

Monthly Events!

Dance: Pier Group

WHEN: Thursday, Jan. 5, 1:30 to 3:30 p.m., AUD

It's our "Senior Prom!" Revisit your high school prom days here at the Carlsbad Senior Center! The theme is American Bandstand, the attire is "Sunday Best." Come meet high school senior Torrey, who has organized this special "Prom" as her senior graduation project! Carlsbad by the Sea is stepping up their already fabulous refreshments and are adding a couple of extra prizes! Join us for our first ever Senior Prom! Still only \$4.

Movie: "Sully"



WHEN: Thursday, Jan. 12, 1 to 3 p.m., AUD

Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement. Cast: Tom Hanks, Laura Linney. Free.

Book Club



WHEN: Monday, Jan. 9, 1 to 2:30 p.m., MP

"The Book that Matters Most," by Ann Hood. February's book selection is, "The Woman in Cabin 10," by Ruth Ware. The book club meets the 2nd Monday of every month and welcomes newcomers!



Organization Contacts

Aging and Independence Services for AIS assistance, information for reporting abuse	800-510-2020
Carlsbad Housing & Neighborhood Services.....	760-434-2810
Carlsbad Police (Non-Emergency) & Fire Departments.....	760-931-2197
DayTripper Tours.....	800-679-8747
Elder Abuse in Facilities	800-640-4661
Health Counseling & Advocacy (HICAP).....	800-434-0222
In Home Supportive Services, North County.....	760-480-3424
Medicare.....	800-633-4227
North County Coastal Mental Health Services	760-967-4475

Senior Center Contacts

Activities Coordinators, Valerie Fisher & Patti Gebel	760-602-4654
Dining Room Reservations (24 Hours)	760-602-4655
Facility Reservations, Robert Harvey	760-602-4659
Front Desk (general information)	760-602-4650
Home Meal Delivery, Vincent Rodrigues.....	760-602-4652
Elder Law Legal Assistance.....	760-439-2535 x 205

Digital Photo, iPad & Tech Classes

These **free** classes are taught by instructor Mike McMahon, and are available on a first-come, first-served basis. The last 15 minutes of each class will be devoted to your questions.

Please bring note-taking material.

SMARTPHONE PHOTO TIPS

Wednesday, Jan. 18, 10 to 11:15 a.m., ACT

As the cameras in our smartphones get better and better, more folks are relying on their phone to be their primary and/or only camera. Our instructor, Mike McMahon, will provide helpful tips on how to improve picture taking with your phone. Copying photos to a computer will be covered. Lessons learned will apply to both Android and Apple smartphones. Seating is limited.

IPAD - INTRODUCTION

Wednesday, Jan. 18, 1 to 2: 15 p.m., ACT

The iPad is helping to define a new category of computing... portable, easy, and fun. This session is for newcomers to the iPad. Our instructor, Mike McMahon, will explain the basics of operating the iPad and how to use some of the great apps that make the iPad productive and fun. Seating is limited.

PHOTOSHOP ELEMENTS - ORGANIZE YOUR PHOTOS

Wednesday, Jan. 25, 10 to 11: 15 p.m., ACT

Photoshop Elements has powerful tools for organizing your photos. Our instructor, Mike McMahon, will demonstrate the use of albums, slideshows, and more. He will use version 15 of the software but his examples will apply to earlier versions, as well.

GOOGLE PHOTOS - THE DESKTOP VERSION **NEW!**

Wednesday, Jan. 25, 1 to 2: 15 p.m., ACT

Our previous Google Photos classes have focused on the use of smartphones and tablets for uploading your photos to Google Photos. Our instructor, Mike McMahon, will address the use of your desktop/laptop computer to access Google Photos. This will be helpful if you're interested in uploading some or all of your existing photo library to Google Photos.

Carlsbad Senior Center

Seaside Buzz

JANUARY 2017 NEWSLETTER



Why are my ears ringing?

