

# Monthly Events!

## Movie: *The Mountain Between Us*



**WHEN: Thursday, Feb. 8, 1 to 3 p.m., AUD**

After bad weather halts their commercial flight, surgeon Ben Payne and writer Ashley Knox hop a charter plane. But it crashes, leaving the strangers injured and alone atop a snow-covered mountain -- forcing them to embark on a long journey for help. (Netflix summary) Cast: Kate Winslet, Beau Bridges Free.

## Book Club



**WHEN: Monday, Feb. 12, 1 to 2:30 p.m., MP**

"Killers of the Flower Moon," by David Grann. March's book selection is, "The Tea Girl of Hummingbird Lane," by Lisa See. The book club meets the 2nd Monday of every month and welcomes newcomers!

## Dance: *The 2nd Annual Senior Prom, "Gatsby Sweethearts"*

**WHEN: Thursday, Feb. 15, 1:30 to 3:30 p.m., AUD**

Join us for our senior center prom, organized by Sage Creek High School senior Emily as her senior graduation project! The theme this year is "Gatsby Sweethearts," and we are bringing back the roaring 20s and celebrating love and friendship for Valentine's Day. Sponsor, Carlsbad by the Sea, is stepping up their already fabulous refreshments and are adding a couple of extra prizes! Dress your Sunday best and join the fun!



## 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.**

### PHOTOSHOP ELEMENTS – EDITING

Wednesday, Feb. 21, 10 to 11:15 a.m., ACT

Photoshop Elements has powerful tools for editing your photos. Our instructor, Mike McMahon, will demonstrate a variety of editing tools. Elements has the ability to perform the same edits as full Photoshop (with some exceptions) but also has a simplified mode to make the most common edits easy and fun.

### APPLE'S IOS 11 – NEW!

Wednesday, Feb. 21, 1 to 2:15 p.m., ACT

Apple iPhones and iPads got a significant update with iOS Version 11. Our instructor, Mike McMahon, will demonstrate some of the new features that are part of this update. Come see if these new features can be useful for you.

### ALL ABOUT PODCASTS

Wednesday, Feb. 28, 10 to 11:15 a.m., ACT

Would you like to enjoy hearing your favorite radio programs on your schedule instead of having to remember the program's broadcast date/time? Many radio programs (e.g. NPR's This American Life) are available as free downloadable audio files... just like an audio book. Copy them to your portable device (e.g. iPod, smartphone) and listen at your convenience. Our instructor, Mike McMahon, is a big fan of podcasts and will give you a practical guide to what it's all about.

### AMAZON'S ALEXA – NEW!

Wednesday, Feb. 28, 1 to 2:15 p.m., ACT

Amazon has made a big splash with its voice-controlled devices... the Echo, the Dot, and more. Our instructor, Mike McMahon, will explain what this new revolution of voice-controlled devices is all about. We will focus on the Amazon products but will make brief mention the Google Home products and Apple Siri. Is it time for you to consider buying this technology?

Carlsbad Senior Center

# Seaside Buzz

FEBRUARY 2018 NEWSLETTER



## AARP tax assistance

**WHEN: Tuesdays & Thursdays, 8:30 a.m. to 4 p.m., MP**

AARP tax volunteers will be here to assist adults 50+ with their 2017 tax returns. They will be available by appointment beginning Thursday, Feb. 1. Call 760-602-4650 or drop by to schedule an appointment. Be sure to bring a photo ID, along with all necessary documents and a copy of last year's taxes to your appointment.

## Carlsbad Newcomers host Dr. Phil Goscienski, M.D.

**WHEN: Wednesday, Feb. 7, 9:45 to 11:30 a.m., ACT**

Dr. Goscienski explored how our distant ancestors lived and applied this knowledge to extend life, avoiding chronic diseases of our age. He spent 47 years in clinical and academic medicine. He is a Fellow of the American Academy of Pediatrics. He was a Captain in the US Navy and Head of Infectious Diseases Branch, Department of Pediatrics, San Diego and the Clinical Professor of Pediatrics at UCSD School of Medicine until his retirement. He is the author of hundreds of newspaper and magazine articles, several medical journal articles, and textbook chapters.

