

Monthly Events!

Dance: *The Vidals*

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

Prizes and refreshments are sponsored by Qualicare Home Health Services. \$4.

Book Club



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

The Eighty Dollar Champion, by Elizabeth Letts. May's book selection is *Camino Island*, by John Grisham. The book club meets the 2nd Monday of every month and welcomes newcomers!

Movie: *The 33*



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

Unspooling one of the most compelling true-life tales of survival in the modern age, this gripping drama chronicles the massive 69-day effort to rescue 33 Chilean miners who were trapped more than 2,000 feet underground. (Netflix summary) Free.

Carlsbad Newcomers host Susan Pinker

WHEN: Wednesday, April 4, 9:45 to 11:30 a.m., ACT

The group will review Susan Pinker's TED talk, then follow with a Q&A session featuring several special residents of our community who wish to share their opinions of why they have happily lived far beyond the average.

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. All classes are from 1:30 to 3 p.m.

April 16: 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.

April 23: Mutual Fund Investing Basics

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

April 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: May 14, 21 & 28

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 – Special Effects

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

We will use some of Photoshop Element's cool features to create exciting special-effects. We'll do Portrait Retouching including the ability to adjust the size and shape of eyes and lips...it will make you smile! Wrinkle reduction will be covered. Our instructor, Mike McMahon, will also demonstrate artistic filters that can make your photo look like a painting or a cartoon.

Lightroom Basics

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

Adobe's Lightroom software is very popular with photographers. Its ability to quickly organize and edit photos has garnered it many loyal fans. Our instructor, Mike McMahon, will cover the basics of this amazing software. Photo organization and basic photo editing will be demonstrated. You'll be amazed at what Lightroom can do.

Google Photos – Essentials

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

Google Photos is free photo software that can help you organize, edit, and share your photos. It is the logical next step for those who used Picasa Web Albums in the past. Over the past several years, the feature set of the software has grown and many have now come to rely on Google Photos for their photo work. Our instructor, Mike McMahon, will demonstrate many of the helpful features of this software.

Intro to Video Editing

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

Modern smartphones and cameras can now easily capture high-quality video. If you're not using your camera's video feature, you might give it a try. Our instructor, Mike McMahon, will show you how to take your video clips and combine them with still photos and music to produce very pleasing video projects. He will also explain how those videos can be posted to sites like Facebook, YouTube and Vimeo.

Carlsbad Senior Center

Seaside Buzz

APRIL 2018 NEWSLETTER

City of
Carlsbad

AARP Tax Assistance

WHEN: Tuesdays & Thursdays through April 12, 8:30 a.m. to 4 p.m., MP

Call 760-602-4650 to schedule your free appointment. Be sure to bring a photo ID, along with all necessary documents and a copy of last year's tax returns to your appointment.

NEW! One-on-One Tech Help

WHEN: Wednesdays, 10 a.m. to 3 p.m.

Do smartphones, tablets or computers confuse you? Get free one-on-one help! Learn how to email, search the Internet, set up a calendar or address book. Volunteer, Howard Sachs, will work with you to figure it out! Please bring your phone or tablet with you. He is well-versed with both PC and Mac operating systems. Call the front desk at 760-602-4650 to schedule your free 30-minute appointment. Please state what sort of help is needed when booking your appointment.

Special Needs Planning... providing a lifetime of care for your child living with special needs

WHEN: Tuesday, April 17, 10:30 to 11:30 a.m., MP

Join us at an informative workshop to learn about special needs planning, and the peace of mind it provides to families. Attendees will receive information packets to take home. Topics covered will be:

- Legal planning (special needs trusts, etc.)
- Government benefit coordination
- Budget planning (CalABLE account, etc.)
- Lifestyle planning

Speaker, Dennis Spiegelman, is the Regional Manager of the Special Needs Planning Institute, a non-profit 501(c)3 dedicated to educating and advocating for individuals with special needs, their families and the community.

