

Monthly Events!

Dance: *The Pier Group*

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

Prizes and refreshments are graciously sponsored by Heritage Hills Senior Memory Care and Qualicare Family Homecare. \$4.

Carlsbad Newcomers host Author, Susan Miller

WHEN: Wednesday, Nov. 7, 9:45 to 11:30 a.m., ACT

Guest speaker and author, Susan Miller, discusses *A Lay Person's Perspective on Alzheimer Disease*.

Movie: *The 15:17 to Paris*



WHEN: Thursday, Nov. 8, 1 to 3 p.m., AUD

An attempted terrorist attack on a Paris bound train is prevented by three courageous young Americans. Their friendship was their greatest weapon that saved the lives of those on board. (Netflix summary) Free.

Book Club



WHEN: Monday, Nov. 19, 1 to 2:30 p.m., MP

This month's book selection is *Once Upon a Town*, by Bob Greene. The book club does not meet in December, but will resume their meetings in January. January's book selection is, *Love and Other Consolation Prizes: A Novel*, by Jamie Ford. The book club meets the 2nd Monday of every month and welcomes newcomers!

Organization Contacts

Aging and Independence Services for AIS assistance, information for reporting abuse 800-510-2020
 Carlsbad Housing & Neighborhood Services..... 760-434-2810
 Carlsbad Police (Non-Emergency) & Fire Departments..... 760-931-2197
 DayTripper Tours..... 800-679-8747
 Elder Abuse in Facilities 800-640-4661
 Health Counseling & Advocacy (HICAP)..... 800-434-0222
 In Home Supportive Services, North County..... 760-480-3424
 Medicare 800-633-4227
 North County Coastal Mental Health Services 760-967-4475

Senior Center Contacts

Activities Coordinators, Valerie Fisher & Patti Gebel 760-602-4654
 Dining Room Reservations (24 Hours) 760-602-4655
 Facility Reservations, Robert Harvey 760-602-4659
 Front Desk (general information) 760-602-4650
 Home Meal Delivery, Vincent Rodrigues..... 760-602-4652
 Elder Law Legal Assistance..... 760-439-2535 x 205

Digital Photo, iPad & Tech Classes

These **free** classes are taught by instructor Mike McMahon, and are **available on a first-come, first-served basis**. Please bring note-taking material.

Holiday Photo Tips

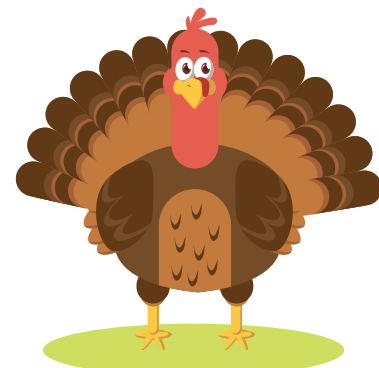
Wednesday, Nov. 28, 10 to 11:15 a.m., ACT

For many of us, the holidays are one of the few times to get photos of our extended family members. Our instructor, Mike McMahon, will provide you with tips on how to get great photos during your holiday parties. He will address the challenge of getting a great group portrait and will suggest techniques for getting great photos of the delicious culinary treats of the season. This year, take photos that will be a lasting gift for family members for years to come.

Sharing Your Holiday Photos

Wednesday, Nov. 28, 1 to 2:15 p.m., ACT

Now that you've taken great photos during the holidays, learn some ways to share them with family and friends. Our instructor, Mike McMahon, will suggest a variety of ways to easily share those photo memories. We will discuss online posting, collage making, photo books, and more. Don't miss this exciting class where you'll come away with some great ideas...and have fun, too.



Carlsbad Senior Center

Seaside Buzz

NOVEMBER 2018 NEWSLETTER



The ABCs & Part D of Medicare 2019

WHEN: Thursday, Nov. 15, 10 to 11:45 a.m., ACT

This educational workshop will help you to better understand Medicare, your plan options, and how to sort through the confusing pieces and parts of Medicare.

What can you expect from Medicare over the next two years? Significant changes are coming. Your presenter will provide you with the latest updates and explain exactly what moves can you make during the Annual Election Period.

Whether you are going on Medicare for the first time, or have been on Medicare for many years, plan on attending this information-packed workshop. Complimentary workshop reference guide will be given to those in attendance.

Successful Aging in Place: Simplify the Process of Downsizing

WHO: Kindra French, CAPS, SHSS and David McGee

WHEN: Tuesday, Nov. 27, 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.

If the thought of downsizing your belongings or home is overwhelming, we will offer guidance and valuable tips on: how to get started, how to create a plan and how to simplify the process of liquidating items. When downsizing includes a move, learn about features that facilitate aging in place, how to coordinate the timing of a downsizing move and ways to potentially save money. Presented by Aimee Wilcox, SRES

The Care and Feeding of Your Car

WHEN: Thursday, Nov. 29, 10 to 11:30 a.m., ACT

Our discussion in June dealt with newly approved Tier One gasoline and synthetic engine oil, and why you may want to learn more about these products for use in your car.

This next class "The Care and Feeding of Your Car" will examine why so many of us do not understand the latest technology that arrived over the past ten years! Were these new technologies brought about because of regulations, design, safety or economy?

Come and take a look at your car from a classroom environment with your friends, and find out how you can deal with the new technologies on the car sitting in your driveway!

