

Monthly Events!

Dance: The Pier Group

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

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

Movie: Gifted

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

When his sister dies, 30-something bachelor Frank Adler assumes the care of her seven year-old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved. (Netflix summary)
Cast: Chris Evans, McKenna Grace. Free.

Book Club

WHEN: Monday, Oct. 16, 1 to 2:30 p.m., MP

A Gentleman in Moscow, by Amor Towles. November's book selection is, *The Zookeeper's Wife*, by Diane Ackerman. **Due to Columbus Day this month, the Book Club is meeting the 3rd Monday**, but usually meets the 2nd Monday of every month and welcomes newcomers!

Morningstar Investment Education Lectures

Presenters, Richard Loth and Shelley Murasko, have strong experiential credentials in the investment field. They are thoroughly familiar with Morningstar's mutual fund investment education resources and base their lectures on this content. Area residents have free access to this Morningstar guidance through the City of Carlsbad Libraries' online database.

Market Corrections, a Common Investment Risk

WHEN: Monday, Oct. 16, 1:30 to 3 p.m., ACT

A "user's guide" to dealing with market volatility

How to Pick a Top-Quality Mutual Fund

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

A guide to using Morningstar's mutual fund investing know-how

For San Diegans, Investing Wisely Is a Numbers Game

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

A specialized "numerology" for making informed fund investment decisions"

Upcoming November topics:

Nov. 13: The ABCs of bond mutual funds

Nov. 20: Balanced funds for an out-of-balance world

Nov. 27: Overdoing portfolio diversification

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.**

Secrets to better photos

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

This class will help you turn your photos from ordinary to extraordinary. A few simple secrets of photo composition and camera adjustments are all that is needed to give your photos impact and pizzazz. Our instructor, Mike McMahon, will show you how to capture great photos of people and landscapes. Come join the learning and the fun.

Video editing – Part 2 **NEW!**

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

The secret to producing an effective video is to understand the building blocks of video production. Our instructor, Mike McMahon, will explain how to combine video clips, still photos, titles, and music for an effective video. We will produce a short video in class. At least 10 minutes of class will be devoted to your questions.

Wi-Fi and Bluetooth networking

Wednesday, Oct. 25, 10 to 11:15 a.m., ACT

As smartphones and tablets become more popular, the networking features of Wi-Fi and Bluetooth are becoming more commonplace. Our instructor, Mike McMahon, will present an overview of these two technologies including demonstrations of both. Learn how these technologies can help you with your mobile devices. The last 15 minutes of class will be devoted to your questions.

Intro to ham radio **NEW!**

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

Hurricanes and other emergencies often jeopardize normal communications, including cell phones. That's when amateur radio operators come to the rescue. In non-emergency conditions, ham radio is a fun hobby shared with folks interested in electronics and service to others. Our instructor, Mike McMahon, is a licensed ham radio operator and is active with Carlsbad's Community Emergency Response Team. He will present an overview of ham radio...come learn what it's all about.

Carlsbad Senior Center

Seaside Buzz

OCTOBER 2017 NEWSLETTER

City of
Carlsbad

Strategies to Improve Communication: Hearing Devices

WHO: Dr. Julie Khoury-Ghaffary, Audiologist, SONUS Hearing
WHEN: Thursday, Oct. 12, 10 to 11 a.m., MP

Today's hearing devices are really high-tech "systems." They use a multitude of performance platforms to enhance a person's hearing experience. High-speed processors use sophisticated acoustic software that can be wirelessly adjusted during a fitting appointment. In the most advanced systems, the right and left aids simultaneously co-process sound for clearer, more distinctive hearing. These systems will automatically adjust to changing sounds and voices, and will speed up or slow down their response rates according to a user's personal preferences. Come and see how these great marvels of technology work!

Save a life – Learn about Hands-Only CPR

WHEN: Thursday, Oct. 19, 10 to 11:30 a.m., ACT

CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival. Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. Learn how you can make a life and death difference for someone by giving this critical help before professional help arrives. A representative from the Carlsbad Fire Department will explain the process and bring mannequins for hands-on training. Come early, space is limited.