Bharatanatyam Form of Traditional Classical Indian Dance Demonstration

WHEN: Thursday, April 19, 12:45 to 1:30 p.m., AUD

Usha Narayanan and Nanda Mehta have been trained in this art form for several years, and will showcase the traditional Indian classical dance – Bharatanatyam. This ancient dance form, more than 2000 years old, is known for its grace, purity, tenderness and sculpture-like poses.

The pair will be presenting a few dances, each highlighting a different aspect of Bharatanatyam, that will highlight a small sample of the richness and beauty of this art form.

NEW! Ask the Pharmacist

WHEN: Tuesday, April 24, 10 a.m. to 12 noon

Ever wanted to know more about your prescription drugs? Schedule a free 15-minute appointment with a licensed pharmacist to discuss areas of concerns, or if you just want more knowledge about your prescriptions. For a more comprehensive evaluation, be sure to bring your medications and vaccination history to the session.

Brain Food: Nutrition for Brain Health

WHO: 101 Mobility's Kindra French, with Laura Barish presenting
WHEN: Tuesday, April 24, 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.

Statistics indicate that one in three adults over age 65 will develop some form of dementia as they age. In this class, participants will learn how nutrition and brain health are related, and will discover lifestyle and food choices that can minimize cognitive decline as we age. Participants will learn how and why nutrition impacts health, wellness and cognitive decline. We will understand the different types of dementia, discern the primary causes, and learn what can be done to prevent and reverse dementia.

Seaside Singers Spring Concert

WHEN: Wednesday, April 25 & Thursday, April 26, 1:30 to 2:30 p.m., AUD

This 35-member mixed chorus is directed by Jeff Sell, who is assisted by accompanist Violeta Petrova and bassist Mark Phelps. This year's program will feature not only two medleys of songs from *The Sound of Music* and *West Side Story*, but also solo performances from members of the group, as well as include patriotic music and several memories from the past.

Try it Without Risk!

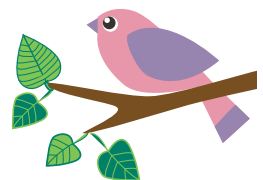
Take these instructors up on the opportunity to try the following classes without risk! You only pay if you decide to register for the rest of the session.

