

# Seaside Insider

## JUNE 2024



### Preserving Family Memories

**Tuesday, June 4, 11 a.m. – 12 p.m., Free, Drop-in**

Are you a family historian and having difficulty getting family members to take on your role? Are you like many whose younger family has different values and priorities and is telling you “No thanks” to the family legacy? Learn some tips and techniques to get to a “yes” and find the best solution to the rest. You'll also learn some fundamentals for organizing family photos.

### Digital Photo & Tech

**3<sup>rd</sup> & 4<sup>th</sup> Wednesdays, 2 – 3:15 p.m., Hybrid, Free with Registration**

**June 19 | Travel Photo Tips**

Are you planning a big trip this fall...or maybe a “staycation” in our beautiful San Diego County? Our instructor, Mike McMahon, will help you to get great photos and videos of your journey. Tips on equipment, photo composition, and post-trip photo organization will be covered. This class is always lots of fun and you'll walk away with some techniques to make your travel photography better than ever.

**June 26 | Traveling Better with Technology**

Smartphones and other technology have made traveling easier and better than ever. Our instructor, Mike McMahon, will explain how to make it work for you. We will cover best-in-class apps for everything from maps and navigation to avoiding expensive cellular roaming charges when traveling abroad. These techniques can save time, money, and make your travels more fun and less stressful.

### Fun with Rock Painting

**Friday, June 7, 1 – 3 p.m., \$5**

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

### Back to Basics with Vince – *New Time*

**Tuesdays, 10 a.m. – 12 p.m. noon, 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.

### Wills, Trusts & Probate, Oh My!

**Thursday, June 13, 9 – 10 a.m. Free, Drop-in**

Local attorney, Anna Howard, is offering a 1-hour presentation about estate planning (what is a will, when to update a trust, and why probate court is such a pain). Come to the Carlsbad Senior Center, have a snack provided by AC Howard Law and learn about the importance of these legal documents.

**frontporchgallery**  
CONNECT • INSPIRE • ENGAGE

### Senior Excursion: Front Porch Gallery

**Thursday, June 13, 11 a.m. – 2 p.m., \$10**

Join us for our excursion to the Front Porch Gallery to view their upcoming exhibit “Finding Your Senses”. Come view the amazing art pieces and hear from the artists about their individual works. The Front Porch Gallery is a non-profit organization whose goal is to create vibrant communities through art. More information is provided on our online catalog.



## Creative Crafting

1<sup>st</sup> & 3<sup>rd</sup> Fridays, 1 – 3 p.m., Free with Registration

June 7: **Felt Bird**

June 21: **Red, White & Blue Decoration**

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: Party-tizers

Monday, June 17, 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.

## 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.



## Yin Yoga for Aging Gracefully **NEW**

Fridays, June 7 – 28, 9 – 10:30 a.m., Calavera Hills Community Park, Free with Registration

Gentle, rejuvenating Yin Yoga class tailored for mature adults. Emphasizing deep relaxation and gentle stretches, this class promotes flexibility, joint mobility, and inner peace. Suitable for all levels of fitness, it offers a soothing escape from the stresses of daily life, leaving participants feeling refreshed and restored. Please bring water and your own yoga mat.

## Myths & Misconceptions About Today's Senior Living Options

Thursday, June 27, 11 a.m. – 12 p.m., Free, Drop-in

A lot has changed when it comes to how older adults can and want to live in their later years. Sherri will empower you by sharing the latest 'aging in place' and community options, as well as resources available to assist in creating a comprehensive plan for senior living including financial and legal assistance, downsizing, and more.

## Successful Aging in Place: Organizing, Downsizing and Hoarding Disorder

Tuesday, June 18, 11 a.m. – 12 p.m., Free with Registration

Jami Shapiro comes from a family with hoarding disorder. She uses humor, stories, and experience to explain the difference between too much stuff and hoarding disorder. Discover tips you need to tackle your own clutter or support a loved one.

## Stay Safe Online: Protecting Seniors from Cyber Scams

Wednesday, June 5, 10 – 11:30 a.m., Free, Drop-in

Join Karen Kelly, tech help specialist, in her presentation designed to arm seniors with the essential knowledge and skills to recognize and avoid cyber scams. She'll cover a variety of scams, including phishing, tech support scams, Medicare & IRS scams, and romance scams. Through real examples, you'll learn how to spot red flags and how keep yourself safe.

