

Monthly Events!

NEW! Gentle Chair Yoga with Optional Standing Poses

WHERE: Stagecoach Park Community Center, ACT
WHEN: Tuesdays, 2 to 3 p.m., starting Aug. 14
11 a.m. to 12 noon, starting Sept. 4

Join Silver Age Yoga-certified instructors for our newest class, held at **Stagecoach Park Community Center**. All fitness levels can benefit from this free class. Benefits include improved flexibility, balance, breathing, strength, stamina and state of mind. Pre-registration is not available. Allow enough time prior to the start of the class to register at the location before the class begins. Stagecoach Park Community Center is located at 3420 Camino de los Coches, Carlsbad, CA 92009. Space is limited to the first 25 people.

Dance: The Credit Union Trio

WHEN: Thursday, Aug. 2, 1:30 to 3:30 p.m., AUD

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

Movie: 23 Blast



WHEN: Thursday, Aug. 9, 1 to 3 p.m., AUD

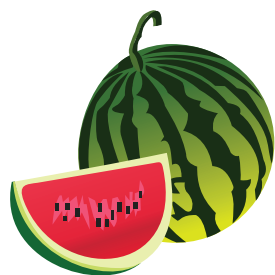
In this inspiring saga based on a true story, true grit illustrates what courage and willpower can achieve as high school footballer Travis Freeman defies all odds by finding a way to continue playing for his team after being struck blind. Free.

Book Club



WHEN: Monday, Aug. 13, 1 to 2:30 p.m., MP

This month's book selection is *Before We Were Yours*, by Lisa Wingate. September's book selection is *A Dog Called Hope*, by Jason Morgan. The book club meets the 2nd Monday of every month and welcomes newcomers!



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 – Head Swapping and More **NEW!**

Wednesday, Aug. 15, 10 to 11:15 a.m., ACT

Swapping heads in a photo can be used to create the perfect group portrait or to create an amusing effect. Our instructor, Mike McMahon will show you how to do it using Photoshop and/or Photoshop Elements. Other fun photo effects will be demonstrated as well.

Google Maps - Essentials

Wednesday, Aug. 15, 1 to 2:15 p.m., ACT

Many have grown to love and rely upon Google Maps. Our instructor, Mike McMahon, will cover the basic features of this amazing free software that runs in your computer's browser and on all mobile phones and tablets. We'll cover searching for locations, getting turn-by-turn directions, and other useful features.

Handy Computer Tips

Wednesday, Aug. 22, 10 to 11:15 a.m., ACT

Many of us spend lots of time each week on our computers. Our instructor, Mike McMahon, will show you many of the handy tips that he uses to make that time more productive and less frustrating. Many standard features can make a big difference, yet, they are often undiscovered by the average user. Mike's demonstration will use Windows 10 but will be helpful for users of earlier Windows versions too.

Safe Computing

Wednesday, Aug. 22, 1 to 2:15 p.m., ACT

While the use of computers and mobile devices has enriched our lives, threats such as viruses, ransomware, and malicious emails make staying safe more complicated. Our instructor, Mike McMahon, will discuss these issues and make suggestions on how you can best protect yourself from computing threats.

Carlsbad Senior Center

Seaside Buzz

AUGUST 2018 NEWSLETTER

City of
Carlsbad

Carlsbad Newcomers Host Anne Hoiberg

WHEN: Wednesday, Aug. 1, 9:45 to 11:30 a.m., ACT

Anne Hoiberg, past President of the League of Women Voters and The Women's Museum of California, Anne opened the Anne Hoiberg Women's Center in 2015 to promote education, arts and history for women. Join us to learn about pioneering women in politics.

Seaside Singers Practice

WHEN: Wednesdays, Aug. 8, 15 & 22, 1–3:15 p.m., AUD

Newcomers are welcome, but must be able to read and print music and receive emails.

Know Carlsbad!