WHO: David Illich, AuD, Tri-City Medical Center
WHEN: Thursday, Jan. 19, from 10 to 11 a.m., ACT

Tinnitus is the perception of noise or ringing in the ears and affects 1 in 5 people. While it is the case that prolonged exposure to loud noise can be a cause of tinnitus, the truth is that tinnitus has many causes. Many people develop tinnitus for no obvious reason. In this free, informational seminar, Audiologist, Dr. David Illich, will discuss answers to questions such as:

- What causes Tinnitus?
- How does it affect my hearing?
- What can be done about it?

Bring your questions and join us for this free presentation! David Illich, AuD, has been serving in San Diego, North County since 1982. Dr. Illich was voted San Diego's Best Audiologist by the San Diego Union Tribune Readers poll 2013.

UCSD Research Study Informational Talk

WHO: Khalisa Bolling, MPH Study Coordinator
WHEN: Thursday, Jan. 26, 12:45 to 3 p.m., AUD

Want to contribute to the science on aging? Come learn about the opportunity to participate in a research study sponsored by researchers from the Department of Family Medicine and Public Health at the University of California, San Diego. During this presentation, you will learn about the two-year study that is taking place at the Carlsbad Senior Center and have the opportunity to ask questions. For those interested in participating, there will be screening activities to follow. A raffle and refreshments will be provided.

The study activities will include:

- Five informative presentations on key health and wellness topics
- Study assessments
- Compensation up to \$80 dollars if all study assessments are completed

For questions, or to RSVP, please contact: Khalisa Bolling at

Morningstar Investment Education Lectures

Presenter, Richard Loth, has strong experiential credentials in the investment field, and uses Morningstar's mutual fund data, analyses and educational material to help attendees easily identify, decipher and employ Morningstar's guidance in their fund-investing endeavors. Morningstar is a subscription-based program, offered free to area residents through the City of Carlsbad Library.

858-534-5726, or via email at: kbolling@ucsd.edu.

The study is funded by the National Institutes of Health and the National Heart, Lung and Blood Institute. It is being conducted in 12 senior/community centers across the county and will enroll a total of 408 participants.

Intro to Windows 10 continues: Chapters 9, 10 & 11

WHO: Randy Crumpler, Secured PC Computer Systems
WHEN: Thursdays, Jan. 12, 19 & 26, 11:45 a.m. to 1:15 p.m., ACT

This free computer class continues and explains the basics of the Windows 10 operating system. Learn how to simplify the basics of Internet and email usage, etc. Attendees are encouraged to purchase the book, "Teach Yourself Visually Microsoft Windows 10," by Paul McFedries, to follow during the class, which will be projected as it's discussed.

NEW classes starting in January!

Introduction to Mosaic Art

WHEN: Fridays, starting Jan. 6, 9:30 to 11:30 a.m., ART-S

If you would like to learn more about one of the oldest art forms and create your own Mosaic art, then this is the class for you! No special art training or skills are required, and everyone is welcome. **Students are provided with all required materials, supplies and tools as part of their course fee!**

Beginning Aerobic Dancing Lite

WHEN: Tuesdays & Thursdays, starting Jan. 10-31, 10:15 to 11:15 a.m., ACT

Think you can't dance? Start at the beginning—learn with Jacki Sorensen's Aerobic Dancing, choreographed for the non-dancer. This 12-week progressive class offers improvement in flexibility, balance and muscle tone, along with a cardiovascular workout to upbeat and motivating music. Have fun while getting fit. Includes floor work. \$33.30R/\$37NR

How to Go Shopping for a Mutual Fund

WHEN: Monday, Jan. 23, 1:30 to 3 p.m.

A comprehensive discussion of Morningstar's fund investing tools.

Richard's Diagonal: A Risk-Return Case Study

WHEN: Monday, Jan. 30, 1:30 to 3 p.m., ACT

An assessment of large-cap value and small-cap growth funds.