CVS Flu Shot Clinic

WHEN: Tuesday, Oct. 24, 9 a.m. to 1 p.m., #119

Licensed CVS Immunizing Pharmacists will be here to administer the 2012 "All-in-one Influenza Vaccine" (Influenza A, Influenza B & H1N1). Bring your Medicare Part B card and CVS will take care of billing Medicare for you. No appointment necessary.

The ABCs & Part D of Medicare 2017

WHEN: Thursday, Oct. 26, 10 to 11:45 a.m., ACT

What can you expect from Medicare 2018 and what moves can you make during the Annual Election Period? Learn what you need to know about Medicare health plans so you can make the right decision. You will learn what changes have been made, how it works, what is and isn't covered, costs, enrolling, penalties, other options and more. Whether you are going on Medicare for the first time, or have been on it for many years, plan on attending this valuable workshop. Complimentary workshop reference guide will be given to those in attendance.

Successful Aging in Place: Addressing Care Needs

WHO: Kindra French and David McGee, NAIPC members

WHEN: Tuesday, Oct. 31, 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. Costumes welcome. This class will explore when and how to select caregiving services to meet changing needs. Participants will receive:

- Guidelines for selecting a caregiver
- Information regarding the types of caregiving services available
- Overview of resources available to support family caregivers
- Special care needs/services available for loved ones with dementia

Intro to Mosaic Art Try it Without Risk!

WHEN: Friday, Oct. 6, 9:30 to 11:30 a.m., ART-S

If you want 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/skills are required. All students are provided with the required materials as part of their course fee. This is the first of a six week class and is \$114.30 resident & \$127 non-resident.

Each ticket is a \$5 KoKo Beach discount plus a chance to win a prize!

Prize drawing Tuesday, Oct. 31 during the Carlsbad Senior Center lunch program. Winners need not be present to win.

Tickets on sale at the front desk now!

Redeem between 11 a.m. and 6 p.m. Oct. 1 through Nov. 15.

100% of proceeds support Carlsbad Senior Center programs, activities and events.

