



Carlsbad Newcomers

Wednesday, Jan. 2, 9:45 to 11:30 a.m., ACT
Newcomer's President, Patricia Mehan, and husband, Sherman Deforest, will share their eco-safari experience in Kenya in an effort to help others understand issues facing wildlife and native people.

Dance: The Pier Group

Thursday, Jan. 3, 1 to 3 p.m., AUD
Prizes and refreshments are graciously sponsored by Las Villas de Carlsbad. \$4.

Book Club

Monday, Jan. 14, 1 to 2:30 p.m., MP
This month's book selection is *Love and Other Consolation Prizes: A Novel*, by Jamie Ford. February's book selection is, *Educated: A Memoir*, by Tara Westover. The book club meets the 2nd Monday of every month and welcomes newcomers!

Movie - The Founder

Thursday, Jan. 10, 1 to 3 p.m., AUD
The concept and expansion of McDonald's global fast-food empire represent one of the great success stories of American business. This meaty biopic profiles company founder Ray Kroc, whose canny instincts turned McDonald's into a golden brand. (Netflix summary) Free. Cast: Michael Keaton and Nick Offerman

Morningstar Investment Lectures

Presenter Shelley Murasko is thoroughly familiar with Morningstar's mutual fund investment education resources and bases her lectures on this content. Area residents have free access to this Morningstar guidance through the City of Carlsbad Libraries' online database. Each weekly class examines the changing monthly information. All classes are from 1:30 to 3 p.m., ACT

- Jan. 14: Category Fund of the Month**
- Jan. 21: Morningstar Fund Investing Basics**
- Jan. 28: The Morningstar Monthly Reader**




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 class will be devoted to your questions. Please bring note-taking material.


Amazon's Alexa Products - Intro

Wednesday, Jan. 16, 10 to 11:15 a.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's Siri. Is it time for you to consider buying this technology?


Google Photos - Handy Features **NEW!**

Wednesday, Jan. 16, 1 to 2:15 p.m., ACT
Google Photos is now the favorite free photo organizing and editing app for many.  In addition to its many features, it offers unlimited free storage of your photos and videos in the Google Photos cloud. Our instructor, Mike McMahon, will demonstrate some of the sharing and special project features of the software. Google Photos runs on mobile devices and on computer browsers.

GoPro Action Cameras **NEW!**

Wednesday, Jan. 23, 10 to 11:15 a.m., ACT
Even if you're not into extreme sports, GoPro action cameras may be for you. Our instructor, Mike McMahon, will explain the features of these cameras and demonstrate how they work. The extremely high quality of the photos and videos will be of interest to many, as will the extremely wide angle view that can be selected. We will also discuss 360 view video...very cool! 

Video Editing - Intro

Wednesday, Jan. 23, 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 custom titles and music to produce very pleasing video projects. He will also explain how the finished videos can be posted to sites like Facebook, YouTube and Vimeo. 

CARLSBAD SENIOR CENTER

Seaside Insider

City of
Carlsbad
January 2019

American Sign Language - An Introduction

Wednesdays, Jan. 16, 11:30 a.m. to 12:30 p.m., ART-S
Start or refresh this free beginning sign language class where you will learn how to meet and greet people in the deaf community or just gain a new way to communicate with friends, including introducing yourself, exchanging pleasantries, and finishing up a conversation, with a quick look at fingerspelling thrown in. Each weekly class focuses on new, basic subjects that help students learn functional sign language. See newsletter calendar for weekly topics.

American Politics Discussion: The Electoral College

Thursday, Jan. 17, 1 to 3 p.m., MP
2019 ushers in new news and views that chronicles an unpredictable political narrative unfolding in America. We will reflect on the inspirations of the Founding Fathers behind the Electoral College, examining the mechanisms and processes of elections that aim to guarantee systemic integrity. The greatness of the American Spirit shimmers when we observe individual freedoms; unite with ideas coming together.

