

Monthly Events!

Dance: The Vidals

WHEN: Thursday, Sept. 7, 1:30 to 3:30 p.m., AUD

Prizes and refreshments are sponsored by Carlsbad by the Sea. \$4.

Book Club



WHEN: Monday, Sept. 11, 1 to 2:30 p.m., MP

I'll See You in Paris, by Michelle Gable. October's book selection is *A Gentleman in Moscow*, by Amor Towles. The book club meets the 2nd Monday of every month and welcomes newcomers!

Movie: Beauty and the Beast



WHEN: Thursday, Sept. 14, 1 to 3 p.m., AUD

In this live action version of the Disney adapted animated feature, young Belle yearns to escape her ordinary existence—and her village's boorish suitors—until she becomes imprisoned in the castle of a monstrous place. (Netflix summary)

Cast: Emma Watson, Dan Stevens, Luke Evans. Free.

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

Online Reservations: www.carlsbadca.gov/parksandrec

* Free walkers, canes and wheelchairs are available for check-out to Carlsbad residents.

Digital Photo, iPad & Tech Classes

These **free** classes are taught by instructor Mike McMahon and are available on a first-come, first-served basis. **Please bring note-taking material.**

Photo Books Made Easy

Wednesday, Sept. 27, 10 to 11:15 a.m., ACT

It is now fairly easy to display your photos in a beautiful photo book and to do so at a very reasonable cost. Our instructor, Mike McMahon, will present a live demonstration of creating a photo book. See samples of photo books and learn how to start your own photo book project.

Photoshop Elements – Photo Retouching

Wednesday, Sept. 27, 1 to 2:15 p.m., ACT

Photoshop Elements has great tools for retouching photos. It can help with repairing damaged photos (tears, stains, spots) and it has face-retouching tools that can help with wrinkles and blemish repair. Our instructor, Mike McMahon, will demonstrate how to make it all happen.

Oct. 6: Try It Without Risk - Intro to Mosaic Art

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

Fridays, Oct. 6–Dec. 1

9:30–11:30 a.m.

6 weeks - \$127 N/R and \$114.30 R



Carlsbad Senior Center

Seaside Buzz

SEPTEMBER 2017 NEWSLETTER



Carlsbad Newcomers Host Sue Crum

WHEN: Wednesday, Sept. 6, 9:45 to 11:30 a.m., ACT

Sue Crum: Speaker, Trainer, Consultant, Author of "Clear Your Clutter" As an international motivational speaker and best-selling author, Sue Crum has unlocked the keys for people to achieve greater fulfillment and productivity.

Ice Cream Social with Cowboy Jack

WHEN: Friday, Sept. 8, 11:30 a.m. to 1 p.m., Park

Mark your calendars for a day of outdoor fun! You are invited to our annual Ice Cream Social featuring a senior center favorite, Cowboy Jack, entertaining diners in Pine Avenue Park. We will be serving cheeseburgers with all the trimmings, and of course, ice cream sundaes! Join us for an afternoon of lively entertainment, food and good old-fashioned fun!

Strategies to Improve Communication

WHEN: Thursday, Sept. 21, 10 to 11 a.m., MP

Join Dr. Julie Khoury-Ghaffary, an Audiologist with over 25 years of experience, as she discusses key tips that are designed to improve communication skills and speech understanding. While there are many subtleties to communication between people, some basic skills can help you to be a more effective communicator. This class will explore barriers to effective verbal communication, and strategies for effective verbal communication. Important information for the listener, speaker and how to structure the environment for better communication! Please bring your significant other to this important talk.

Successful Aging in Place: Financial Planning

WHO: Kindra French and David McGee, NAIPC members

WHEN: Tuesday, Sept. 26, 10:30 to 11:30 a.m., ACT

Join us for this monthly series, held the last Tuesday of each month, which offers insights from professionals who share their expertise concerning specific aspects of how to age in place successfully. Participants will be introduced to the financial planning process, as well as home financing options. Participants will glean:

- Overview of insurance, investments, income taxes, retirement planning
- Tools to evaluate personal financial exposures and weaknesses
- Insight regarding legal, ethical and regulatory matters that affect planners
- Introduction to time value of money concepts



Stand Up to Prevent Falls: Reduce Your Risk

WHO: Kindra French, CAPS, co-chair of the San Diego Fall Prevention Task Force

WHEN: Thursday, Sept. 28, 10 to 11:30 a.m.