## Yoga with Joanne

### Restorative Yoga

**Mondays, June 3 – 24, 11 a.m. – 12 p.m., \$56**

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, June 6 – 27, 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.

## Yoga with Cynthia

### Chair Yoga

**Thursdays, June 6 – 27, 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, May 20 – July 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.

## Physical Therapy with Tracey

### Balance & Mobility

**Tuesdays, June 4 – 25, 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, June 6 – 27, 9–10 a.m., \$93**

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

### Therapeutic Strengthening

**Thursdays, June 13 – 27, 10:15–11:15 a.m., \$70**

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!

## Fundamentals of Drawing & Painting

**Tuesday, June 4 – 18, 12:30 p.m. – 3 p.m., \$74**

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, June 5 – 19, 9:30 a.m. – 12:30 p.m., \$57**

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, June 6 – 20, 9:30 a.m. – 12:30 p.m., \$48**

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

## Zumba Gold® with Saleemah

### 24K Gold

**Wednesdays, June 5 – 26, 9:30 – 10:30 a.m., \$47**

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, June 3 – 24, 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, June 5 – 26, 11 a.m. – 12 p.m., \$37**

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

## Alignment Qigong: Unite with the Energy of Summer

**Wednesdays, June 5 – 26, 9:45 – 11:15 a.m., \$81**

Summer is the time of year when the bright sun shines most of the day activating growth for plants, flowers, gardens, and you as well. Powerful yang Qi energy is at its peak. Discover invigorating Qigong practices to galvanize the extraordinary vital force for this season for your health and personal development.

# June 2024

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.

## Activity Calendar

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

†Fee-based    *Outside*    Session Start Date    Special Event



WEEKLY	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
		9–11	Carlsbad Ukulele Strummers	106	8:30–9:30	Tai Chi for Arthritis and Fall Prevention 6/18	<i>Pine Park</i>	9:30–10:30	†24K Zumba Gold® 6/5	111	8:30–9:30	Tai Chi for Arthritis and Fall Prevention 6/18	<i>Pine Park</i>	9–10:30	Yin Yoga for Aging Gracefully 6/7
	9:30–10:30	†Zumba Gold® Toning 6/3	111	9–10	†Balance & Mobility 6/4	111	9:30–12:30	†Beg. Ceramics 6/5	106	9–10	†Therapeutic Pilates 6/6	111	9–12	Writers’ Bloc	118
	9:30–11	High Beginner Line Dance	AUD	9–10:15	Carlsbad Cruisers	<i>Offsite</i>	9:45–11:15	†Alignment Qigong: Unite with the Energy of Summer 6/5	107	9–10:15	Carlsbad Cruisers	<i>Offsite</i>	9–12	The Art Group (TAG)	106
	11–12	†Restorative Yoga 6/3	107	9–11	Needlecraft	106	11–12	†Seated Zumba Gold® 6/5	111	9–10:30	†Pickleball – Level I 6/27	PACC	12:30–1:30	Summer Fridays	<i>Courtyard</i>
	11–12:15	Beginner Line Dance	AUD	10–11	Community Garden Club 6/4	<i>Pine Park</i>	12:15–1:15	Beg. Hawaiian Dance	107	9–11:30	†Int./Adv. Watercolor 6/6	AUD	12:30–4	Duplicate Bridge	AUD
	3–4	†Gentle Yoga 5/20	107	10–12	†Back to Basics	Fitness Room	1–4	Sewing & Quilting Group	118	9:30–12:30	†Int. Ceramics 6/6	106	12:45–2:30	Adv. Hawaiian Dance	107
				10–1:30	Improver Line Dance	107	1–4	Ceramics Club	106	10:15–11:15	†Therapeutic Strengthening Class 6/13	111	1–4	Ping Pong	111
				12:15–4	Bingo	AUD	1–4	Seaside Singers	AUD	10:30–12	†Pickleball – Level I 6/27	PACC			
				12:30–3	†Drawing & Painting 6/4	106	1:30–3	Int. Hawaiian Dance	107	11–12:15	†Yin Yoga 6/6	107			
				1–3	Writing Our Lives	118				12–1:30	†Pickleball – Level II 6/27	PACC			
				1–4	Ping Pong	111				12:30–3:30	†Ceramics Glaze Clinic 6/6	106			
				1–4	Chess	115				3–4	†Chair Yoga 6/6	107			
<p><b>SATURDAYS</b>                  †Fitness Room &amp; Library    9 a.m.–12 p.m., Membership required, Drop-in                  Billiards Room &amp; Ping Pong    9:30–11:30 a.m., Free, Drop-in</p>															
	<b>3</b>			<b>4</b>			<b>5</b>			<b>6</b>			<b>7</b>		
	9–10:30	Mindfulness & Meditation	107	11–12	Preserving Family Memories	116	9:45–11:30	Carlsbad Newcomers	AUD	1–4	Canasta	115	9–10:30	Int. Ukulele Jam	111
							10–11:30	Stay Safe Online: Protecting Seniors from Cyber Scams	116				1–3	†Rock Painting	118
													1–3	Creative Crafting: Felt Bird	106
	<b>10</b>			<b>11</b>			<b>12</b>			<b>13</b>			<b>14</b>		
	9–10:30	Mindfulness & Meditation	107				9–10	Wills, Trusts & Probates	116	9–10	Wills, Trusts & Probates	116	10:30–12	Stamp Collectors	115
	12:30–1:30	Concert: Doc & Diane	<i>Courtyard</i>				11–2	†Excursion: Front Porch Gallery		11–2	†Excursion: Front Porch Gallery		11–12	Community Friendship Builders	116
	1–3	Canasta – Hand & Foot	118				12:30–2:30	Threshold Choir	118	12:30–2:30	Threshold Choir	118	1–4	Bunco	115
							1–3	Movie: Mamma Mia	AUD	1–3	Movie: Mamma Mia	AUD			
	<b>17</b>			<b>18</b>			<b>19</b>			<b>20</b>			<b>21</b>		
	2–4	†Creative Cuisine: Partee-Tizers DR		9–12	Ask the Attorney	RR	1–2:30	AAA Keeping the Keys	AUD	1–3	Broadway Film Series: Joseph & the Amazing Technicolor Dream Coat	AUD	9–10:30	Int. Ukulele Jam	111
				10–11:30	Ask the Orthopedic Surgeon	120	2–3:15	Digital Photo & Tech: Travel Photo Tips	111				1–3	Creative Crafting: Red, White & Blue Decoration	106
				11–12	Organizing, Downsizing & Hoarding Disorder	116							1–4	Canasta	115
	<b>24</b>			<b>25</b>			<b>26</b>			<b>27</b>			<b>28</b>		
	1–3	Canasta – Hand & Foot	118				11–12	Senior Living Myths	116	11–12	Senior Living Myths	116	11–12	Community Friendship Builders	116
	12–4:30	Ping Pong Olympics	AUD				12:30–2:30	Threshold Choir	118	12:30–2:30	Threshold Choir	118	1–2:30	Book Club	118