Beginning Tai Chi Kung

Thursday, April 5, 11 a.m. to 12 noon, DS

Chair Yoga


Thursday, April 5, 3:45 to 4:45 p.m., DS



April 2018 *Activities Calendar*

New session start dates in blue
Senior Specials in red

ACT Activity Room CR Conference Room LG Lounge
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! ACT 9-11 Writers Group MP 9-12 Spanish – Levels I, II & III ART-S 9:30-10:30 † Heart Coherent Tai Chi Kung (4/2) DS 9:30-11 ** Spinal Fitness AUD 11-12 † Better Balance & Mobility (4/2) DS 12-1:15 Line Dancing – Beginner AUD 1-2 † Better Balance & Mobility (4/2) DS 1:15-2:30 Line Dancing – High Beginner AUD 2:45-4 † Yoga: Intermediate with Visualization (4/2) AUD 3-4:15 † Gentle Yoga (4/2) DS	8-11 Needlecraft ART-S 9-10 † Aerobic Dancing – Lite! (4/3) ACT 9:30-11:30 Line Dancing – Int./Adv. AUD 9:45-10:45 † Live Long: Do Qigong! (4/10) DS 11-12 † The Art of Meditation (4/3) 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 MP 10-3 * One-on-One Tech Help – NEW! RR 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	8:45-9:45 † Pilates/Yoga Fusion (4/5) AUD 9-10 † Aerobic Dancing – Lite! ACT 10-11 † Yoga – Intermediate (4/5) AUD 10-12 Audiomobile LOBBY 11-12:10 † Beginning Tai Chi Kung Forms (4/5) DS 1-2:10 † Heart Coherent Tai Chi Kung (4/5) DS 1:30-3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45-4:45 † Chair Yoga (4/5) DS	9:15-10:15 Spanish Flamenco Dance DS 9:30-11 ** Spinal Fitness AUD 12:30-4 Party Bridge AUD 12:30-4 Ping Pong ACT 12:45-2:30 Hawaiian Dance – Adv DS
	 2	8:30-4 AARP Tax Assistance MP 3 10-1 * Elder Law Legal Assistance 119 1-3 * Armchair Theater: <i>What's Up Doc?</i> LG	9:45-11:30 Carlsbad Newcomers – Guest Speaker: <i>Talking Longevity</i> with Susan Pinker ACT 4	8:30-4 AARP Tax Assistance MP 5 9-11:30 † Intermediate Watercolor ART-S 10:30-11:30 Laughter Yoga ACT 1:30-3:30 Monthly Dance: <i>The Vidals</i> AUD 3-4 Senior Commission Meeting DN 11-12 Try it Without Risk! Beginning Tai Chi Kung DS 3:45-4:45 Chair Yoga DS	9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic MP 6
	1-2:30 Book Club: <i>The Eighty Dollar Champion</i> by Elizabeth Letts MP 9 1:30-3 Morningstar Investment Education Lecture: Fund of the Month ACT	8:30-4 AARP Tax Assistance MP 10	9:15-9:30 Intro to Primordial Sound Meditation 11 9:30-10:30 Primordial Sound Meditation ACT 9:30-11:30 * Diet & Nutrition Counseling 120	8:30-4 AARP Tax Assistance MP 12 10-1 * HICAP Health Insurance Counseling 120 10:30-11:30 Laughter Yoga ACT 1-3 Monthly Movie: <i>The 33</i> AUD 3-5 Monthly Movie: <i>The 33</i> LG	9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic MP 13 10:30-12 Stamp Collectors Meet ART-S
	1:30-3 Morningstar Investment Education Lecture: Morningstar's FundInvestor Newsletter ACT 16	9-2 * Ask the Attorney 119 17 10:30-11:30 Seminar: Addressing Long-term Care of Special Needs Children MP 1-3 * Armchair Theater: <i>The Dressmaker</i> LG	10-11:15 Photoshop Elements – Special Effects ACT 18 1-2:15 Lightroom Basics ACT	9-11:30 † Intermediate Watercolor ART-S 19 10-1 * HICAP Health Insurance Counseling 120 12:30-5:30 † AARP Smart Driver Refresher Class ART-S 12:45-1:30 Bharatanatyam Form of Traditional South Indian Dance Demonstration CANCELLED AUD	9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic MP 20
	1:30-3 Morningstar Investment Education Lecture: The Morningstar Monthly Reader ACT 23	10-12 * Ask the Pharmacist Fitness 24 10-3 * Low-Vision Consultations 119 10:30-11:30 * Successful Aging in Place - Brain Food: Nutrition for Brain Health ACT 1-3 * Armchair Theater: <i>Max</i> LG 1-4 Double Deck Pinochle – NEW! MP	10-11:15 Google Photos - Essentials ACT 25 10-12 * Ask the Orthopedic Surgeon 119 1:30-2:30 Seaside Singers Spring Concert AUD 1-2:15 Intro to Video Editing ACT	9-11:30 † Intermediate Watercolor ART-S 26 9:30-12:30 * Hearing Screening & Hearing Aid Adjustments Screening 119 1:30-2:30 Seaside Singers Spring Concert AUD	9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic MP 27
	30				




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 and click on "sign up for our email newsletter" and follow directions on screen.

MONTHLY MOVIE
The 33
Thursday, April 12



SATURDAY CLASSES AND ACTIVITIES

Ping Pong	April 7 & 14	9-12:30	ACT
Fitness Room	April 7, 14, 21 & 28	9-1	
† Greeting Card Workshop	April 7	9-11:30	

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