



Seaside Insider

Fitness Room Grand Reopening

Monday, July 1, 10 – 11 a.m.

Join us for the unveiling of our upgraded fitness room! We have new equipment and a training introduction for members and potential members during this hour.

Membership rates:

Annual: \$267.30 resident/\$297 non-resident

Quarterly: \$69.30 resident/\$77 non-resident

Monthly: \$24.30 resident/\$27 non-resident

One-day pass: \$4.00

Open: Mon-Fri: 8 a.m. – 5 p.m., Sat: 9 a.m. – 1 p.m.

Your greatest wealth is your health!

NEW Chair Tai Chi Chuan classes

Tuesdays, starting July 2, 11 a.m. – 12 p.m., 107

Chair Tai-Chi has the same benefits as standing Tai-Chi-controlled arm and waist motion, deep and natural breathing, combined with tranquil concentration of the mind stimulates the energetic action of the entire body. Results are improved health, longer life and raising of the spirit. Gentle Chair therapeutic stretches and brief meditation included. Fee for four classes is \$29.70R/\$33NR.

NEW Social Dance

Tuesdays, starting July 16, 6 – 8:15 p.m.

Harding Community Center AUD

Join us for this new series of four classes in June designed to teach basic and intermediate patterns of the following dances: West Coast Swing, East Coast Swing, Night Club Two Step, Cha Cha, Waltz and other ballroom dances. No partner required, but bringing one is advisable. \$36 residents/\$40 non-residents.

Community Garden Club

Jano Nightingale, Master Gardener

Tuesdays, 10:30 – 11:30 a.m., PARK

Grow and develop the Senior Garden bed in the Pine Community Garden. Haven't visited yet? Join this free garden club and explore all the health benefits of gardening while enjoying nature outdoors. Garden bed is a higher, age-friendly design and the club is currently planning herbs and warm weather crops to include

tomatoes, peppers, basil and lettuce. The goal of the garden club is to share produce with club members while inspiring and encouraging members to grow at home.

Art Club

Thursdays, July 11, 18, and 25 1 – 4 p.m.

If you enjoy making art projects, this meet up is for you. Spend the afternoon drawing, painting or doing a little of both! All mediums and skill levels are welcome at this free gathering. Just bring your supplies, ideas, creativity and warm companionship. The aim is to inspire, support and help each other with our personal artistic growth. Join us!

Dealing with Difficult People

Michele Downey RN, MAC, LMFT

Thursday, July 18, 10 – 11:30 a.m., 111

Who doesn't know that "someone" who is creating a little drama in your life? Maybe it's the occasional difficult person you run into at the store or come across at random...or maybe because of their place in your life (family member, spouse, relative, child, or boss,) you don't want to "rock the boat."

Well, there is a way to gracefully deal with difficult people. At this talk, attendees will learn:

- How to identify the tactics "difficult" people use to manipulate, intimidate or gain control.
- How to deal with these tactics in clear, easily understood ways.
- Underlying reasons this might be happening and how you can use this understanding to detach rather than engage
- Why detachment and action are far superior than reaction, fear, disengagement or retaliation.
- The basics of communication that might help...and when to use various phrases or techniques depending on the situation.

Michelle welcomes examples that demonstrate various ways of effectively dealing with these situations.

She gives tips and tactics she has honed over her 30-year career as a Registered Nurse, Master Addictions Therapist, and licensed Marriage and Family Counselor.

Digital Visual Arts

Thursday, July 25, 1:30 – 3 p.m., 111

The Carlsbad Technology Users Group is starting new, special meetings held the last Thursday of the month to discuss all aspects of Digital Visual Arts. Although the main topics of each DVA session involve digital photography, they also discuss making effective graphics (signs, cards, brochures) using digital techniques to embed suitable photographs. Taking pictures, organizing collections, editing and various types of enhancement are discussed. Most topics involve photography, but they can also respond to issues of video editing and special effects.

Come Back, Cupid: Ageless Love

101 Mobility and Judi Bonilla

Tuesday, July 30, 10:30 – 11:30 a.m., 111

Join us for this monthly Aging in Place 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.

In this workshop we explore the different stages of dating later in life. This is your chance to find out tips for online or offline dating including: profiles, safety and sexual wellness.