Upcoming February topics:

Feb 13: 2016 — Looking In the Rear-view Performance Mirror

Feb 27: Morningstar — A Fund Investor's "Best Friend"

January 2017 *Activities Calendar*

New session start dates in blue
 Senior Specials in red
 * Pre-registration required
 ** Pre-register with MiraCosta (760-795-8710)

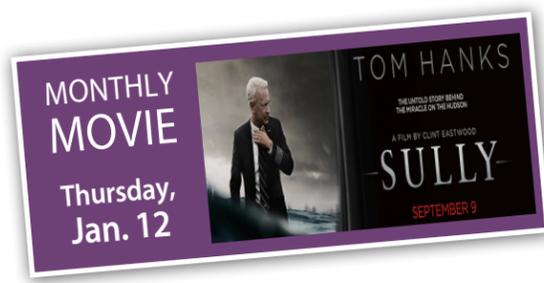
ACT Activity Room CR Conference Room LG Lounge PARK Pine Ave. Park
 AUD Auditorium DN Dining Room MP Multi-purpose Room 119 Room 119
 ART-S Art Studio DS Dance Studio P Patio 120 Room 120
 COM Computer Room GR Game Room

WEEKLY PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
8:15 – 9:15 * PiYo (Pilates & Yoga) (1/9) AUD 9 – 11 Writers Group MP 9 – 12 Spanish – Levels I, II & III ART-S 9:30 – 10:30 ** Heart Coherent Tai Chi Kung (1/9) DS 11 – 12 * Better Balance & Mobility DS 12 – 1:15 Line Dancing – Beginner AUD 1 – 2 * Better Balance & Mobility DS 1:15 – 2:30 Line Dancing – High Beginner AUD 3 – 4:15 * Gentle Yoga AUD 2:45 – 4 * Yoga Intermediate (1/9) DS	8 – 11 Needlecraft ART-S 8:30 – 9:30 * Qigong for the Early Bird (1/3) DS 9 – 10 * Aerobic Dancing - Lite! (1/3) ACT 9 – 10 Blood Pressure Screenings 120 9:30 – 11:30 Line Dancing – Int./Adv. AUD 9:45 – 10:45 * Live Long: Do Qigong! (1/3) DS 10:15 – 11:15 Beg. Aerobic Dancing Lite (1/10) ACT 11 – 12 The Art of Meditation (1/3) DS 12:30 – 4 Ping Pong ACT 12:30 – 4 Bingo AUD 1 – 4 Chess DS 1 – 4 Writing Our Lives ART-S	9:30 – 10:30 * Better Balance & Mobility (1/4) DS 9:30 – 11 5-in-1 Joy Class ART-S 9:30 – 11:30 * Oriental Sumi-e Painting (1/25) MP 10 – 12 Blood Pressure Screenings 119 10:45 – 11:45 * Better Balance & Mobility (1/4) DS 12:30 – 4:30 Mah Jongg GR 1 – 4 Ceramics ART-S 1 – 4 Sewing & Quilting Group MP 1 – 1:30 Hawaiian Dance – Beg. Basics DS 1:30 – 2:45 Hawaiian Dance – Beginner DS 3 – 4:30 Hawaiian Dance – Beg./Int DS	8:45 – 9:45 * PiYo (Pilates & Yoga) (1/5) AUD 9 – 10 * Aerobic Dancing - Lite! DS 10 – 11:15 * Yoga – Int./Adv. (1/5) AUD 10 – 12 Audiomobile LOBBY 11 – 12 Tai Chi Short Forms (1/5) DS 1 – 2:10 * Heart Coherent Tai Chi Kung (1/5) DS 1 – 3 PC Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45 – 4:45 * Chair Yoga (1/5) DS	9:15 – 10:15 Spanish Flamenco Dance DS 9:30 – 11:30 Introduction to Mosaic Art (1/6) ART-S 9:30 – 12:30 * Discover Your Inner Artist with Oil or Acrylic (1/6) MP 10 – 11 * Zumba Gold (1/6) ACT 11 – 12 * Tappercize (1/6) DS 12:30 – 4 Party Bridge AUD 12:30 – 4 Ping Pong ACT 12:45 – 2:30 Hawaiian Dance – Adv DS 1 – 4 Scrabble ART-S 1:30 – 4:30 * Discover Your Inner Artist with Oil or Acrylic (1/6) DS					
	* PC Lab Hours – Check with front desk	* PC Lab Hours – Check with front desk	* PC Lab Hours – Check with front desk	* PC Lab Hours – Check with front desk	* PC Lab Hours – Check with front desk				