American Politics Discussion: Post Midterm Elections and Reflections

WHEN: Thursday, Nov. 29, 10 to 1 to 3 p.m., MP

We will consider and discuss election results and the often perplexing divides that can be bridged. The American idea calls on us to embrace our Union as a shared and dominant American Value. President Lincoln declared that "Our Union began long before the Constitution." George Washington left us his first wish: "I was no party man myself, and the first wish of my heart was, if parties did exist, to reconcile them."



Morningstar Investment Education 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. All classes are from 1:30 to 3 p.m., ACT

Nov. 12: 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.

Nov. 19: Morningstar Fund Investing Basics

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

Nov. 26: 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.

November 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	SPCC Stagecoach Park Community Center
ART-S Art Studio	DS Dance Studio	P Patio	119 Room 119
COM Computer Room	GR Game Room	PACC Park Ave. Community Center	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 (11/5) DS 9:30-11 ** Spinal Fitness AUD 11-12 † Better Balance & Mobility (11/5) DS 11:30-12:30 † Master Stress & Pain without Drugs MP 12-1:15 Line Dancing – Beginner AUD 1-2 † Better Balance & Mobility (11/5) DS 1:15-2:30 Line Dancing – High Beginner AUD 2:45-4 † Yoga: Intermediate with Visualization (11/5) AUD 3-4:15 † Gentle Yoga 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! (11/6) DS 10-11:30 Line Dancing – Intermediate AUD 11-12 † The Art of Meditation (11/6) 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 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 DS 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 and 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 † PiYo - Pilates/Yoga (11/1) AUD 9-10 † Aerobic Dancing - Lite! (11/1) DS 9-11:30 † Intermediate Watercolor (11/1) ART-S 10-11 † Yoga – Intermediate (11/1) AUD 11-12 † Beginning Tai Chi Kung (11/1) DS 1-2:10 † Heart Coherent Tai Chi Kung (11/1) DS 1:30-3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45-4:45 † Chair Yoga (11/1) DS	9-10 † "24k" Zumba Gold with Saleemah (11/30) ACT 9:15-10:15 Spanish Flamenco Dance DS 9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic (11/9) ART-S 12:30-4 Party Bridge AUD 12:30-4 Ping Pong ACT 12:45-2:30 Hawaiian Dance – Adv DS
	 ARTIST OF THE MONTH Chen-Chen Lin		10:30-11:30 Laughter Yoga ACT 1:30-3:30 Monthly Dance – <i>The Pier Group</i> AUD 3-4 Senior Commission Meeting DN	2
9:15-10:30 Primordial Sound Meditation (Intro 9:15-9:30) ACT 5	10-1 * Elder Law Legal Assistance 119 6	9:45-11:30 Carlsbad Newcomers – Guest Speaker and Author: Susan Miller discusses <i>A Lay-Person's Perspective on Alzheimer's Disease</i> ACT 7 10-1 * HICAP Health Insurance Counseling 120	10:30-11:30 Laughter Yoga ACT 8 1-3 Monthly Movie: <i>The 15:17 to Paris</i> AUD 3-5 Monthly Movie: <i>The 15:17 to Paris</i> LG	10:30-12 Stamp Collectors Meet MP 9 Join us for lunch to hear music to honor our Veterans. Reservations required.
★★★ VETERANS DAY ★★★ 12 Senior Center open with limited services: • No lunches • Limited classes 1:30-3 Morningstar Investment Education Lecture: <i>Category Fund of the Month</i> ACT	1-3 * Classic Movie Tuesday: <i>Strangers on a Train</i> LG 13	9:30-11:30 * Diet & Nutrition Counseling 119 14	10-11:45 <i>The ABCs & Part D of Medicare 2019</i> ACT 15 10-1 * HICAP Health Insurance Counseling 120 12:30-5:30 † AARP Smart Driver Program Refresher Class ART-S	16
1-2:30 Book Club: <i>Once Upon a Town</i> , by Bob Greene MP 19 1:30-3 Morningstar Investment Education Lecture: <i>Morningstar Fund Investing Basics</i> ACT	9-2 * Ask the Attorney 119 20 1-3 * Armchair Theater: <i>Harry & Snowman</i> LG	10-12 * Ask the Pharmacist 119 21	Senior Center Closed  22	Senior Center open with limited services: • No lunches • Limited classes 23
1:30-3 Morningstar Investment Education Lecture: <i>The Morningstar Monthly Reader</i> ACT 26	10-3 * Low Vision Consultations offered by the Braille Institute 119 27 10:30-11:30 Successful Aging in Place: <i>Simplify the Process of Downsizing</i> ACT 1-3 * Armchair Theater: <i>Waffle Street</i> LG	10-11:15 <i>Holiday Photo Tips</i> ACT 28 10-12 * Ask the Orthopedic Surgeon 119 1-2:15 <i>Sharing Your Holiday Photos</i> ACT	9:30-12:30 * Hearing Screening & Hearing Aid Adjustment Screening 119 29 10-11:30 <i>Presentation: The Care and Feeding of Your Car</i> ACT 1-3 <i>American Politics Discussions: Post Midterm Elections & Reflections</i> MP	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

MONTHLY MOVIE
The 15:17 to Paris
 Thursday, Nov. 8



Saturday Classes and Activities

Fitness Room	Nov. 2, 9, 16, 23, 30	9-11:30	ACT
Ping Pong	Nov. 2 & 9	9-12:30	ACT
English Conversation Classes	Nov. 2, 9, 16, 23, 30	10:30-12 noon	MP

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