Don't Get Swindled

Assembly member Tasha Boerner Horvath in coordination with the California Department of Consumer Affairs State Contractors Board

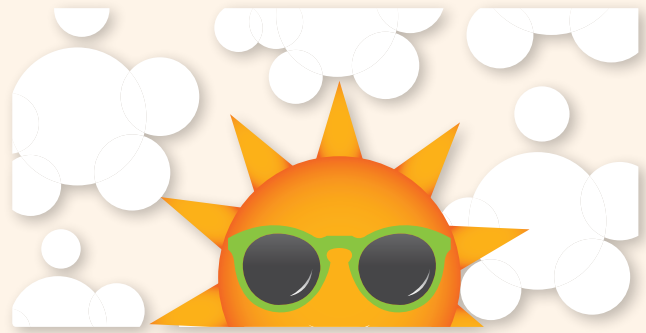
Wednesday, July 31, 10 – 11:45 a.m., AUD

Did you know older Americans lost an estimated \$2.9 billion last year due to financial scams?

Come participate in our Senior Scam Stopper seminar and learn how to better protect yourself against targeted scams and fraudulent advertisements that can lead to identity theft, invalid charges or incomplete services.

The seminar will provide valuable information about construction-related scams, which are more common than you might think. If you or your family have thought about hiring a contractor to do some work, it's important to know what questions to ask, what to expect, and where to turn if you find yourself in a situation with an unlicensed service provider.

Make sure you and your loved ones don't fall victim to the next unscrupulous scammer – and learn how to find qualified contractors with the skills and track record to complete your next project. Presented by the Department of Consumer Affairs State Contractors Board.



Say "YES" to Sun Protection This July

Most cases of melanoma, the deadliest form of skin cancer, are attributable to UV exposure. Apply sunscreen this summer and all year long as well as using these sun protection tips:

1. Use sunscreen every day, even if it's cloudy.
2. Apply at least one ounce of sunscreen (enough to fill a shot glass) at least 15 to 30 minutes before going outside. Also use a lip balm or lipstick that contains sunscreen with a sun protection factor (SPF) of at least 30.
3. Choose a broad spectrum sunscreen that protects against both UVA and UVB radiation. Make sure it is water resistant and has a SPF of 30 or higher. Other sunscreens may help keep you from getting sunburned, but they won't protect against skin cancer.
4. Reapply sunscreen every two hours. Reapply every hour if you are swimming or sweating.
5. Be extra careful around water and sand. These surfaces reflect the damaging rays of the sun, which can increase your chance of getting a sunburn.
6. Keep babies younger than 6 months old completely covered and in the shade.
7. Limit the amount of time you're in the sun between 10:00 AM and 4:00 PM. This is when the sun's rays are the most intense. Practice the shadow rule: if your shadow is shorter than you, the sun's rays are at their strongest, and you should find shade.
8. If possible, wear a long-sleeved shirt and long pants. Dark clothing with tightly woven fabric blocks more sun than white or loosely woven fabrics. For additional protection, look for clothes made with special sun-protective materials.

Carlsbad Newcomers Host Susan Gutierrez

Wednesday, July 3, 9:45 – 11:30 a.m., 111

Susan Schnebelen Gutierrez is an historian and archivist with a specialty in Carlsbad history. In addition to her contribution to the community of Carlsbad, she has authored or co-authored four history books: *Windows on the Past*, two children's books with Ann L'Heureux, *Beckett Explores Carlsbad's Past* and *Beckett Walks through Carlsbad History*, and *Taste of Carlsbad* with her husband, German Gutierrez. In this talk, she will cover the history of Carlsbad, beginning with the first inhabitants up to modern times.

Book Club

Monday, July 8, 1 – 2:30 p.m., 118

This month's book selection is *The Paris Seamstress*, by Natasha Lester. August's book selection is *The Advocate*, by Teresa Burrell. The book club meets the 2nd Monday of every month and welcomes newcomers!