September is National Fall Prevention Month. One in three adults over the age of 65 will fall this year. And for many, these falls can result in life-changing injuries. Yet most falls can be prevented with just a few easy steps. Join us for this free, interactive workshop, where we will discuss:

- Why the risk of a fall increases as we get older
- Practical steps you can take to reduce your risk of a fall
- Techniques to reduce your risk of injury if you take a fall
- Methods to safely get up from a fall

Try It Without Risk!

Try the class, meet the instructor, and only pay if you decide to sign-up for future classes! Available to new students only. Pick up a Liability Waiver at the front desk before entering the class.

The Art of Meditation: Tuesday, Sept. 5, from 11 a.m. to 12 noon, DS

Chair Yoga: Thursday, Sept. 7, from 3:45 to 4:45 p.m., DS

Tappercize: Friday, Sept. 8, from 11 a.m. to 12 noon, DS

Morningstar Investment Education Lectures

Presenter, Richard Loth, 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.

The ABCs of Stock, Bond, and Allocation Mutual Funds

WHEN: Monday, Sept. 11, 1:30 to 3 p.m., ACT

Understanding the defining investment qualities of stocks and bonds

Investment Punditry: Should We Consider Product Warning Labels?

WHEN: Monday, Sept. 18, 1:30 to 3 p.m., ACT

Using Investment "Nutrition" Labels to Analyze Mutual Funds

WHEN: Monday, Sept. 25, 1:30 to 3 p.m., ACT

Healthy investments, like healthy foods, depend on their "ingredients"

Upcoming October topics:

Oct. 16: Market Corrections, a Common Investment Risk

Oct. 23: How to Pick a Top-Quality Mutual Fund

Oct. 30: For San Diegans, Investing Wisely Is a Numbers Game

September 2017 *Activities Calendar*

New session start dates in blue
Senior Specials in red

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
	9-11 Writers Group MP 9-12 Spanish - Levels I, II & III ART-S 9:30-10:30 † Heart Coherent Tai Chi Kung (9/11) DS 9:30-11 ** Spinal Fitness AUD 11-12 † Better Balance & Mobility (9/11) DS 12-1:15 Line Dancing - Beginner AUD 1:15-2:30 Line Dancing - High Beginner AUD 2:45-4 † Yoga: Intermediate (9/11) AUD 3-4:15 † Gentle Yoga (9/11) DS	8-11 Needlecraft ART-S 9:30-11:30 Line Dancing - Int./Adv. AUD 9:45-10:45 † Live Long: Do Qigong! (9/5) DS 11-12 † The Art of Meditation (9/5) 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 and Mobility DS 9:30-11 5-in-1 Joy Class ART-S 9:30-11 ** Spinal Fitness AUD 9:30-11:30 † Oriental Sumi-e Painting MP 10:45-11:45 † Better Balance and Mobility DS 10-12 Blood Pressure Screenings 119 12:30-4:30 Mah Jongg GR 1-4 Ceramics ART-S 1-4 Sewing & Quilting Group MP 1-1:30 Hawaiian Dance - Beginner Basics DS 1:30-2:45 Hawaiian Dance - Beginner DS 3-4:30 Hawaiian Dance - Beg./Int DS	8:45-9:45 † Pilates/Yoga Fusion (9/7) AUD 9-11:30 † Intermediate Watercolor (9/21) ART-S 10-11:15 † Yoga - Int./Adv. (9/7) AUD 10-12 Audiobile LOBBY 11-12:10 † Tai Chi Kung Short Forms (9/7) DS 1-2:10 † Heart Coherent Tai Chi Kung (9/7) DS 1:30-3:30 PC Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45-4:45 † Chair Yoga (9/7) DS	9:15-10:15 Spanish Flamenco Dance DS (NO class 9/15, 22 & 29) 9:30-11 ** Spinal Fitness AUD 9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic (9/22) MP 10-11 † Zumba Gold (9/8) ACT 11-12 † Tupperize (9/8) 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
 Labor Day 4 Senior Center open with limited services • No lunches • Limited classes	10-11 * Elder Law Legal Assistance 119 5 11-12 Try It Without Risk: The Art of Meditation DS 1-3 * Armchair Theatre: The Choice LG	9:45-11:30 Carlsbad Newcomers Guest Speaker: Sue Crum - Speaker, Trainer, Consultant, Author ACT 6 11-3 * One-on-One Technology Help RR	10:30-11:30 Laughter Yoga ACT 7 1:30-3:30 Monthly Dance: The Vidals AUD 3-4 Senior Commission Meeting DN 3:45-4:45 Try It Without Risk: Chair Yoga DS	11-12 Try It Without Risk: Tupperize DS 8 11:30-1 * Ice Cream Social in the Park with entertainment by Cowboy Jack! Park	
9-10:30 Primordial Sound Meditation (Intro 9-9:30) ACT 11 1-2:30 Book Club: I'll See You in Paris by Michelle Gable MP 1:30-3 Morningstar Investment Education Lecture: The ABCs of Stock, Bond, and Allocation Mutual Funds ACT	9-10 † Aerobic Dancing - Lite! (2x/week) ACT 12 9-2 * Ask the Attorney 119 1-3 * Armchair Theatre: Finding Normal LG	9:30-11:30 * Diet & Nutrition Counseling 120 13 NO Digital Photo, iPad & Tech classes today 1:30-3:30 Seaside Singers Practices Resume AUD 20	10:30-11:30 Laughter Yoga ACT 14 9:30-11:30 * Ask the Physical Therapist 119 10-1 * HICAP Health Insurance Counseling 120 1-3 Monthly Movie: Beauty & The Beast AUD	10:30-12 Stamp Collectors Meet ART-S 15	
9-10 † Aerobic Dancing - Lite! (3x/week) ACT 18 1-3 Senior Readers Theater ART-S 1:30-3 Morningstar Investment Education Lecture: Investment Punditry: Should We Consider Product Warning Labels? ACT	9-10 † Aerobic Dancing - Lite! (2x/week) ACT 19 9-2 * Ask the Attorney 119 1-3 * Armchair Theatre: Finding Normal LG	10-11:15 Photo Books Made Easy ACT 27 10-12 * Ask the Orthopedic Surgeon 119 1-2:15 Photoshop Elements: Photo Retouching ACT 1:30-3:30 Seaside Singers Practice AUD	9-10 † Aerobic Dancing - Lite! ACT 21 10-11 Strategies to Improve Communication MP 10-1 * HICAP Health Insurance Counseling 120 10:30-11:30 Laughter Yoga ACT 12:30-4:30 † AARP Smart Driver Program ART-S	10-11 * HICAP Health Insurance Counseling 120 10:30-11:30 Laughter Yoga ACT 12:30-4:30 † AARP Smart Driver Program ART-S	
9-10 † Aerobic Dancing - Lite! ACT 25 1:30-3 Morningstar Investment Education Lecture: Using Investment "Nutrition" Labels to Analyze Mutual Funds ACT	9-10 † Aerobic Dancing - Lite! ACT 26 10-3 * Low-Vision Consultations 119 10:30-11:30 * Successful Aging in Place: Financial Planning Options ACT 1-3 * Armchair Theatre: Love Finds You in Valentine LG	10-11:15 Photo Books Made Easy ACT 27 10-12 * Ask the Orthopedic Surgeon 119 1-2:15 Photoshop Elements: Photo Retouching ACT 1:30-3:30 Seaside Singers Practice AUD	9-10 † Aerobic Dancing - Lite! ACT 28 10-11:30 Seminar: Stand Up to Prevent Falls: Reduce Your Risk ACT 9:30-12:30 * Hearing Screening & Hearing Aid Adjustments Screening 119 12:30-4:30 † AARP Smart Driver Program ART-S	9-10 † Aerobic Dancing - Lite! ACT 28 10-11:30 Seminar: Stand Up to Prevent Falls: Reduce Your Risk ACT 9:30-12:30 * Hearing Screening & Hearing Aid Adjustments Screening 119 12:30-4:30 † AARP Smart Driver Program ART-S	



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 at Walmart and Stater Bros./Trader Joes is available on alternating Wednesdays after lunch
- Call 760-602-4650 for reservations and schedule information



SATURDAY CLASSES AND ACTIVITIES

Ping Pong	Sept. 2 & 9	9-12:30	ACT
Fitness Room	Sept. 2, 9, 16, 23 & 30	9-1	ACT

* Pre-registration required
 ** Pre-register with MiraCosta (760-795-8710)
 † Fee-based activity

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