Home Delivered  
Meals Follow One  
Business Day



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Basque Chicken</b> Peppers, Tomatoes, Onions, Olives, Parsley Basque Potatoes Spanish Garbanzos Roasted Red Pepper Sauce WW Bread Applesauce	<b>4</b> <b>Stir Fried Beef</b> W/Broccoli & Carrots Sesame 51% WG Noodles Fruit Cocktail	<b>5</b> <b>Thai Fish Curry</b> Mixed Rice Blend Normandy Blend Vegetables Asian Cabbage Salad w/ Carrots Pineapple	<b>6</b> <b>Beef Burgundy</b> Parsley Potatoes Carrots Whole Wheat Bread Mandarin Oranges	<b>7</b> <b>Vegetarian Chili</b> Mixed Beans w/ Corn, Zucchini & Peppers Mixed Rice Broccoli Salad Peaches
<b>10</b> <b>Coq Au Vin</b>  Chicken In Wine Sauce Mixed Rice Sautéed Cabbage Pineapple	<b>11</b> <b>Beef Stroganoff</b> WG Pasta Broccoli Peaches	<b>12</b> <b>Pork Chile Verde</b> White Beans 51% WG Rice Marinated Carrot Salad Orange	<b>13</b> <b>Chicken Dijon</b> Parsley Red Potatoes Manhattan Blend WW Bread Banana	<b>14</b> <b>Hamburger</b> Sautéed Onions White Wheat Bun Potato Salad Spring Mix Vinaigrette Watermelon
<b>17</b> <b>Pork Fajitas</b> Fajita Vegetables Pico De Gallo Corn Tortilla Black Beans WG Rice Blend Peaches	<b>18</b> <b>Chicken Romesco</b> Red Pepper Tomato Sauce 51% WG Pasta Manhattan Blend Pineapple	<b>19</b> <b>Swedish Meatballs*</b> Creamy Dill Sauce Parsley Potatoes Peas & Carrots Cucumber Salad w/ Dill WW Bread Mandarin Oranges	<b>20</b> <b>Orange Glazed Pork Loin</b> Sweet Potatoes Curried Lentil WW Bread Fruit Cocktail	<b>21</b> <b>Chicken Parmesan</b> 51% WG Pasta Marinara Sauce Broccoli Apple 
<b>24</b> <b>Hawaiian Chicken</b> Pineapple, Red Peppers, Ginger, Scallions Coconut Mixed Rice Stir Fried Blend Pineapple	<b>25</b> <b>Spaghetti W/                      Red Clam Sauce*</b> 51% WG Pasta Spinach W/ Garlic Chickpea Tomato Stew Orange	<b>26</b> <b>Open-Faced Cubano                      Sandwich</b> Thinly Sliced Roast Pork W/ Swiss Cheese WW Roll Herb Roasted Potatoes Cabbage Salad Apple	<b>27</b> <b>Salisbury Steak</b> Beef & Pork Mashed Potatoes, Gravy Peas & Carrots Whole Wheat Bread Banana	<b>28</b> <b>Southwest                      Chicken Salad</b> Spring Mix Black Beans Corn, Red Peppers, Cucumbers, Tomatoes Cilantro Ranch Dressing WG Tortilla Watermelon