Movie – Coyote Waits

Thursday, July 11, 1 – 3 p.m., AUD

According to old Navajo lore, "Coyote is always out there waiting, and Coyote is always hungry." Produced by Robert Redford, this thriller with a slightly supernatural bent stars Wes Studi and Adam Beach as tribal cops Joe Leaphorn and Jim Chee. The pair tries to uncover the truth about the death of a fellow detective, Delbert Nez, whom they believe may have been killed by someone other than the obvious. Could it be the mysterious Coyote? (Netflix summary) Free.

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. Each weekly class examines the changing monthly information.

All classes are from 1:30 to 3 p.m., 111

July 22: Mutual Fund Investing Basics

**July 29: Top Morningstar Articles & Other Special
Investing Topics**

Digital Photo & 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.

Wi-Fi, Bluetooth, and Cellular Data **NEW!**

Wednesday, July 17, 10 – 11:15 a.m., 111

Understanding how these three networking options work is essential for proper use of your smartphone. Our instructor, Mike McMahon, will explain and demonstrate the choices available to you. Mike will use an iPhone for demonstration, but the lessons learned will apply to Android users, too.



Streaming Video Services

Wednesday, July 17, 1 – 2:15 p.m., 111

Companies like Netflix, Amazon, Hulu and others are shaking up the movie and television industries. Our instructor, Mike McMahon, will present several of the most popular options. Delivered over the internet, these services bypass traditional film theatres and broadcast/cable television. These options are popular because of their easy access (media streaming devices, computers, phones/tablets). Also important, those trying to "cut the cord" on their expensive cable-company TV services, are turning to streaming video to lower their costs.

Organizing Your Photos **NEW!**

Wednesday, July 24, 10 – 11:15 a.m., 111

Keeping your photos organized is a big challenge, especially with the popularity of smartphone-generated photos. Our instructor, Mike McMahon, will discuss two approaches: 1) Using an organized folder approach on your home computer, and/or, 2) Relying on the Search features of the new cloud-based photo libraries. Come find out which option(s) are right for you. We will discuss film and digital photos. Seating is limited...come early for a good seat.

Google Photos – Search **NEW!**

Wednesday, July 24, 1 – 2:15 p.m., 111

Many folks now enjoy Google Photos because of the unlimited free cloud storage feature. Our instructor, Mike McMahon, will do a brief overview of Google Photos but will spend most of the class time on the amazing Search feature within the software. The Search feature is available in both the mobile and browser versions of Google Photos. .



