & Corn Orange</p>	<p>3 Carne Asada Papa Loca Baked Potato W/Cheese, Sour Cream & Scallions Salsa WG Chips Watermelon</p>
<p>6 Chicken Portuguese Tomatoes, Peppers Mixed WG Pasta Manhattan Blend Banana</p>	<p>7 Roast Beef* Gravy Mashed Potatoes Creamed Spinach WW Bread Apple</p>	<p>8 Cranberry Glazed Turkey Quinoa Meatloaf 51% WG Stuffing Sweet Potatoes Corn Peaches</p>	<p>9 Moroccan Spiced Pepper Steak Lentils W/ Carrots Normandy Vegetable Blend WW Bread Apple</p>	<p>10 Chicken Bearnaise Parsley Red Potatoes Zucchini Parmesan Wheat Roll Pineapple</p> 
<p>13 Chicken Dijon Broccoli W/Cheese Sauce Chickpeas W/ Tomatoes Mixed Rice Peaches</p> 	<p>14 Salisbury Steak W/ Mushroom Gravy Mashed Potatoes Peas & Carrots WW Bread Banana</p>	<p>15 Chicken Enchiladas Mixed Mexican Rice Pinto Beans Chopped Romaine Diced Tomatoes Mandarin Oranges</p>	<p>16 Pork Loin Tarragon Mustard Sauce Potato Gratin Manhattan Vegetables WW Bread Apple</p>	<p>17 Tuna Salad Chopped Romaine Cucumbers, Tomatoes, Carrots 51% WG Macaroni Salad Fruit Salad</p>
<p>20 Baked Ziti 51% WG Pasta, Mozzarella Marinara Sauce Collard Greens Lentils Peaches</p>	<p>21 Chicken Asada Mixed Mexican Rice Zucchini, Corn & Red Peppers Orange</p>	<p>22 Meatloaf Beef & Pork Mashed Potatoes, Gravy Peas Spring Mix Salad, Vinaigrette WW Bread Banana</p>	<p>23 Sweet & Sour Chicken W/ Peppers, Onions, Bean Sprouts Mixed Rice Normandy Vegetable Blend Pineapple</p>	<p>24 Hamburger Mushroom & Onions White Wheat Roll Ranch Beans Sweet Potatoes Watermelon</p>
<p>27 MEMORIAL DAY HOLIDAY No Meal Service</p>	<p>28 Chili Con Carne With Cheese Mixed Rice Fiesta Corn Orange</p>	<p>29 Chicken Pesto 51% WG Pasta Green Beans Spinach Salad W/ Shredded Carrots & Feta Basil Vinaigrette Watermelon</p>	<p>30 Steak & Mushroom Shepherd's Pie W/ Mashed Potato Topping Peas & Carrots WW Bread Pineapple</p>	<p>31 Green Curry Tilapia Garnished With Cilantro Coconut Mixed Rice Italian Vegetable Medley Mandarins</p>

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. The kitchen closes at 12:45p.m., please plan accordingly.
- 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 – Thursday, starting after 1:30 p.m. and ending by 4 p.m.. Reservations must be made at least 5 business days in advance. **There is a \$5 fee round-trip 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





Concert in the Courtyard: Ken Sprinkle

Monday, May 13, 12:30 – 1:30 p.m., Free, Drop-in

Come and enjoy presentations of blues favorites from Bobby Bland, BB and Albert King, SRV, etc. plus classic rock tunes featuring covers from Petty, Stones, Van Morrison, MB20, Lord Huron, Mellancamp, Bush, and more. Ken's performance provides a familiar musical background for toe tapping entertainment at a comfortable listening level.



Seaside Singers: Spring Concert

May 15 & 16, 1:30–3 p.m., Free, Drop-in

This is the month! Get your head bobbing and foot tapping to sounds of jazz, swing, pop, rock and roll, and even musicals as we perform our Spring Concert. Same concert both days. We will be singing at least one song from each decade starting with the 1930's through the 1970's. There will be something for everyone!

Digital Photo & Tech: No Class in May

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

Mike McMahon's digital photo and tech classes will resume in June. Participants will need to register for the summer session (June – August) in order to receive email updates. See the front desk with questions.

Senior Excursion: Carlsbad Flower Fields

Thursday, May 2, 9:30 a.m. – 2:30 p.m., \$42

Join us as we visit the Carlsbad Flower Fields which boast 55 acres of Giant Tecolote Ranunculus flowers! The Flower Fields host a variety of attractions such as the Cymbidium Orchid Greenhouse, the Butterfly Garden, and Bird Aviaries. Tickets include entry to the fields and the tractor wagon ride. Food and beverages are available for purchase at the Flower Fields.

Movie: Bringing Down the House

Thursday, May 9, 1 p.m., Free, Drop-in

When a lonely guy meets a woman on the internet who happens to be in prison, she breaks out to get him to prove her innocence and proceeds to wreak havoc on his middle-class life. Featuring Steve Martin, Queen Latifa, and Eugene Levy.

Broadway Film Series: Cats

Thursday, May 23, 1 p.m., Free, Drop-in

The musical tells the story of a tribe of cats called the Jellicles and the night they make the "Jellicle choice" by deciding which cat will ascend to the Heaviside Layer and come back to a new life. One of the longest-running hits in the history of Broadway and the West End, Andrew Lloyd Webber's Cats has been specially restaged for this video presentation, which captures all the music and movement of the original stage production with an uncommon intimacy and depth.



Hot Rods & Cool Treats

Saturday, May 11, 11 a.m. – 2 p.m., Pine Park, Free

The old-fashioned carnival and classic car show is back!

- Carnival games for the young & young at heart
- Build your own ice cream sundae
- Vote on your favorite classic car
- Enjoy live entertainment
- Specialty crafts from local groups
- Food available for purchase