

Monthly Events!

Carlsbad Newcomers host Robert Kittle

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

Mr. Kittle, former editorial page editor for the San Diego Union-Tribune, tells the story of three little-known Friars who played important roles in the Spanish Exploration and Conquest of the Pacific coast in the late 1700s.

Picnic in the Park

WHEN: Tuesday, July 3, 11 a.m. to 12:30 p.m., Park

Join friends at Pine Avenue Park for a barbecue luncheon of cheeseburgers, beans and potato salad, while enjoying classic country-western music with our favorite North County cowboy, Cowboy Jack! Lunch reservations for guests ages 60 and up can be made by calling the senior center lunch reservation line at 760-602-4655.

Dance: *The Vidals*

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

Prizes and refreshments are graciously sponsored by Las Villas de Carlsbad. \$4.

Book Club



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

The Soloist, by Steve Lopez. August's book selection is *Before We Were Yours*, by Lisa Wingate. The book club meets the 2nd Monday of every month and welcomes newcomers!

Movie: *The Greatest Showman*



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

This musical biopic centers on P.T. Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind. Free. Cast: Hugh Jackman



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.

Travel Photography

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

Instructor, Mike McMahon will help you to get great photos and videos of your summer vacation/staycation. Tips on equipment, photo composition and post-trip photo organization will be covered. This class is always lots of fun and you'll walk away with some techniques to make your travel photography better than ever.

Printing Your Photos **NEW!**

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

Instructor, Mike McMahon, will explain the sometimes tricky issues surrounding photo printing (e.g. sufficient resolution, proper sharpening techniques, etc.). We will also discuss how to email a photo to someone without ruining its quality and explain why texting photos for printing is a bad idea.

Files, Folders and Other Computer Tips

Wednesday, July 25, 10 to 11:15 a.m., P-ACT

Files and folders are the fundamental organizational tools in your computer. Instructor, Mike McMahon, will explain how they work and will offer suggestions on how you can arrange your files and folders in an easy and practical way. Copying files to and from devices like USB flash drives, CDs and camera chips will be covered, and will be valuable for Mac and PC owners alike.

Skype and Facetime Video Conferencing

Wednesday, July 25, 1 to 2:15 p.m., P-ACT

Learn how to use the popular video conferencing software apps Skype and Apple FaceTime to enjoy live video conversations with family and friends. Skype is free for Windows, Apple Mac, and mobile devices. FaceTime works with Apple devices only. Instructor, Mike McMahon, will also mention Google Duo...a third option that works with all platforms.

Carlsbad Senior Center

Seaside Buzz

JULY 2018 NEWSLETTER

City of
Carlsbad

NEW! 24k Zumba Gold with Saleemah! ACT

A new "24K" Zumba Gold with Saleemah class is coming to the Carlsbad Senior Center on Monday, July 30, from 10:30 to 11:30 a.m. Cha-cha, merengue, salsa and swing are just a few of the infectious rhythms that will get you moving your feet, clapping your hands, shaking your hips and having so much fun, you'll forget you're exercising! Easy-to-follow dance steps makes this class suitable for beginners and experienced alike. Fees for four classes is \$41.40 for residents and \$46 for nonresidents. Join us!

Communicate with People who Suffer Memory Loss

WHEN: Thursday, July 19, 2018 at 10 a.m. to 11:30 a.m.

With Alzheimer's disease on the rise, we will all likely have encounters and interactions with folks who have memory loss. How do you respond when someone asks you repeatedly, "When are we leaving to the doctor's appointment?" What do you say when your friend doesn't recognize you? From the neighbor who always repeats herself, to the spouse who forgot that he just had lunch, we will give you answers. In this discussion, attendees will learn about;

- Dementia basics, The importance of word choice, body position and hand gestures
- Volume, speed and tone of voice
- Redirection
- The ActivCare team will run through real-life scenarios and offer simple communication tips that will help create meaningful interactions. Natasha and Joan will bring years of experience to create a lively, educational dialogue.