July 2019 Activities Calendar

New session start dates in blue
Senior Specials in purple

111 Activity Room
116 Activity Room
AUD Auditorium
106 Art Studio

	Monday	Tuesday	Wednesday
Weekly Programs	9-11 Writers Group 118	8-11 Needlecraft 106	9:30-10:30 † Better Balance 111
	9-12 Spanish – Levels I, II & III 106	9-10 Line Dancing – Improver HCC	9:30-11 5-in-1 Joy 116
	9:30-10:30 † Heart Coherent Tai Chi Kung (7/1) 107	10-11:30 Line Dancing – Intermediate HCC	9:30-11 ** Spinal Fitn 111
	11-12 † Better Balance & Mobility (7/1) 107	10:30-11:30 Community Garden Club PARK	9:30-11:30 † Oriental Su 111
	11-5 * Elderhelp HomeShare 119	11-12 † Chair Tai Chi Chuan (7/2) 107	10:45-11:45 † Better Balance 111
	12-1:15 Line Dancing – Beginner PACC	12:30-4 Ping Pong 111	11:30-12:30 American S 111
	1-2 † Better Balance & Mobility 107	12:30-4 Bingo AUD	12:30-4:30 Mah Jongc 111
1:15-2:30 Line Dancing – High Beginner PACC	1-3 Writing Our Lives 106	1-2:15 Hawaiian D 111	
2:45-4 † Functional Yoga with Guided Visualization (7/1) AUD	1-4 Chess 107	1-3:15 Seaside Sir 111	
3-4:15 † Gentle Yoga 107	1-4 Double Deck Pinochle 118	1-4 Ceramics 111	
		2-3 * Gentle Chair Yoga SPCC-ACT	1-4 Sewing and Hawaiian D 111
	9:15-10:30 Primordial Sound Meditation (Intro 9:15-9:30) 111	10-1 * Elder Law Legal Assistance 119	9:45-11:30 Carlsbad Newcom 111
	10-11 Fitness Room Grand Reopening! FR	1-3 * Armchair Theater: <i>Murphy's Romance</i> 116	Guest Speaker: <i>Sue Carlsbad Historian</i>
			10-1 * HICAP Health Ins 111
	9-10 † Aerobic Dancing – Lite! 111	9-10 † Aerobic Dancing – Lite! 111	9:30-11:30 * Diet & Nutrition 111
	1-2:30 Book Club: <i>The Paris Seamstress</i> , by Natasha Lester 118	9:45-10:45 † Live Long: Do Qigong! 107	12:30-4:30 † AARP Smart Drive Refresher Program 111
		10-12 * Notary Public 119	
	9-10 † Aerobic Dancing – Lite! 111	9-10 † Aerobic Dancing – Lite! 111	10-11:15 New Wi-Fi, Bluetooth Cellular Data 111
		9-2 * Ask the Attorney 119	10-12 * Ask the Pharmacist 111
		9:45-10:45 † Live Long: Do Qigong! 107	1-2:15 Streaming Videos 111
		1-3 * Armchair Theater: <i>The Old Man & the Gun</i> 116	
		6-8:15 † Social Dance HCC	
	9-10 † Aerobic Dancing – Lite! 111	9-10 † Aerobic Dancing – Lite! 111	10-11:15 Organizing Your Google Photos S 111
	1:30-3 Morningstar Investment Education Lecture: <i>Mutual Fund Investing Basics</i> 111	9:45-10:45 † Live Long: Do Qigong! 107	
		10-12 * Notary Public 119	
		1-3 * Armchair Theater: <i>Searching</i> 116	
		6-8:15 † Social Dance HCC	
	9-10 † Aerobic Dancing – Lite! (7/8) 111	9-10 † Aerobic Dancing – Lite! 111	10-11:45 Workshop: Don't Ask the Orthopedist 111
	1:30-3 Morningstar Investment Education Lecture: <i>Top Morningstar Articles and Other Special Investing Topics</i> 111	9:45-10:45 † Live Long: Do Qigong! 107	
		10-3 * Low Vision Consultations offered by the Braille Institute 119	
		10:30-11:30 Successful Aging in Place: <i>Come Back, Cupid! Ageless Love</i> 111	
		1-3 * Armchair Theater: <i>Megan Leavey</i> 116	
		6-8:15 † Social Dance HCC	

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Subscribe to the ne
and click on "sign u

CH City Hall
COM Computer Lab
CR Conference Room
DN Dining Room

107 Dance Studio
GR Game Room
HCC Harding Community Center
118 Multi-purpose Room

P Patio
PACC Pine Ave. Community Center
PARK Pine Ave. Park
SPCC Stagecoach Park Community Center