Introduction to The Five Essentials of Aging in Place

Kindra French, CAPS and David McGee
Tuesday, Jan. 29, 10:30 to 11:30 a.m., ACT

This class introduces the concept of "Aging in Place," and will highlight five important aspects to consider as you, your parents or a loved one ages in place:

- Housing
- Health & wellness
- Financial resources
- Transportation options
- Community & social access.

We will discuss important questions to ask when developing your plan for aging in place. Participants will receive a complimentary copy of "Your Personal Guide to Successful Aging in Place" blueprints.



NEW classes starting in January!

Tech Talk with Teens! Saturdays, 10 to 11 a.m., PACC-ACT Tune-up your tech skills with Sage Creek High School teens to review hot tech topics and free features for all devices. Why wait in line at the Genius Bar when you can join Sage Creek teens for free? See calendar for topics.

Drawing 101 Mondays, starting Jan. 7, 12:30 to 2:30 p.m., ART-S Unleash your inner self by producing wonderful art projects, while exploring line, shape and form. Artists of all levels will experience a variety of skills and techniques using specific tools and materials to create your own masterpieces. **Instructor will provide materials.**

Collage 101 Mondays, starting Jan. 7, 2:45 to 4:45 p.m., ART-S Create unique and colorful collage pictures that express your inner artistic talent. Collage construction will include color building techniques using an array of materials and tools. Creative artists of all levels are welcome. **Instructor provides materials.**

Gardening 101 Tuesdays, starting Jan. 8, 9 to 10:30 a.m. Would you like to learn how to garden in your backyard or patio? This class will introduce you to site assessment, garden design, plant selection and maintenance. Master Gardener, Jano Nightingale, will guide you through the creation of vegetable, flower and herb gardens designed for small spaces and a minimum of work.

Social Interactive Dance Fridays, starting Jan. 11, 9:45 to 11:45 a.m., DS Join us to learn the basics of partner dancing. This class will cover the Waltz, Night Club Two-Step, Cha-Cha, West Coast Swing and The Hustle. Each lesson is followed by open dancing, providing students an opportunity to practice what they've learned! Partners aren't necessary.

January 2019 *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 PARK Pine Ave. Park
ART-S Art Studio DS Dance Studio P Patio SPCC Stagecoach Park Community Center
COM Computer Room GR Game Room PACC Park Ave. Community Center 119 Room 119
120 Room 120

