

Seaside Insider

JULY 2024

City of
Carlsbad



Ask the Orthopedic Surgeon

**3rd Tuesdays, July 16, 10 – 11:30 a.m.,
Free with Registration**

Do you have aches and pains? Like most people as we age, you probably have concerns about sore joints or muscles, arthritis, back pain or when to see a specialist. Dr. Joel Heiser, retired from his North County orthopedic surgery practice of 33 years, will be happy to answer your questions one-on-one. Registration secures you a 15 minute 1-on-1 appointment within the timeframe. A few days prior, a Senior Center staff member will call to confirm and assign you a specific meeting time.

Successful Aging in Place: Your Home for Your Next Chapter

Tuesday, July 16, 11 a.m. – 12 p.m., Free with Registration

Where you will live your next chapter is as important as how you will live it. Join this interactive discussion hosted by Seniors Real Estate Specialist Bryan Devore to learn ways to age successfully in your current home as well as options for when it's time to make a move.

Chronic Clutter: Hoarding Disorder, ADHD & Collectibles

Thursday, July 18, 11 a.m. – 12 p.m., Free, Drop-in

If you find getting and staying organized is a challenge, learn the difference between de-cluttering and organizing and which organizing approach is best for you. Hint, the best trend is the one that works for YOU!

Living Light: The Joy of Downsizing & Simplifying

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

Studies have shown that older adults who live in clutter-free homes experience lower anxiety and stress. Join us to discover proven tips to help you downsize without stress, ensuring you keep what you love and need while opening a new chapter filled with possibilities.

Dementia 101 with AlzSD

Tuesday, July 16, 1 – 2:30 p.m., Free with Registration

Join the Alzheimer's Association of San Diego in an introduction to Alzheimer's disease and other dementias class. Learn information about risk factors, common symptoms, and resources for help.



Fun with Rock Painting

2nd Fridays, July 12, 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

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 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.



Yin Yoga for Aging Gracefully

Fridays, July 5 – 26, 9 – 10:30 a.m., Calavera Hills Community Park, Free with Registration

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. Class takes place outside in the park, please bring water, a yoga mat and towel, and any preferred props.

Creative Crafting

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

July 5: Sand Painting

July 19: Paper Leaf and Flower Collage

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.

Stay Safe Online: Protecting Seniors from Cyber Scams

Monday, July 15, 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.

Digital Photo & Tech

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

July 17 | YouTube Tips & Tricks

Are you taking advantage of the amazing world of YouTube? Our instructor, Mike McMahon, will help you discover the variety and depth of content on YouTube including how-to projects, software tutorials, cooking demonstrations, and entertainment videos. Aspects of privacy and advertising and the advantages of paying for YouTube Premium will be discussed.

July 24 | Apple Photos App *NEW!*

Good news for Apple iPhone and iPad users. The built-in Photos App has capabilities that will amaze you. Our instructor, Mike McMahon, will show you how to take advantage of those great features right away. You'll learn how to quickly find your Favorite photos in the vast library of photos on your device. Creating Albums (e.g. Best Vacation Photos) will also be covered.

Movie: Legend of the Fall

Thursday, July 11, 1 p.m., Free, Drop-in

Legend of the Fall is based on a novella by Jim Harrison and follows the three brothers, Alfred, Tristan, and Samuel, and their father, William, as they face nature, war, and betrayal.

Broadway Film: Jesus Christ Super Star

Thursday, July 18, 1 p.m., Free, Drop-in

Borrowing from the Gospels of Matthew, Mark, Luke and John, the musical tells the story of the last seven days of Jesus Christ's life.

Billiards Room

Monday – Friday, 8 a.m. – 4:45 p.m.

Saturdays, 9 – 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.

Yoga with Joanne: Featuring Guest Instructor Jennie MacGoy!

Welcome back guest instructor, Jennie MacGoy! Jennie will be teaching at the Senior Center this summer while Joanne is on vacation. She also teaches outdoor yoga at Leo Carrillo Ranch.

Restorative Yoga

Mondays, July 8 – 29, 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, July 11 – August 1, 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, July 11 – 25, 3 – 4 p.m., \$39

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 your movements.

Gentle Yoga

Mondays, July 8 – August 12, 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.

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. Registration required for all attendees. Please bring your own tools.

Physical Therapy with Tracey

Balance & Mobility

Tuesdays, July 2 – 16, 9 – 10 a.m., \$55

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

Therapeutic Pilates

Thursdays, July 11 – 18, 9–10 a.m., \$50

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

Therapeutic Strengthening

Thursdays, July 11 – 18, 10:15–11:15 a.m., \$50

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!