119 Room 119
RR Resource Room

Wednesday **Thursday** **Friday**

Access & Mobility 107 Art Class 106 Chess 106 Mini-e Painting (7/10) 107 Access & Mobility 107 Sign Language 106 Juggling 107 Dance – Beginner 107 Fingers Practice 106 Quilting Group 118 Dance – Intermediate 107	1:30–3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) 111 1–4 Art Club (2nd, 3rd & 4th Thursdays) 106	8–12 *Elderhelp HomeShare 119 9:30–12:30 † Discover Your Inner Artist with Oil or Acrylic (7/19) 106 9:45–11:45 † Social Interactive Dance (7/26) 111 12:30–4 Party Bridge AUD 12:30–4 Ping Pong 111 12:45–2:30 Hawaiian Dance – Adv 107
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Health Insurance Counseling 120 Health Insurance Counseling 119 Health Insurance Counseling 106	3 Independence Day!! Close at 3 p.m. 1–3 NO Monthly Dance 1–4 Canasta 118	4 9–10 † “24k” Zumba Gold with Saleemah 107	5
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Health Insurance Counseling 119 Health Insurance Counseling 106	10 8:45–9:45 † PiYo - Pilates/Yoga AUD 9–10 † Aerobic Dancing – Lite! 107 9–11:30 † Intermediate Watercolor 106 10–11 † Functional Yoga AUD 10:30–12 * Sing-A-Long Gene DN 11–12:10 † Beginning Tai Chi Kung 107 1–2:10 † Heart Coherent Tai Chi Kung 107 1–3 Monthly Movie: American Mystery! Coyote Waits AUD 3–4 Senior Commission Meeting CH 3:45–4:45 † Chair Yoga 107	11 9–10 † “24k” Zumba Gold with Saleemah 107 10:30–12 Stamp Collectors Meet 118	12
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Health Insurance Counseling 111 Health Insurance Counseling 119 Health Insurance Counseling 111	17 8:45–9:45 † PiYo - Pilates/Yoga AUD 9–10 † Aerobic Dancing – Lite! 107 9–11:30 † Intermediate Watercolor 106 10–11 † Functional Yoga AUD 10–11:30 Presentation: Dealing with Difficult People 111 10–1 * HICAP Health Insurance Counseling 120 10:30–12 * Willie Nelson Tribute DN 11–12:10 † Beginning Tai Chi Kung 107 1–2:10 † Heart Coherent Tai Chi Kung 107 3:45–4:45 † Chair Yoga 107	18 9–10 † “24k” Zumba Gold with Saleemah 107	19
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Health Insurance Counseling 111 Health Insurance Counseling 111	24 8:45–9:45 † PiYo - Pilates/Yoga AUD 9–10 † Aerobic Dancing – Lite! 107 9:30–12:30 * Hearing Screening & Hearing Aid Adjustment Screening 119 10–11:30 Presentation: Digital Visual Arts 111 10–11 † Functional Yoga AUD 10:30–12 * Sing-A-Long Gene DN 11–12:10 † Beginning Tai Chi Kung 107 1–2:10 † Heart Coherent Tai Chi Kung 107 3:45–4:45 † Chair Yoga 107	25	26
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Don't Get Swindled! AUD Health Insurance Counseling 119	31
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Line Dancing – High Intermediate	July 6, 13, 20 & 27	10–12:30	107
Ping Pong	July 6 & 13	9–12:30	111
Fitness Room	July 6, 13, 20 & 27	9–12:30	

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

Online!
 Newsletter online. Go to: www.carlsbadca.gov/parksandrec
 Click on "Sign up for our email newsletter" and follow directions on screen.

Instructor Spotlight

Bonnie Gleason, Watercolor Instructor

Bonnie Gleason is an award-winning Fine Artist and watercolor instructor who fills her paintings with light, color and depth. She says that Watercolor's magical luminosity takes you out of your head and into your heart as you begin to see with "new eyes" the beauty that surrounds us every day.



Bonnie is a professional artist, greeting card designer, workshop presenter and judge and heart-filled instructor. Her paintings and greeting cards are sold in galleries, hotels and gift shops across the U.S.

She believes that people should cultivate their creative passions, no matter the genre (art, music, writing, gardening, etc.).

Bonnie offers watercolor workshops and classes at our Carlsbad Senior Center. Her students develop a wonderful sense of understanding and camaraderie through mutual support and sharing. Her teaching includes the exploration and style of past and present renowned painters.

Bonnie's professional memberships include: The San Diego and National Watercolor Societies, C.O.A.L. Gallery, and the Carlsbad Arts Association.

Her words of wisdom are: *"Study your craft and learn its principles. If it is right for you, then you will know it. Be patient with yourself while you are working through the challenges and the plateaus. We've all been there! Associate with fellow artists and support those new to the field. You will find a grace in mentoring others, your technical ability will improve, and you may find a new life passage of personal fulfillment."*

www.bonniefineart.com

Senior Commission Corner

The Mission of the Senior Commission is to champion an age inclusive environment that promotes wellness, vitality and education that leads to a vibrant quality of life. There are no meetings over the summer. Meetings return in the fall on Thursday, Sept. 5 from 3 - 4 p.m. Agendas, minutes and more information is available on the commission website at:

<http://www.carlsbadca.gov/cityhall>

Volunteer of the Month

Konnie Newland

Konnie Newland is a Naturopathic Medical Doctor. She is a Carlsbad Senior Center volunteer who currently teaches the Five-in-One Joy class offered on Wednesday mornings.