## Don't become a victim of a solar panel installation scam

**WHO: San Diego Elder Law Attorney, Jaime Levine**

**WHEN: Thursday, Feb. 15, 10 to 11:30 a.m., ACT**

As the push for solar increases, so do the scams. Elder Law Attorney, Mr. Jaime Levine, will discuss how seniors are sometimes misled into acquiring solar and other home improvements. Sometimes the terms of the improvements are not disclosed and end up forcing seniors into debt and even foreclosure due to an incredibly high property tax bill which could continue for 20 years. Learn what you can do to protect yourself by attending this free presentation.

## Experiential lecture/demonstration: Heart-Coherent Tai Chi Kung

**WHO: Carlsbad Senior Center Tai Chi Kung Instructors**

**Richard & Renee Wing**

**WHEN: Tuesday, Feb. 20, 10:30 to 11:30 a.m., ACT**

Regular practice of Tai Chi Kung, especially shared with a like-minded group, releases stresses, builds internal balance, and leads to a life lived as a flow of lessons, blessings, wonders & miracles. Come learn about, see, feel and experience a path to harmonizing yourself with your world.

Richard is a retired stress & pain psychotherapist. Renee is a

retired Dance & Creative Movement instructor for University of Hawaii and National Endowment for the Arts. Together, the Wings have taught in North County for 16 years. This will be their third year of well-attended classes at Carlsbad Senior Center.

## Grace and grit: Insights to the real life challenges of aging

**WHO: Kindra French and David McGee, NAIPC members**

**WHEN: Tuesday, Feb. 27, 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. In this class, you will discover that you are not alone. Adult children, parents, long-distance and local caregivers will be moved to laughter, tears, and a-ha moments as we examine issues common among all of us who find ourselves struggling with the challenging roles of parent and child. Transitions later in life are often challenges in communication, logistics and caring. We will explore common characteristics and techniques for having the important conversations. Presented by Fritzi Gros-Daillon, MS, CSA, CAPS\*

## 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.

### Feb. 12: Fund of the Month

A monthly session whereby lecture attendees will be schooled in the use of Morningstar analytics to thoroughly study the choice of a specific top-quality mutual fund.

### Feb. 19: Mutual Fund Investing Basics

These sessions delve into meaningful fund investing takeaways from Morningstar's Library Edition database of investing tools and analysis.

### Feb. 26: The Morningstar Monthly Reader

Selected for their enduring mutual fund investing guidance, the presenters will provide their insightful commentary on selected Morningstar article archive postings.