### Menu subject to change

1% Milk Served Daily

\* Denotes Meal  $\geq$  1000 Mg Sodium

WW = Whole Wheat

WG = Whole Grain

### NEW Summer Fridays

**12:30 – 1:30 p.m., June 7 – August 23**

Join us on Fridays in the courtyard for fun games, music, and a sweet treat!

## 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.

## 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: Doc & Diane

**Monday, June 10, 12:30 – 1:30 p.m., Free, Drop-in**

"Doc" Howard Levy and Diane Ruiz have been performing together for over 15 years. They will feature a wide variety of soft pop, and covers from the 60s, 70s, 80s, 90s, and much more. The Eagles, Fleetwood Mac, Linda Ronstadt, Carol King, Santana, & Eric Clapton are always crowd pleasers.

## Movie: Mamma Mia

**Thursday, June 13, 1 p.m., Free, Drop-in**

Sophie has just one wish to make her wedding perfect: to have her father walk her down the aisle. Now she just has to find out who he is. Based on the Broadway smash-hit and filled with the ABBA songs you know and love, it's the feel-good experience that will have you singing and dancing over and over again.

## Broadway Film Series: Joseph & the Amazing Technicolor Dream Coat

**Thursday, June 20, 1 p.m., Free, Drop-in**

The musical recounts the story of Joseph and his brothers, chronicles his ascent from prisoner to ruler of Egypt and feature's themes of loyalty, jealousy, and forgiveness. With an upbeat and often humorous score, the musical has entertained audiences since its Broadway debut in 1982.

## **SOLD OUT** Keeping the Keys Workshop

**Wednesday, June 19, 1–2:30p.m., Free w/ Registration**

Keeping the Keys is a AAA workshop designed to help keep senior drivers stay on the road for as long as safely possible. The presentation is filled with tips and resources for older drivers and their families.

## Ping Pong Olympics

**Monday, June 24, 12 – 4:30 p.m., Free, Drop-in**

Senior Ping Pong Olympics starting with an International Potluck at 12 p.m. in the courtyard followed by a friendly & competitive ping pong tournament at 1:30 p.m. in the Auditorium. Contact Vera at (760) 331-8489 to be a part of one of 12 mixed doubles teams.



## Summer Fridays

**Fridays, June 7–Aug. 23, 12:30–1:30p.m., Free, Drop-in**

Summer Fridays are back! Join us in the courtyard for fun games, music, and a sweet treat. All ages welcome to participate.



## Tai Chi for Arthritis and Fall Prevention

**Stagecoach Park: Tuesdays & Thursdays, 8 – 9a.m. and 9 – 10a.m., May 7 – July 30, Free w/ Registration**

**NEW Pine Park: Tuesdays & Thursdays, 8:30 – 9:30a.m., June 18 – Sept. 12, Free with Registration**

Tai Chi for Arthritis and Fall Prevention is hosted by the County of San Diego and certified instructors - Linda at Stagecoach and Manek at Pine. Class includes gentle, low-impact movements and has been shown to improve balance, leg strength, and flexibility, as well as reduce falls among older adults. Classes are free but registration is required.