Successful Aging in Place: Social Connectedness

WHEN: Tuesday, July 31, from 10:30 to 11:30 a.m., ACT

Join us for this monthly series which offers insights from professionals who share their expertise concerning specific aspects of how to age in place successfully.

In this month's class, we will explore home automation devices that may save you money and make your life easier. Learn how digital lifestyle options can foster better and more frequent communication with family and loved ones, how modern technology and smart devices can be used to enhance social interaction, community connectedness, and a sense of security. Presented by Bijou Lulla*

Golf for the Senior Golfer

WHEN: Thursday, July 26, 10 to 11:30 a.m., ACT

Come learn about how mobility and flexibility in the middle back, hips and shoulders will improve your golf game. We all don't need a perfect swing but, we do want to play for many years to come. This talk will cover what every golfer needs to know to keep playing as they age. Find out about:

- The number one reason golfers quit playing
- What you can do each time you play to help prepare your body to hit the ball consistently straighter and farther
- The next step needed to take your game to the next level
- Key risk factors and a self-screen you can perform to find your most limiting factor

Dr. Nick and the Level4 team are a Doctors of Orthopedic and Sports Physical Therapy who help people 50+ become more active and mobile, avoid risky surgery, and live free from pain killers... so they can live a happy, healthier life.



Morningstar Investment Education Lectures

Presenters, Richard Loth and Shelley Murasko 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. All classes are from 1:30 to 3 p.m.

July 16: Category 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.

July 23: Morningstar Fund Investing Basics

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

July 30: 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 lectures: Aug. 13, 20 & 27