New Year's Day Observed Senior Center closed	2	10 – 1 * Elder Law Legal Assistance 119 1 – 3 * Armchair Theater, "Under the Tuscan Sun" LG	3	9:45 – 11:30 Carlsbad Newcomers – Guest Speaker: Linda A. Lee, Motivational Speaker ACT	4	1:30 – 3:30 Monthly Dance – "Senior Prom" with The Pier Group, sponsored by Carlsbad by the Sea AUD	5	6	
9 – 10:30 Primordial Sound Meditation (Intro 9 – 9:30) ACT 1 – 2:30 Book Club: "The Book That Matters Most," by Ann Hood MP	9	1 – 4 * HICAP Health Insurance Counseling 120	10	9:30 – 11:30 * Diet & Nutrition Counseling 120	11	11:45 – 1:15 Introduction to Windows 10 ACT 1 – 3 Monthly Movie: "Sully" AUD	12	10:30 – 12 Stamp Collectors Meet ART-S	13
MLK Jr. Holiday Senior Center open No classes No lunch	16	9 – 1:30 * Ask the Attorney 119 1 – 3 * Armchair Theater: "The Wedding Planner" LG 1 – 4 * HICAP Health Insurance Counseling 120	17	10 – 12 * Ask the Orthopedic Surgeon 119 10 – 11:15 Smartphone Photo Tips ACT 1 – 2:15 iPad - Introduction ACT	18	9 – 11:30 * Watercolor - Intermediate ART-S 10 – 11 Seminar: Why Are My Ears Ringing? With Dr. Illich of Tri-City Medical Center ACT 11:45 – 1:15 Introduction to Windows 10 ACT 12:30 – 4:30 * AARP Smart Driver Program ART-S	19	 ARTIST OF THE MONTH Hope Elementary Students	20
9:30 – 11 ** Spinal Fitness AUD 1:30 – 3 Morningstar Investment Education Lecture: How to Go Shopping for a Mutual Fund ACT	23	1 – 3 * Armchair Theater "One Small Hitch" LG	24	9:30 – 11 ** Spinal Fitness AUD 10 – 11:15 Photoshop Elements – Organize Your Photos ACT 1 – 2:15 Google Photos – The Desktop Version - NEW! ACT 1:30 – 3:30 Seaside Singers Practices Resume AUD	25	9 – 11:30 * Watercolor - Intermediate ART-S 10 – 12 * Hearing Screening & Hearing Aid Adjustments 119 11:45 – 1:15 Introduction to Windows 10 ACT 12:45 – 3 UCSD Research Study Informational Talk AUD 12:30 – 4:30 * AARP Smart Driver Program ART-S	26	9:30 – 11 ** Spinal Fitness AUD	27
9:30 – 11 ** Spinal Fitness AUD 1:30 – 3 Morningstar Investment Education Lecture: Richard's Diagonal: A Risk-return Case Study ACT	30	10 – 3 * Low-Vision Consultations 119 1 – 3 * Armchair Theater "After the Ball"	31						



TRANSPORTATION SERVICES

- Daily lunch program at the Carlsbad Senior Center
- Medical appointments, excluding ongoing therapy
- Requested donation is \$2 each way
- Registration and transportation reservations are required.
- Shopping Wednesdays after lunch.
- Call 760-602-4650 for reservations and schedule information.



SATURDAY CLASSES AND ACTIVITIES

Ping Pong	Jan 7, 14	9 – 12:30	ACT
Fitness Room	Jan. 7, 14, 21 & 28	9 – 1	ACT
* Yoga – Intermediate	Jan 7, 14, 21, 28	9:15 – 10:30	DS