

Monthly Events!

Carlsbad Newcomers host Mike McMahon

WHEN: Wednesday, June 6, 9:45 to 11:30 a.m., ACT

Mike will share the personal story of his family's fire evacuation in both 2007 and 2014. He will present an organized and thoughtful approach that will help you calmly and efficiently respond to the call to evacuate your home.

Mike leads a group of 30 ham radio operators with Carlsbad's Community Emergency Response Team. He received the Carlsbad Citizen of the Year Award this past July for his volunteer contributions.

Dance: The Pier Group

WHEN: Thursday, June 7, 1:30 to 3:30 p.m., AUD

Prizes and refreshments are graciously sponsored by Qualicare Homecare. \$4.

Book Club



WHEN: Monday, June 11, 1 to 2:30 p.m., MP

Clara and Mr. Tiffany, by Susan Vreeland. July's book selection is *The Soloist*, by Steve Lopez. The book club meets the 2nd Monday of every month and welcomes newcomers!

Movie: Wonder



WHEN: Thursday, June 14, 1 to 3 p.m. and 3 to 5 p.m., AUD

Entering fifth grade will be momentous for Auggie -- because at last, he'll get to be ordinary. While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face. Free. Cast: Julia Roberts, Owen Wilson



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.

Photo Restoration with Photoshop Elements

Wednesday, June 20, 10 to 11:15 a.m., ACT

Photoshop Elements has great tools for restoring photos. It can help with repairing damaged photos (tears, stains, spots) and it has face-retouching tools that can help with wrinkles and blemish repair. Our instructor, Mike McMahon, will demonstrate how to make it all happen.

Wildfires – Are You Ready to Evacuate?

Wednesday, June 20, 1 to 2:15 p.m., ACT

The 2014 Poinsettia Fire forced residents to evacuate as the wildfire spread quickly in Carlsbad. That experience reminds us that we need to be prepared for emergencies. Our instructor, Mike McMahon, will share a personal story of his family's evacuation in both 2007 and 2014. He will present an organized and thoughtful approach that will help you calmly and efficiently respond to the call to evacuate your home.

Backing Up Your Smartphone **NEW!**

Wednesday, June 27, 10 to 11:15 a.m., Auditorium

Our smartphones are loaded with valuable items...important photos and videos, text message, and much more. Our instructor, Mike McMahon, will show you how to safely back up that important information. In addition, we will discuss offloading your phone to allow more space for new content.

Traveling Better with Technology **NEW!**

Wednesday, June 27, 1 to 2:15 p.m., Auditorium

Smartphones and other technology have made traveling easier and better. Our instructor, Mike McMahon, will explain how to make it work for you. We will cover best-in-class apps for everything from maps and navigation to avoiding expensive cellular roaming charges when traveling abroad. These techniques can save time, money, and make your travels less stressful.

Carlsbad Senior Center

Seaside Buzz

JUNE 2018 NEWSLETTER



Free Hearing Screenings & CTAP Phone Distribution Event

WHEN: Wednesday, June 20, 9 a.m. to 12 noon, Lobby & room 120

Audiologist, Dr. Julie Khoury-Ghaffary with Sonus Hearing, will provide free hearing screenings in conjunction with California Telephone Access Program (CTAP). This program provides specialized telephone equipment and services to residents who have an active phone line but have difficulty hearing. All hearing-impaired, eligible residents from this event will be provided with a **free amplified phone on-site**. Age and income level are not considered. Reservations are required. Call 760-602-4650 to reserve an appointment.

Learn About Your Car!

WHEN: Thursday, June 21, 10 to 11:30 a.m., ACT

Your car is the second most expensive investment you make, yet the complexity of today's automobiles has caused a myriad of issues for owners. In this presentation, attendees will learn answers to questions such as whether to use synthetic or petrochemical oil and if you would benefit by using Tier 1 gasoline.

In addition, attendees should leave this presentation with a better understanding of their car, including:

- How to seek help--who to contact and why
- Basic maintenance you need to pay attention to
- What neglect will do to car parts, systems and your wallet.

Presenter, Halsey King, has written several articles on the vocation and has served as a subject matter expert in federal and state cases involving defects, regulations, and death and injury to passengers.

Baby grand piano performance by 11 year-old Ethan Dohrmann!

Thursday, June 21, 12:45 to 1:15 p.m., AUD

Ethan Dohrmann has been playing piano for four years, taking lesson from teacher, Kia Portafekas. He has developed a fondness for anything from the classic composers to current pop music. He loves playing piano for his family and friends, and we're delighted to bring him here to share his talent with us in this free performance!

Successful Aging in Place: Financial Implications of Aging

WHO: Kindra French and David McGee, NAIPC members

WHEN: Tuesday, June 26, from 10:30 to 11:30 a.m.

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.

Retirees can expect to live 30 years, or longer, past the age of retirement. How do we plan to use our financial resources wisely so that the golden years remain golden? In this month's class, presented by Scott McClatchey, we will:

- Review perspective, research and practical insights on the financial implications of aging
- Discuss common changes in expenses associated with older adults
- Explore some myths and realities of aging
- Learn financial planning tools especially helpful in retirement

NEW! 24k Zumba Gold with Saleemah!

A new "24K" Zumba Gold with Saleemah class is coming to the Carlsbad Senior Center on Monday, June 25, 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!