WHO: Carlsbad Historical Society's Susan Gutierrez

WHEN: Tuesday, Aug. 7, from 10 to 11 a.m., PACC-ACT

Come learn about early Carlsbad history and how it relates to the larger community of San Diego County and California.

Topics that will be covered are:

- Carlsbad's connection to Spain, Mexico and the US
- Early European influences
- Ranchos and their place in our history
- Establishment of a town
- Reasons for incorporation

Susan Gutierrez is past president of the Carlsbad Historical Society, and author or co-author of four history books. She and her husband were recently awarded 2017 Citizens of the Year for their volunteer work researching and preserving Carlsbad history.

Intro to American Politics: The Fundamentals

WHO: June Trudel, Collegiate Level Political Science Instructor

WHEN: Thursday, Aug. 23, 1 to 2:30 p.m., MP

Would you like to brush up on American institutions and the basic structures of our political system? Across generations, we are changing our political attitudes and priorities. Can we reconcile generational differences and hold up our shared American values? For the good of the Republic, must we find a way?

Discourse of the day:

- The changing face of America
- The deep divide in partisan lines
- My freedoms end where yours begin

Morningstar Investment Education Lectures

No Morningstar lectures in August. Join us for September lecture dates: September 10, 17 & 24

Successful Aging in Place: Universal Design for Aging in Place

WHO: Kindra French and David McGee, NAIPC members

WHEN: Tuesday, Aug. 28, 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.

Universal design represents a shift in the approach to residential design and construction. Comfort and convenience regardless of age, stature, and ability are the hallmark of universal design. In this informative class, presented by Anne Kellett, ASID, CAPS, participants will

- Understand the key concepts of universal design
- Recognize design features that make a home livable for people of all ages and abilities
- Learn how to apply universal design concepts to create useable, functional space that will meet your needs as you age

AIS Community Programs & Resources/Project CARE:

WHO: Matthew Parcasio, Aging & Independence Services (AIS)

WHEN: Thursday, Aug. 30, from 10 to 11:30 a.m., ACT

AIS provides services to older adults, people with disabilities and their family members, to help keep clients safely in their homes, promote healthy and vital living, and publicize positive contributions made by older adults and persons with disabilities.

Join us for an overview of nearly 30 programs and services offered by AIS and other local community providers that align with the County of San Diego's Live Well San Diego vision of healthy, safe and thriving communities in San Diego County. Includes safety net components of the Project CARE program such as Vials of Life, telephone reassurance and safe return.

Intro to American Politics: Policy Making in America and Shaping Up Our Critical Analysis

WHO: June Trudel, Collegiate Level Political Science Instructor

WHEN: Thursday, Aug. 30, 1 to 2:30 p.m., MP

We will exam the Constitutional constructs of the Democratic Republic; the power that rests with the people and get reacquainted with the fundamental structures in U.S. government. Let's also have a discussion about President Ronald Reagan's famous quote "All great change in America begins at the dinner table." This means that we have to actually talk to each other in order to come together to serve the greater good. Join us!