Zumba Gold® with Saleemah

24K Gold

Wednesdays, July 3 – 31, 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, July 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, July 3 – 31, 11 a.m. – 12 p.m., \$47

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

JULY 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® 7/3	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 7/5	<i>Calavera Park</i>				
9:30–10:30	†Zumba Gold® Toning 7/1	111	9–10	†Balance & Mobility 7/2	111	11–12	†Seated Zumba Gold® 7/3	111	9–10	†Therapeutic Pilates 7/11	111	9–12	Writers' Bloc	118					
9:30–11	High Beginner Line Dance	AUD	9–10:15	Carlsbad Cruisers	<i>Offsite</i>	12:15–1:15	Beg. Hawaiian Dance	107	9–10:15	Carlsbad Cruisers	<i>Offsite</i>	9–12	The Art Group (TAG)	106					
11–12	†Restorative Yoga 7/8	107	9–11	Needlecraft	118	1–4	Sewing & Quilting Group	118	9–10:30	†Pickleball – Level I 6/27	PACC	12:30–1:30	Summer Fridays	<i>Courtyard</i>					
11:15–12:30	Beginner Line Dance	AUD	10–11	Garden Club 7/2	<i>Pine Park</i>	1–4	Ceramics Club	106	9–10:30	†Therapeutic Strengthening Class 7/11	111	12:30–4	Duplicate Bridge	AUD					
3–4	†Gentle Yoga 7/8	107	10–12	†Back to Basics	Fitness Room	1:30–3	Seaside Singers	AUD	10:15–11:15	†Therapeutic Strengthening Class 7/11	111	12:45–2:30	Adv. Hawaiian Dance	107					
			10–1:30	Improver Line Dance	107	1:30–4	Int. Hawaiian Dance	107	10:30–12	†Pickleball – Level I 6/27	PACC	1–4	Ping Pong	111					
			12:15–4	Bingo	AUD				11–12:15	†Yin Yoga 7/11	107								
			1–3	Writing Our Lives	118				12–1:30	†Pickleball – Level II 6/27	PACC								
			1–4	Ping Pong	111				3–4	†Chair Yoga 7/11	107								
			1–4	Chess	115														
SATURDAYS †Fitness Room, Billiards Room & Library 9 – 11:45 a.m., Membership required, Drop-in Ping Pong 9 – 11:30 a.m., Free, Drop-in Featured Artist Reception July 13, 10 a.m.–12 p.m., Free, Drop-in																			
1	9–10:30	Mindfulness & Meditation	107	2		3	9:30–12	†Sumi-e 4/10	116	4	CLOSED			5	9–10:30	Int. Ukulele Jam	111		
							9:45–11:30	Carlsbad Newcomers	AUD					1–3	Creative Crafting: Sand Painting	106			
8	9–10:30	Mindfulness & Meditation	107	9		10				11	9–11:30	†Int./Adv. Watercolor 6/6	AUD	12	10:30–12	Stamp Collectors	115		
	12:30–1:30	Concert: Gunnar Biggs & Zo Shah	<i>Courtyard</i>								12:30–2:30	Threshold Choir	118		11–12	Community Friendship Builders	116		
	1–3	Canasta – Hand & Foot	118								1–3	Movie: Legend of the Fall	AUD		1–3	†Rock Painting	106		
															1–4	Bunco	115		
															4–8	†TGIF Excursion: Mad Hat Huskers			
15	11–12	Stay Safe Online: Protecting Seniors from Cyber Scams	116	16	9–12	Ask the Attorney	RR	17	9:30–12	†Sumi-e 4/10	116	18	9–11:30	†Int./Adv. Watercolor 6/6	AUD	19	9–10:30	Int. Ukulele Jam	111
	2–4	†Creative Cuisine: Let's Get Saucy	DR		10–11:30	Ask the Orthopedic Surgeon	120		2–3:15	Digital Photo & Tech: YouTube Tips & Tricks	111		11–12	Chronic Clutter	116		9–3	†Excursion: Old Town San Diego	
					11–12	Successful Aging in Place	116						1–3	Broadway Film Series: Jesus Christ Super Star	AUD		1–3	Creative Crafting: Paper Leaf & Flower Collage	106
					1–2:30	Dementia 101	116						1–4	Canasta	115		1–4	Canasta	115
22	1–3	Canasta – Hand & Foot	118	23				24	2–3:15	Digital Photo & Tech: Apple Photos App	111	25	11–12	The Joy of Downsizing	116	26	11–12	Community Friendship Builders	116
													12:30–2:30	Threshold Choir	118		1–2:30	Book Club	118
29				30				31											