Konnie was born and raised in Seoul, Korea. Her professional experience includes business management, professional flower design, esthetics and property management. In late 1980, she moved to the United States with her three daughters where she founded a branch of a healing art, the My-Esthetic realignment therapy, registered in 2002.

Through life's experiences as a daughter, wife and mother, she learned sorrow, appreciation for God's blessings and prayer, and the importance of sharing love. This is what motivated Konnie to volunteer. Her volunteer history began in Korea in a community service group for youth. While she was still running her Myo-Esthetic Realignment Therapy Clinic in Encinitas, and for the last 20 years, Konnie has volunteered at the Carlsbad Police Department, the Carlsbad Senior Center and recently, the Carlsbad Fire Department.

At the Senior Center, because of her business experience at the National Education Center and Bank, she began as assistant to the supervisor at the time, Jack Risley. She reconciled daily, weekly and monthly reports to the agency who provided the Meals on Wheels program. Many times she wore the "chef's" hat in the kitchen, overseeing the home delivery of meals. She has served in many capacities over the years.

During this time, she observed that many seniors needed more than the lunch program. Konnie created the Five-in-One Joy class to encourage enthusiasm and happiness. Initially, the program included music, flower arrangement and tea, as well as micro-muscle manipulation. However, the program has evolved into a posture realignment class. Over time, the regular participants have become a community supporting and encouraging each other under Konnie's leadership.

Konnie believes that the true meaning of joy comes from both inner peace and physical wellness. "Health inspired confidence is your greatest asset" is her philosophy and inspiration for volunteering.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stir Fried Beef Mixed Rice California Vegetables Asian Cabbage Salad Pears	2 Creamy Chicken with Mushrooms Ancient Grains Peas & Carrots Mixed Green Salad Fresh Fruit Armchair Theater: "Murphy Romance" 1 p.m. in Room 116	3 Chili Cheeseburger* Lettuce, Tomato, Onion Quinoa Salad Roasted Sweet Potato Watermelon <u>Alternate Salad</u> Tuna Salad, Lettuce, Tomato, Cucumber, Potato Salad, Whole Wheat Bread, Carrot, Watermelon	4 Happy Independence Day! No Meal Service 	5 Tarragon Chicken Salad with Cranberries, Celery Spinach Salad with Bacon, Egg, Scallion Whole Grain Bread Tropical Fruit Salad
8 Chicken Marsala Brown Rice Grilled Zucchini Caesar Salad Mandarin Oranges	9 Beef Stroganoff* Broccoli & Carrots Parsley Potatoes Wholegrain Bread Apple Cobbler	10 Tilapia Mango Sauce Mixed Rice Spinach Tropical Fruit Salad <u>Alternate Salad</u> Grilled Chicken Salad with Quinoa, Carrots, Fruit Salad	11 BBQ Chicken Coleslaw Potato Salad Whole Wheat Bread Fresh Fruit Monthly Movie: "American Mystery! Coyote Waits" 1 p.m. in Auditorium	12 Swedish Meatballs* Mashed Potatoes Peas & Carrots Cucumber Salad Whole Wheat Bread Banana
15 Coq au Vin Mixed Rice Peas Broccoli Salad Cinnamon Apples	16 French Dip* Au Jus, Horseradish French Roll Roast Sweet Potatoes Tabbouleh Salad Pears Armchair Theater: "The Old Man & the Gun" 1 p.m. in Room 116	17 Roast Pork Garlic Herb Sauce Potato Gratin, California Vegetables, Whole Wheat Bread, Applesauce <u>Alternate Salad</u> Bay Shrimp Salad, Lettuce, Tomato, Cucumbers, Broccoli, Carrots, Whole Wheat Bread, Applesauce	18 Shepherd's Pie* Mashed Potato Topping Peas & Carrots Greek Salad Whole Wheat Bread Melon	19 Maple Glazed Salmon with Pineapple Salsa (cucumber, onion & cilantro) Rice & Lentil Pilaf Black Bean Succotash Mixed Green Salad Fresh Fruit HAPPY BIRTHDAY!
22 Beef Stew Carrots, Onions, Celery Parsley Potatoes Coleslaw Whole Wheat Bread Apple Sauce	23 Stuffed Peppers Marinara Sauce Whole Wheat Pasta Corn Caesar Salad Banana Armchair Theater: "Searching" 1 p.m. in Room 116	24 Fish Florentine Bechamel Sauce Spinach Mixed Rice Pilaf Tomato Gratin Pineapple <u>Alternate Salad</u> Tarragon Chicken Salad, Carrots, Whole Wheat Bread, Pineapple	25 Meatloaf Mashed Potatoes & Gravy Green Beans Whole Wheat Bread Melon	26 Split Pea Soup* Tuna Salad Lettuce, Tomato, Cucumber Salad Multigrain Bread Tropical Fruit Salad
29 Spaghetti & Meatballs* Whole Wheat Pasta Marinara Sauce Parmesan Italian Vegetables Fresh Fruit	30 Ginger Chicken Brown Rice Sesame Green Beans & Carrots Asian Cabbage Salad Mandarin Oranges Armchair Theater: "Megan Leavey" 1 p.m. in Room 116	31 Pork Posole Shredded Cabbage, radishes, cilantro Mixed Cumin Rice Corn & Black Bean Salad Cantaloupe <u>Alternate Salad</u> Asian Chicken Salad, Lettuce, Cabbage, Tomato, Cucumbers, WW Bread, Cantaloupe	Live Entertainment Sing Along Gene 2nd & 4th Thursday Woodbridge Willie 3rd Thursday	Menu subject to change *Denotes meal ≥ 1000 mg Sodium 2% Milk served daily