July 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

	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 (7/2) DS 9:30-11:35 ** Body Conditioning for Seniors AUD 11-12 † Better Balance & Mobility (7/2) DS 12-1:15 Line Dancing – Beginner AUD 1-2 † Better Balance & Mobility (7/2) DS 1:15-2:30 Line Dancing – High Beginner AUD 2:45-4 † Yoga: Intermediate with Visualization (7/2) AUD 3-4:15 † Gentle Yoga (7/2) DS	8-11 Needlecraft ART-S 9-10 † Aerobic Dancing - Lite! (7/3) ACT 9-10 Line Dancing – Improver AUD 10-11:30 Line Dancing – Intermediate AUD 9:45-10:45 † Live Long: Do Qigong! (7/17) DS 11-12 † The Art of Meditation (7/3) DS 12:30-4 Ping Pong ACT 12:30-4 Bingo (NO Bingo 7/3) AUD 1-3 Writing Our Lives (NO class in July, resumes 8/7) ART-S 1-4 Chess DS 1-4 Double Deck Pinochle MP	9:30-10:30 † Better Balance & Mobility DS 9:30-11 5-in-1 Joy Class ART-S 9:30-11:35 ** Body Conditioning for Seniors AUD 9:30-11:30 † Oriental Sumi-e Painting MP 10:45-11:45 † Better Balance & Mobility DS 12:30-4:30 Mah Jongg GR 1-3:15 Seaside Singers Practice AUD 1-4 Ceramics ART-S 1-4 Sewing & Quilting Group MP 1-1:45 Hawaiian Dance – Beginner Basics DS 2-2:45 Hawaiian Dance – Beginner DS 3-4:30 Hawaiian Dance – Beg./Int. DS	8:45-9:45 † Pilates – Pilates/Yoga (7/5) AUD 9-10 † Aerobic Dancing - Lite! DS 10-11 † Yoga – Intermediate (7/5) AUD 10-12 Audiomobile LOBBY 11-12:10 † Beginning Tai Chi Kung (7/5) DS 1-2:10 † Heart Coherent Tai Chi Kung (7/5) DS 1:30-3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45-4:45 † Chair Yoga (7/5) DS	9:15-10:15 Spanish Flamenco Dance DS 9:30-11:35 ** Body Conditioning for Seniors AUD 12:30-4 Party Bridge AUD 12:30-4 Ping Pong ACT 12:45-2:30 Hawaiian Dance – Adv DS
	9:15-10:30 Primordial Sound Meditation (Intro 9:15-9:30) ACT 2	10-1 * Elder Law Legal Assistance 119 3 11-12:30 * Picnic in the Park with Cowboy Jack! Park 1-3 * Armchair Theater: Planet of the Apes LG	Happy Independence Day! 4 Senior Center open with limited services: • No meal service • Limited classes	9-11:30 † Intermediate Watercolor ART-S 5 10:30-11:30 Laughter Yoga ACT 1:30-3:30 Monthly Dance: The Vidals, sponsored by Las Villas de Carlsbad AUD 3-4 Senior Commission Meeting DN	9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic MP 6
	10:30-11:30 * 24K Zumba Gold with Saleemah ACT 9 1-2:30 Book Club: <i>The Soloist</i> , by Steve Lopez MP	MONTHLY MOVIE 10 <i>The Greatest Showman</i> Thursday, July 12	9:30-11:30 * Diet & Nutrition Counseling 120 11 9:45-11:30 Carlsbad Newcomers – Guest Speaker: <i>Journalist and Author, Robert Kittle</i> ACT	9-11:30 † Intermediate Watercolor ART-S 12 10-1 * HICAP Health Insurance Counseling 120 ACT 10:30-11:30 Laughter Yoga ACT 1-3 Monthly Movie: <i>The Greatest Showman</i> AUD 3-5 Monthly Movie: <i>The Greatest Showman</i> LG	9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic MP 13 10:30-12 Stamp Collectors Meet ART-S
	10:30-11:30 * 24K Zumba Gold with Saleemah ACT 16 1:30-3 Morningstar Investment Education Lecture: Category Fund of the Month ACT	9-2 * Ask the Attorney 119 17 1-3 * Armchair Theater: <i>The Prize Winner of Defiance, Ohio</i> LG	10-11:15 Travel Photography ACT 18 1-2:15 Printing Your Photos - NEW! ACT	10-11:30 Seminar: Effective Ways to Communicate with people Who Suffer from Memory Loss ACT 19 10-1 * HICAP Health Insurance Counseling 120 12:30-4:30 † AARP Smart Driver Program ART-S	ARTIST OF THE MONTH 20 William Hart
	10:30-11:30 * 24K Zumba Gold with Saleemah ACT 23 1:30-3 Morningstar Investment Education Lecture: Morningstar Fund Investing Basics ACT	10-12 * Ask the Pharmacist 119 24 1-3 * Armchair Theater: <i>The Bridges of Madison County</i> LG	10-11:15 Files, Folders and Other Computer Tips P-ACT 25 10-12 * Ask the Orthopedic Surgeon 119 1-2:15 Skype and Facetime Video Conferencing P-ACT	9-11:30 † Intermediate Watercolor ART-S 26 10-11:30 Seminar: Golf for the Senior Golfer ACT 9:30-12:30 * Hearing Screening & Hearing Aid Adjustments Screening 119 12:30-4:30 † AARP Smart Driver Program ART-S	9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic MP 27
	10:30-11:30 * 24K Zumba Gold with Saleemah ACT 30 1:30-3 Morningstar Investment Education Lecture: The Morningstar Monthly Reader ACT	10-3 * Low-Vision Consultations 119 31 10:30-11:30 Successful Aging in Place: The Importance of Social Connectedness ACT 1-3 * Armchair Theater: <i>Renaissance Man</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 July 7 & 14 9-12:30 ACT Chess July 7, 14, 21 & 28 9-12:30 ACT Fitness Room July 7, 14, 21 & 28 9-1 ACT

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Go to: www.carlsbadca.gov/parksandrec and click on "sign up for our email newsletter" and follow directions on screen.

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