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Weekly Programs	9-12 Spanish - Levels I, II & III ART-S 9:30-10:30 † Heart Coherent Tai Chi Kung (8/6) DS 10-12 Writers Group MP 11-12 † Better Balance & Mobility (8/1) DS 12-1:15 Line Dancing - Beginner AUD 1-2 † Better Balance & Mobility (8/1) DS 1:15-2:30 Line Dancing - High Beginner AUD 2:45-4 † Yoga: Intermediate with Visualization (8/6) AUD 3-4:15 † Gentle Yoga (8/13) DS	8-11 Needlecraft ART-S 9-10 Line Dancing - Improver AUD 10-11:30 Line Dancing - Intermediate AUD 11-12 † The Art of Meditation (8/7) 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 (8/1) MP 10:45-11:45 † Better Balance & Mobility DS 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 (8/2) AUD 9-11:30 † Intermediate Watercolor ART-S 10-11 † Yoga - Intermediate (8/2) AUD 10-12 Audiomobile LOBBY 11-12:10 † Beginning Tai Chi Kung (8/2) DS 1-2:10 † Heart Coherent Tai Chi Kung (8/2) DS 1:30-3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45-4:45 † Chair Yoga (8/2) DS	9:15-10:15 Spanish Flamenco Dance DS 9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic (8/31) MP 12:30-4 Party Bridge AUD 12:30-4 Ping Pong ACT 12:45-2:30 Hawaiian Dance - Adv DS	
			9:30-11:30 ** Body Conditioning for Seniors AUD 1 9:45-11:30 Carlsbad Newcomers - Guest Speaker: Anne Hoiberg ACT	10:30-11:30 Laughter Yoga ACT 2 1:30-3:30 Monthly Dance: The Credit Union Trio AUD	9:15-10:15 Spanish Flamenco Dance DS 3	
		9:15-10:30 Primordial Sound Meditation (Intro 9:15-9:30) ACT 6	10-11 Presentation: Know Carlsbad! Presented by Carlsbad Historical Society PACC-ACT 7 10-1 *Elder Law Legal Assistance 119	9:30-11:30 * Diet & Nutrition Counseling 120 8 1-3:15 Seaside Singers Practice AUD	10-1 * HICAP Health Insurance Counseling 120 9 10:30-11:30 Laughter Yoga ACT 1-3 Monthly Movie: "23 Blast" AUD 3-5 Monthly Movie: "23 Blast" LG	10:30-12 Stamp Collectors Meet ART-S 10
		1-2:30 Book Club: Before We Were Yours, by Lisa Wingate MP 13 10:30-11:30 24K Zumba Gold with Saleemah ACT	1-3 * Armchair Theater: The Sound of Music LG 14 2-3 * Gentle Chair Yoga with Optional Standing Poses SPCC-ACT	10-11:15 Photoshop - Head Swapping and More NEW! ACT 15 1-2:15 Google Maps - Essentials ACT 1-3:15 Seaside Singers Practice AUD	10-1 * HICAP Health Insurance Counseling 120 16 12:30-4:30 † AARP Smart Driver Program ART-S	
		9:30-11 ** Spinal Fitness AUD 20 10:30-11:30 24K Zumba Gold with Saleemah ACT	9-2 * Ask the Attorney 119 21 1-3 * Armchair Theater: The Last Word LG 2-3 * Gentle Chair Yoga with Optional Standing Poses SPCC-ACT	9:30-11 ** Spinal Fitness AUD 22 10-11:15 Handy Computer Tips ACT 1-2:15 Safe Computing ACT 1-3:15 Seaside Singers Practice AUD	12:30-4:30 † AARP Smart Driver Program ART-S 23 1-2:30 Intro to American Politics: The Fundamentals MP	9:30-11 ** Spinal Fitness AUD 24
		9:30-11 ** Spinal Fitness AUD 27 10:30-11:30 24K Zumba Gold with Saleemah ACT	10-3 * Low-Vision Consultations 119 28 10:30-11:30 Successful Aging in Place: Universal Design for Aging in Place ACT 1-3 * Armchair Theater: French Kiss LG 2-3 * Gentle Chair Yoga with Optional Standing Poses SPCC-ACT	9:30-11 ** Spinal Fitness AUD 29 10-12 * Ask the Orthopedic Surgeon 119	9:30-12:30 * Hearing Screening & Hearing Aid Adjustments Screening 119 30 10-11:30 Presentation: Learn About AIS Community Programs & Resources/ Project CARE ACT 1-2:30 Intro to American Politics: Policy Making in America and Shaping Up Our Critical Analysis MP	9:30-11 ** Spinal Fitness AUD 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 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	Aug. 4 & 11	9-12:30	ACT
Chess	Aug. 4, 11, 18 & 25	9-12:30	ACT

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

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