Reservations: 760-602-4655

The Carlsbad Senior Center serves nutritious, hot meals Monday through Friday in our Dining Room. The requested donation for seniors who are **ages 60 and up** is \$3.50 — **you need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior guests** of seniors.

Reservations can be made in person, by calling [760-602-4655](tel:760-602-4655). Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling [760-602-4655](tel:760-602-4655).

Dining room seating is available at 11 a.m. and lunch is served promptly at noon. You may forfeit your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call [760-602-4650](tel:760-602-4650).

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Monday through Thursday. Appointments must be made in advance. For all transportation reservations, call [760-602-4650](tel:760-602-4650).

Wednesdays, transportation is available for shopping. Call [760-602-4650](tel:760-602-4650) for schedule and reservations. Special transportation options are available every Tuesday for lunch & bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.

No eligible person will be denied a meal or transportation because of failure or inability to contribute.

This program is supported by the City of Carlsbad and the Older Americans Act funds through San Diego County Aging & Independence Services.

Resources & Contacts

Aging and Independence, services for assistance, information or reporting abuse	1-800-510-2020
Carlsbad Police (Non-emergency):	1-760-931-2197
Facilities Elder Abuse Ombudsman	1-800-640-4661
In Home Supportive Services, North County	1-760-480-3424
Medicare Helpline	1-800-633-4227
Senior Shield Scam Hotline	1-858-715-1648
North County Coastal Mental Health Services	1-760-967-4475
Activities Coordinators:	
Patti Gebel	1-760-602-4653
Valerie Fisher	1-760-602-4654
Dining Room Reservations (24 Hours) www.carlsbadca.gov/seniors	1-760-602-4655
Facility Reservations www.carlsbadconnect.org	1-760-602-7510
Front Desk (general info & transportation)	1-760-602-4650
Home Meal Delivery, Shannon Shepherd	1-760-602-4652
Elder Law Legal Assistance	1-760-439-2535 x205
Medical Insurance Assistance (HICAP)	1-800-434-0222
ElderHelp's HomeShare	1-858-748-9675
Hi-Noon Rotary's Helping Hands	1-760-593-7188
Pine Avenue Community Center	1-760-434-5022
San Diego Eldercare Directory	1-619-293-1680
Identity Theft Resource Center	1-858-693-7935
Social Security Office	1-800-772-1213
Alzheimer's San Diego	1-858-492-4400
Grief Support Groups: griefshare.org	
San Diego Food Bank	1-858-527-1419
North County Transit District (NCTD):	
Bus service	1-760-966-6500
Lift (disabled reservation line)	1-760-726-1111
RideFact	1-888-924-3228