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.

June 11: 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.

June 18: Morningstar Fund Investing Basics

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

June 25: 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: July 16, 23 & 30

June 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 (6/4) DS 11-12 † Better Balance & Mobility (6/4) DS 12-1:15 Line Dancing – Beginner AUD 1-2 † Better Balance & Mobility (6/4) DS 1:15-2:30 Line Dancing – High Beginner AUD 2:45-4 † Yoga: Intermediate with Visualization (6/4) AUD 3-4:15 † Gentle Yoga DS	8-11 Needlecraft ART-S 9-10 † Aerobic Dancing – Lite! (6/5) ACT 9:30-11:30 Line Dancing – Int. /Adv. AUD 9:45-10:45 † Live Long: Do Qigong! (6/12) DS 11-12 † The Art of Meditation (6/5) DS 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 DS 9:30-11 *5-in-1 Joy Class ART-S 9:30-11:30 † Oriental Sumi-e Painting (6/13) MP 12:30-4:30 Mah Jongg GR 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 (6/7) ACT 9-10 † Aerobic Dancing – Lite! DS 9-11:30 † Intermediate Watercolor (6/7) ART-S 10-11 † Yoga – Intermediate (6/7) ACT 10-12 Audiomobile LOBBY 11-12:10 † Beginning Tai Chi Kung (6/7) DS 1-2:10 † Heart Coherent Tai Chi Kung (6/7) DS 1:30-3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45-4:45 † Chair Yoga (6/7) DS	9:15-10:15 Spanish Flamenco Dance DS 9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic (6/15) MP 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 4	10-1 *Elder Law Legal Assistance 119 5 1-3 *Armchair Theatre: <i>Cat on a Hot Tin Roof</i> LG	9:45-11:30 Carlsbad Newcomers – Guest Speaker: 6 <i>Mike McMahon - Wildfires: Are You Ready to Evacuate?</i> ACT 1-3:15 Seaside Singers Practice AUD	10:30-11:30 Laughter Yoga ACT 7 1:30-3:30 <i>Monthly Dance – The Pier Group</i> sponsored by Qualicare Homecare AUD 3-4 Senior Commission Meeting DN	10:30-12 Stamp Collectors Meet ART-S 8
	9:30-11:35 **Body Conditioning for Seniors AUD 11 1-2:30 Book Club: <i>Clara & Mr. Tiffany</i> , by Susan Vreeland MP 1:30-3 Morningstar Investment Education Lecture: Category Fund of the Month ACT	 12 Kiyoko Messenger's Students of Oriental Sumi-e Painting Class	9:30-11:30 *Diet & Nutrition Counseling 120 13 9:30-11:35 **Body Conditioning for Seniors AUD 1-3:15 Seaside Singers Practice AUD	10-1 *HICAP Health Insurance Counseling 120 14 10:30-11:30 Laughter Yoga ACT 1-3 <i>Monthly Movie: Wonder</i> AUD 3-5 <i>Monthly Movie: Wonder</i> LG	9:30-11:35 **Body Conditioning for Seniors AUD 15
	9:30-11:35 **Body Conditioning for Seniors AUD 18 1:30-3 Morningstar Investment Education Lecture: Morningstar Fund Investing Basics ACT	9-2 *Ask the Attorney 119 19 1-3 *Armchair Theatre: <i>Chimpanzee</i> LG	9-12 *Free Hearing Screenings & CTAP Phone Distribution Event Lobby 20 9:30-11:35 **Body Conditioning for Seniors AUD 10-11:15 Photo Restoration with Photoshop Elements ACT 1-2:15 <i>Wildfires: Are You Ready to Evacuate?</i> ACT 1-3:15 Seaside Singers Practice AUD	10-11:30 Seminar: Learn About Your Car! ACT 21 10-1 *HICAP Health Insurance Counseling 120 12:30-4:30 † AARP Smart Driver Program ART-S 12:45-1:15 11 Year-Old Ethan Performs on the Baby Grand! AUD	9:30-11:35 **Body Conditioning for Seniors AUD 22
	9:30-11:35 **Body Conditioning for Seniors AUD 25 10:30-11:30 † 24K Zumba Gold with Saleemah ACT 1:30-3 Morningstar Investment Education Lecture: The Morningstar Monthly Reader ACT	10:30-11:30 Successful Aging in Place: <i>Financial Implications of Aging</i> ACT 26 10-3 *Low-Vision Consultations 119 1-3 *Armchair Theatre: <i>5 Flights Up</i> LG	9:30-11:35 **Body Conditioning for Seniors AUD 27 10-11:15 <i>Backing Up Your Smartphone</i> NEW! ACT 10-12 *Ask the Orthopedic Surgeon 119 1-2:15 <i>Traveling Better with Technology</i> NEW! ACT	9:30-12:30 *Hearing Screening & Hearing Aid Adjustments Screening 119 28 12:30-4:30 † AARP Smart Driver Program ART-S	9:30-11:35 **Body Conditioning for Seniors AUD 29



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.



Saturday Classes and Activities			
Ping Pong	June 2 & 9	9-12:30	ACT
Chess	June 2, 9, 16, 23 & 30	9-12:30	ACT
Fitness Room	June 2, 9, 16, 23 & 30	9-1	ACT

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