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 (1/7) DS 11-12 † Better Balance & Mobility DS 12-1:15 Line Dancing – Beginner AUD 12:30-2:30 † Drawing 101 ART-S 1-2 † Better Balance & Mobility DS 1:15-2:30 Line Dancing – High Beginner AUD 2:45-4 † Yoga: Intermediate with Visualization (1/7) AUD 2:45-4:45 † Collage 101 ART-S 3-4:15 † Gentle Yoga (1/7) DS	8-11 Needlecraft ART-S 9-10 † Aerobic Dancing – Lite! ACT 9-10 Line Dancing – Improver AUD 9:45-10:45 † Live Long: Do Qigong! (1/8) DS 10-11:30 Line Dancing – Intermediate AUD 11-12 † The Art of Meditation (1/8) DS 11-12 Gentle Chair Yoga with Optional Standing Poses SPCC-ACT 12:30-4 Ping Pong ACT 12:30-4 Bingo AUD 1-3 Writing Our Lives ART-S 1-4 Chess DS 1-4 Double Deck Pinochle MP	9:30-10:30 † Better Balance & Mobility (1/2) DS 9:30-11 5-in-1 Joy Class ART-S 9:30-11:30 † Oriental Sumi-e Painting (1/23) DS 10:45-11:45 † Better Balance & Mobility (1/2) DS 12:30-4:30 Mah Jongg GR 1-2:15 Hawaiian Dance – Beginner DS 1-3:15 Seaside Singers Practice AUD (resume Jan. 23) 1-4 Ceramics ART-S 1-4 Sewing and Quilting Group MP 2:30-4 Hawaiian Dance – Intermediate DS	8:45-9:45 † PiYo - Pilates/Yoga (1/3) AUD 9-10 † Aerobic Dancing - Lite! (1/3) DS 9-11:30 † Intermediate Watercolor (1/10) ART-S 10-11 † Yoga – Intermediate (1/3) AUD 11-12 † Beginning Tai Chi Kung (1/3) DS 1-2:10 † Heart Coherent Tai Chi Kung (1/3) DS 1:30-3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45-4:45 † Chair Yoga (1/10) DS	9-10 † “24k” Zumba Gold with Saleemah (1/11) ACT 9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic (1/25) ART-S 12:30-4 Party Bridge AUD 12:30-4 Ping Pong ACT 12:45-2:30 Hawaiian Dance – Adv DS
	Happy New Year! Senior Center closed 	9:45-11:30 Carlsbad Newcomers – Guest Speakers: Newcomer’s President, Patricia Mehan and Sherman Deforest share their Eco-Safari trip to Kenya ACT 10-1 *HICAP Health Insurance Counseling 120	9-11:30 † Introduction to Watercolor Workshop ART-S 12:30-4:30 † AARP Smart Driver Program ART-S 1-3 Monthly Dance – The Pier Group AUD 3-4 Senior Commission Meeting DN	
9:15-10:30 Primordial Sound Meditation (Intro 9:15-9:30) ACT 7	9-10:30 † Gardening 101 MP 8	9:30-11:30 *Diet & Nutrition Counseling 119 9	12:30-4:30 † AARP Smart Driver Program 10 1-3 Monthly Movie: The Founder AUD 1-4 Canasta MP	9:45-11:45 † Social Interactive Dance DS 11 10:30-12 Stamp Collectors Meet MP
1-2:30 Book Club: Love and Other Consolation Prizes: A Novel , by Jamie Ford MP 14 1:30-3 Morningstar Investment Education Lecture: Category Fund of the Month ACT	9-10:30 † Gardening 101 MP 15 9-2 *Ask the Attorney 119	10-11:15 Amazon’s Alexa Products - Intro ACT 16 10-12 *Ask the Pharmacist 119 11:30-12:30 American Sign Language: An Introduction ART-S 1-2:15 Google Photos – Handy Features NEW! ACT	1-3 American Politics Discussion: The Electoral College MP 17 10-1 *HICAP Health Insurance Counseling 120	9:45-11:45 † Social Interactive Dance DS 18
Martin Luther King Day Senior Center open with limited services: • No lunches • Limited activities 1:30-3 Morningstar Investment Education Lecture: Morningstar’s Fund Investing Basics ACT 21	9-10:30 † Gardening 101 MP 22	9:30-11 ** Spinal Fitness AUD 23 10-11:15 GoPro Action Cameras NEW! ACT 1-2:15 Video Editing - Intro ACT	24	9:30-11 ** Spinal Fitness AUD 25 9:45-11:45 † Social Interactive Dance DS
9:30-11 ** Spinal Fitness AUD 28 1:30-3 Morningstar Investment Education Lecture: The Morningstar Monthly Reader ACT	9-10:30 † Gardening 101 MP 29 10-3 *Low Vision Consultations offered by the Braille Institute 119 10:30-11:30 Successful Aging in Place: Introduction to The Five Essentials of Aging in Place ACT	9:30-11 ** Spinal Fitness AUD 30 10-12 *Ask the Orthopedic Surgeon 119	9:30-12:30 *Hearing Screening & Hearing Aid Adjustment Screening 119 31	



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 available the 1st and 3rd Wednesday of the month after lunch. Shopping at Stater Bros. available the 2nd and 4th Wednesday.
- Call 760-602-4650 for reservations and schedule information



Saturday Classes and Activities

English Conversation Classes	Jan. 5, 12, 19 & 26	10:30-12 noon	MP
Ping Pong	Jan. 5 & 12	9-12:30	ACT
Fitness Room	Jan. 5, 12, 19 & 26	9-1	ACT
Tech Talk with Teens: <i>Photo Management</i>	Jan. 5	10-11	PACC-ACT
<i>Google</i>	Jan. 12	10-11	PACC-ACT
<i>Apps</i>	Jan. 19	10-11	PACC-ACT
<i>Cyber Safety</i>	Jan. 26	10-11	PACC-ACT

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

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.