October 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY PROGRAMS	9-10 † Aerobic Dancing - Lite! ACT 9-11 Writers Group MP 9-12 Spanish – Levels I, II & III ART-S 9:30 – 10:30 † Heart Coherent Tai Chi Kung (10/16) DS 9:30 – 11 ** Spinal Fitness AUD 11 – 12 † Better Balance & Mobility (10/2) DS 12 – 1:15 Line Dancing – Beginner AUD 11 – 12 † Better Balance & Mobility (10/2) DS 1:15 – 2:30 Line Dancing – High Beginner AUD 2:45 – 4 † Yoga: Intermediate (10/2) AUD 3 – 4:15 † Gentle Yoga (10/30) DS	8 – 11 Needlecraft ART-S 9 – 10 † Aerobic Dancing - Lite! (10/3) ACT 9:30 – 11:30 Line Dancing – Int. /Adv. AUD 9:45 – 10:45 † Live Long: Do Qigong! (10/17) DS 11 – 12 † The Art of Meditation (10/3) 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 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 (10/4) 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 – 3:30 Seaside Singers Practice AUD 1:30 – 2:45 Hawaiian Dance – Beginner DS 3 – 4:30 Hawaiian Dance – Beg./Int DS	8:45 – 9:45 † Pilates/Yoga Fusion (10/5) AUD 9 – 10 † Aerobic Dancing - Lite! ACT 9 – 11:30 † Intermediate Watercolor ART-S 10 – 11:15 † Yoga – Int./Adv. (10/5) AUD 10 – 12 Audiobile LOBBY 11 – 12:10 † Tai Chi Kung Short Forms (10/5) DS 1 – 2:10 † Heart Coherent Tai Chi Kung (10/5) DS 1:30 – 3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45 – 4:45 † Chair Yoga (10/5) DS	9:15 – 10:15 Spanish Flamenco Dance DS (NO class 10/6) 9:30 – 11 ** Spinal Fitness AUD 9:30 – 12:30 † Discover Your Inner Artist with Oil or Acrylic (10/27) MP 10 – 11 † Zumba Gold (10/6) ACT 11 – 12 † Tupperize (10/6) 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
	9 – 10:30 Primordial Sound Meditation (Intro 9 - 9:30) ACT 2 1 – 3 Senior Readers' Theater ART-S	10 – 1 * Elder Law Legal Assistance 119 3 1 – 3 * Armchair Theater: <i>Miracles from Heaven</i> LG	9:45 – 11:30 Carlsbad Newcomers – Guest Speaker: Capt. Don Whisnant of the Carlsbad Senior Volunteer Police Patrol ACT 4 11 – 3 * One-on-One Technology Help RR	10:30 – 11:30 Laughter Yoga ACT 5 1:30 – 3:30 Monthly Dance: <i>The Pier Group</i> AUD	9:30 – 11:30 † Intro to Mosaic Art ART-S 6 Try It Without Risk!
	COLUMBUS DAY 9 Senior Center open with limited services • No lunches • Limited classes	ARTIST OF THE MONTH 10 <i>Judy Sayer</i>	9:30 – 11:30 * Diet & Nutrition Counseling 120 11	10 – 11 Strategies to Improve Communication: <i>Hearing Devices</i> MP 12 10 – 1 * HICAP Health Insurance Counseling 120 10:30 – 11:30 Laughter Yoga ACT 11:30 – 12:30 * Oktoberfest Lunch with Accordionist, Juergen DN 1 – 3 Monthly Movie: <i>Gifted</i> AUD	10:30 – 12 Stamp Collectors Meet ART-S 13
	1 – 2:30 Book Club: <i>A Gentleman in Moscow</i> , by Amor Towles MP 16 1 – 3 Senior Readers' Theater ART-S 1:30 – 3 Morningstar Investment Education Lecture: Market Corrections, a Common Investment Risk ACT	9 – 2 * Ask the Attorney 119 17 1 – 3 * Armchair Theater: <i>The Longest Ride</i> LG	10 – 11:15 Secrets to Better Photos ACT 18 1 – 2:15 Video Editing – Part 2 NEW! ACT	10 – 11:30 Workshop: Hands-Only CPR Training ACT 19 10 – 1 * HICAP Health Insurance Counseling 120 12:30 – 4:30 † AARP Smart Driver Program ART-S	9:30 – 11:30 † Intro to Mosaic Art ART-S 20
	1:30 – 3 Morningstar Investment Education 23 Lecture: How to Pick a Top-Quality Mutual Fund ACT	9 – 1 CVS Flu Shot Clinic 119 24 1 – 3 * Armchair Theater: <i>Fairfield Road</i> LG	10 – 11:15 Wi-Fi and Bluetooth Networking ACT 25 10 – 12 * Ask the Orthopedic Surgeon 119 1 – 2:15 Intro to Ham Radio NEW! ACT	9:30 – 12:30 * Hearing Screening & Hearing Aid Adjustments Screening 119 26 10 – 11:45 Seminar: The ABCs & Part D of Medicare 2018 ACT 12:30 – 4:30 † AARP Smart Driver Program ART-S	9:30 – 11:30 † Intro to Mosaic Art ART-S 27
	1:30 – 3 Morningstar Investment Education 30 Lecture: For San Diegans, Investing Wisely is a Numbers Game ACT	10 – 3 * Low-Vision Consultations 119 31 10:30 – 11:30 * Successful Aging in Place: Addressing Care Needs ACT 12 – 12:30 KoKo Beach Prize Drawings & Halloween Costume Parade DN 1 – 3 * Armchair Theater: <i>Welcome to Happy Valley</i> LG			



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	Oct. 7 & 14	9 – 12:30	ACT
Fitness Room	Oct. 7, 14, 21 & 28	9 – 1	ACT

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

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