Home Delivered
Meals Follow One
Business Day



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatballs* ≥51% WG Pasta W/ Marinara Sauce Manhattan Blend Vegetables Cucumber Dill Salad Pineapple	2 Chicken Adobo Herb Potatoes Peas & Carrots WW Bread Mandarin Orange	3 Hamburger White Wheat Roll BBQ Beans Carrot Salad Mandarin Orange	4 Holiday	5 Salisbury Steak Mashed Potatoes Gravy Spinach WW Bread Watermelon
8 Chicken Cacciatore Tomatoes, Peppers, Mushrooms ≥51% WG Pasta Broccoli Banana 	9 Roast Beef Gravy Mashed Potatoes Spinach Salad W/ Carrots Balsamic Dressing WW Bread Orange	10 Cranberry Glazed Turkey Quinoa Meatloaf ≥51% WW Bread Dressing Normandy Blend Vegetables Apple	11 Chili W/ Ground Turkey Red Potato Broccoli Salad WW Bread Peaches	12 Vegetarian Lentil Stew Garbanzo Beans W/ Tomatoes Peas & Carrots ≥51% WW Bread Mandarin Orange
15 Chicken Florentine Broccoli ≥51% WG Pasta Apple	16 Ground Beef Casserole ≥51% WG Penne Pasta Normandy Blend WW Bread Banana	17 Tilapia W/ Pineapple, Ginger, Onions & Cilantro Coconut Mixed Rice Mixed Vegetables Orange	18 Orange Glazed Pork Loin Sweet Potatoes Garbanzo W/ Bell Peppers ≥51% WW Bread Orange	19 Chili Con Carne Mixed Rice Fiesta Corn W/ Red Bell Pepper Orange 
22 Pork Posole W/ Hominy Shredded Cabbage, Cilantro, Radishes Zucchini, Corn, Red Bell Peppers Mixed Rice Orange	23 Margarita Chicken ≥51% WG Pasta Zucchini, Corn & Red Peppers Mandarin Orange	24 Salisbury Steak W/ Gravy Parsley Potatoes Collard Greens WW Bread Applesauce	25 Open-Faced Pulled Pork Sandwich W/ Pickled Onion Sweet Potatoes Normandy Vegetables Pineapple	26 Stir Fried Chicken Stir Fry Vegetables Mixed Rice Pineapple
29 Beef Burgundy ≥51% WG Pasta Mixed Vegetables Mandarin Orange	30 Pork Loin W/ Apple Chutney Sweet Potato Spring Mix W/ Carrots WW Bread Applesauce	31 Shepherd's Pie W/ Mushrooms & Mashed Potato Peas & Carrots WW Bread Pineapple	Menu subject to change 1% Milk Served Daily * Denotes Meal ≥ 1000 Mg Sodium WW = Whole Wheat WG = Whole Grain	

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 in the dining room during 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. – 2p.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



Creative Cuisine: Let's Get Saucy – Salad Dressings & Marinades

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.



Courtyard Concert: Gunnar Biggs & Zo Shah

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

Zo Shah & Gunnar Biggs were born a generation and a continent apart – but when they came together musically for the first time it was an immediate connection. Zo Shah is a Pakistani American musician from London who has become a prominent jazz guitarist in San Diego. Southern California bassist, Gunnar Biggs, has been teaching and performing for over 40 years and is active in many musical genres including jazz, Latin, classical, world, and experimental.



Senior Farmers' Market Nutrition Program (SFMNP)

Pick up at the Carlsbad Senior Center front desk, Monday – Friday, 8 a.m. – 4 p.m., while supplies last.

Eligible seniors aged 60 years and older who meet the income requirements may receive a Farmers' Market check booklet to be used to purchase **fresh fruits, vegetables, honey and fresh cut herbs** at Authorized Farmers' Markets. Booklets are limited and available on a first come first serve basis. SFMNP is a federally funded program administered nationally by the U.S. Department of Agriculture's Food and Nutrition Services Agency, and in California, by the California Department of Food and Agriculture (CDFA).



Featured Artist Reception

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

Meet and mingle with the Senior Center's current featured artists, Alice Hansen and Dan Kasperick. Alice creates her artwork with acrylics while Dan paints with watercolors. Their artwork will be displayed through the end of July.



Senior Excursion: Old Town San Diego

Friday, July 19, 9 a.m. – 3 p.m., \$18

Day trip to Old Town San Diego! Join us for shopping, lunch, and explore the different park attractions. More information is provided in our online catalog.

TGIF Excursion: Mad Hat Hucksters

Friday, July 12, 3:30 p.m. – 8:30 p.m., \$10

Roundtrip transportation to Stagecoach Community Park for TGIF Concert in the Park featuring Mad Hat Hucksters. Go back in time with us as we celebrate the Gilded Jazz Age with one of North County's best swing bands. Please meet at the Carlsbad Senior Center by 3:15p.m. There will be no food vendors onsite, but it is okay to bring your own food.

REMINDER: Senior Center is CLOSED on Thursday, July 4, 2024