### Upcoming March dates:

**March 12, 19 & 26**

# February 2018 *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
	9-10 † Aerobic Dancing - Lite! DS 9-11 Writers Group MP 9-12 Spanish – Levels I, II & III (No Class 2/5) ART-S 9:30-10:30 † Heart Coherent Tai Chi Kung (2/5) DS 11-12 † Better Balance & Mobility (2/5) DS 12-1:15 Line Dancing – Beginner AUD 1-2 † Better Balance & Mobility (2/5) DS 1:15-2:30 Line Dancing – High Beginner AUD 2:45-4 † Yoga: Intermediate (2/5) AUD 3-4:15 † Gentle Yoga (2/12) DS	8-11 Needlecraft ART-S 8:30-4 * AARP Tax Assistance MP 9-10 † Aerobic Dancing - Lite! ACT 9:30-11:30 Line Dancing – Int. /Adv. AUD 9:45-10:45 † Live Long: Do Qigong! (2/6) DS 11-12 † The Art of Meditation (2/6) DS 12:30-4 Ping Pong ACT 12:30-4 Bingo AUD 1-3 Writing Our Lives ART-S 1-4 Chess DS	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 (2/7) MP 10:45-11:45 † Better Balance and Mobility DS 12:30-4:30 Mah Jongg GR 1-4 Ceramics ART-S 1-4 Sewing & Quilting Group MP 1:30-3:30 Seaside Singers Practice AUD 1-1:45 Hawaiian Dance – Beginner Basics DS 2-2:45 Hawaiian Dance – Beginner DS 3-4:30 Hawaiian Dance – Beg./Int. DS	8:30-4 * AARP Tax Assistance MP 8:45-9:45 † Pilates/Yoga Fusion (2/1) AUD 9-10 † Aerobic Dancing - Lite! (2/1) ACT 10-11:15 † Yoga – Int./Adv. (2/1) AUD 10-12 Audiomobile LOBBY 11-12:10 † Tai Chi Kung Short Forms (2/1) DS 1-2:10 † Heart Coherent Tai Chi Kung (2/1) DS 1:30-3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45-4:45 † Chair Yoga (2/1) DS	9:15-10:15 Spanish Flamenco Dance DS 9:30-11 ** Spinal Fitness AUD 9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic (2/23) MP 10-11 † Zumba Gold (2/2) ACT 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
		 <b>ARTIST OF THE MONTH</b> Mary Ann Stabile		9-11:30 † Intermediate Watercolor ART-S 1 10:30-11:30 (NO) Laughter Yoga ACT 3-4 Senior Commission Meeting DN	9:30-11:30 † Intro to Mosaic Art ART-S 2
	9-10:30 Primordial Sound Meditation (Intro 9:15-9:30) ACT 5	10-1 * Elder Law Legal Assistance 119 6	9:45-11:30 Carlsbad Newcomers – Guest Speaker: <b>Dr. Phil Goscienski, M.D.</b> ACT 7	9-11:30 † Intermediate Watercolor ART-S 8 10-1 * HICAP Health Insurance Counseling 120 10:30-11:30 Laughter Yoga ACT 1-3 Monthly Movie: <i>The Mountain Between Us</i> AUD 3-5 Monthly Movie: <i>The Mountain Between Us</i> LG	10:30-12 Stamp Collectors Meet ART-S 9
	1-2:30 Book Club: <i>Killers of the Flower Moon</i> by David Grann MP 12 1:30-3 Morningstar Investment Education Lecture: <i>Fund of the Month</i> ACT	1-3 * Armchair Theater: <i>The Space Between Us</i> LG 13	9:30-11:30 * Diet & Nutrition Counseling 120 14	10-11:30 Seminar: Don't Become a Victim of a Solar Panel Installation Scam ACT 15 10-1 * HICAP Health Insurance Counseling 120 12:30-4:30 † AARP Smart Driver program ART-S 1:30-3:30 Monthly Dance: <i>The 2nd Annual Senior Prom, "Gatsby Sweethearts,"</i> Sponsored by Carlsbad by the Sea and featuring <i>The Pier Group.</i> AUD	9:30-11:30 † Intro to Mosaic Art ART-S 16
	1:30-3 Morningstar Investment Education Lecture: <i>Mutual Fund Investing Basics</i> ACT 19 Presidents' Day Senior Center open on a limited basis: • No meals served • Limited classes	9-2 * Ask the Attorney 119 20 10:30-11:30 Experiential Lecture/Demonstration: Heart-Coherent Tai Chi Kung ACT 1-3 * Armchair Theater: <i>Everything, Everything</i> LG	10-11:15 Photoshop Elements - Editing ACT 21 1-2:15 Apple's iOS 11 – NEW! ACT	12:30-4:30 † AARP Smart Driver program ART-S 22 9:30-12:30 * Hearing Screening & Hearing Aid Adjustments Screening 119	9:30-11:30 † Intro to Mosaic Art ART-S 23
	1:30-3 Morningstar Investment Education Lecture: <i>The Morningstar Monthly Reader</i> ACT 26	10-3 * Low-Vision Consultations 119 27 10:30-11:30 * Successful Aging in Place: <i>Grace &amp; Grit – Insights to the Real Life Challenges of Aging</i> MP 1-3 * Armchair Theater: <i>Victoria &amp; Abdul</i> LG	10-11:15 All About Podcasts ACT 28 10-12 * Ask the Orthopedic Surgeon 119 1-2:15 Amazon's Alexa – NEW! ACT		




### 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

**Newsletter now online!** Subscribe to the newsletter online. Go to: [www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec) and click on "sign up for our email newsletter" and follow directions on screen.

**MONTHLY MOVIE**  
*The Mountain Between Us*  
 Thursday, Feb. 8



### SATURDAY CLASSES AND ACTIVITIES

Ping Pong	Feb. 3 & 10	9-12:30	ACT
Fitness Room	Feb. 3, 10, 17 & 24	9-1	

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