

May 2012 *Activities Calendar*

* Pre-registration required
 ** Pre-register with Mira Costa (760-795-8710)
 *** Senior Specials
 ■ New classes begin

ACT - Activity Room
 MP - Multi-purpose Room
 ART-S - Art Studio

AUD - Auditorium
 COM - Computer Room
 CR - Conference Room

DN - Dining Room
 DS - Dance Studio
 LG - Lounge

P - Patio
 PARK - Pine Ave. Park
 PL - Parking Lot

Room 119
 Room 120

MONDAY

These activities occur every Monday:

| | | |
|---------------|--------------------------------------|--------|
| 9:00 - 11:00 | Writers Group | MP |
| 9:00 - 9:30 | Intro to Primordial Sound Meditation | DS |
| 9:30 - 10:30 | Primordial Sound Meditation | DS |
| 9:00 - 10:00 | Spanish - Level I | ART-S |
| 10:00 - 11:00 | Spanish - Level II | ART-S |
| 11:00 - 12:00 | Spanish - Level III | ART-S |
| 11:30 - 12:00 | Line Dancing - Novice | AUD |
| 12:00 - 2:00 | Line Dancing - Beg/High Beg | AUD |
| 1:00 - 2:00 | Ballroom Dance | DS |
| 3:00 - 4:15 | Yoga - Levels I & II | DS/AUD |

*PC Lab Hours - Check with front desk

TUESDAY

These activities occur every Tuesday:

| | | |
|---------------|------------------------|-----------|
| 8:00 - 11:00 | Needlecraft | ART-S |
| 8:00 - 12:00 | Mah Jongg | GR |
| 8:30 - 11:00 | Health Screenings | 119 & 120 |
| 9:30 - 11:30 | Line Dancing - Int/Adv | AUD |
| 9:30 - 11:30 | Soccer Golf | Park |
| 10:00 - 11:30 | Ukulele Class - I | MP |
| 12:30 - 4:00 | Bingo | AUD |
| 12:30 - 4:00 | Ping Pong | ACT |
| 1:00 - 4:00 | Writing Our Lives | ART-S |
| 1:00 - 4:00 | Chess | DS |

*PC Lab Hours - Check with front desk

WEDNESDAY

These activities occur every Wednesday:

| | | |
|--------------|--------------------------|-------|
| 8:30 - 9:30 | Belly Dance - Int | DS |
| 9:30 - 10:30 | Belly Dance - Beg | DS |
| 9:30 - 11:00 | 5-in-1 Joy Class | 119 |
| 12:30 - 4:30 | Mah Jongg | GR |
| 12:30 - 4:30 | Pinochle Group | ART-S |
| 2:00 - 4:30 | Hawaiian Dance - Beg/Int | DS |

*PC Lab Hours - Check with front desk

THURSDAY

These activities occur every Thursday:

| | | |
|---------------|------------------------------------|-------|
| 8:30 - 9:30 | Low - Impact Aerobics | AUD |
| 9:00 - 10:00 | *Zumba Gold (No class 5/24 & 5/31) | DS |
| 9:00 - 11:00 | Watercolor Class | ART-S |
| 10:00 - 11:15 | Yoga - Level III | AUD |
| 10:00 - 12:00 | Audiomobile | Lobby |
| 10:30 - 11:30 | Laughter Yoga | DS |

*PC Lab Hours - Check with front desk

FRIDAY

These activities occur every Friday:

| | | |
|---------------|------------------------|-----|
| 10:00 - 11:30 | Ukulele - II | MP |
| 10:30 - 11:30 | Spanish Flamenco Dance | DS |
| 12:30 - 4:00 | Party Bridge | AUD |
| 12:30 - 4:00 | Ping Pong | ACT |
| 12:45 - 2:30 | Hawaiian Dance - Adv | DS |
| 1:00 - 4:00 | Scrabble | GR |

*PC Lab Hours - Check with front desk



Carlsbad Senior Center DayTripper Tours

DayTripper Tours now provides new day trips for adults 50+ through the Carlsbad Senior Center.

Be sure to mention The Carlsbad Senior Center when booking your reservation!

DayTripper Tours: 1-800-679-8747 or visit: www.daytripper.com

| | | | |
|---------------|---------------------------|-----|---|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 1 |
| 8:15 - 9:15 | Tai Chi - Adv | ACT | |
| 9:30 - 10:30 | * Qigong | DS | |
| 10:00 - 3:00 | * Legal Services | CF | |
| 10:45 - 11:45 | Mat Pilates | DS | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|-------------------------------------|-----|---|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 2 |
| 9:30 - 10:30 | (NO) Clear Choice Hearing Screening | 120 | |
| 9:30 - 11:30 | * Oriental Sumi-e Painting | MP | |
| 9:45 - 10:45 | ** Body Conditioning for Srs. | AUD | |
| 11:00 - 12:15 | * Balance & Mobility | DS | |
| 12:30 - 1:30 | * Balance & Mobility - Beg | DS | |

*PC Lab Hours - Check with front desk

| | | | |
|--------------|--|-------|---|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 3 |
| 8:15 - 9:15 | Tai Chi - Int | ACT | |
| 1:00 - 2:00 | Tai Chi - Beg | DS | |
| 9:30 - 11:30 | * Individual Dietary Planning | CR | |
| 1:30 - 3:30 | *** Monthly Dance: The Billy Harper Band | AUD | |
| 1:00 - 3:00 | Wii Games | ART-S | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|-------------------------------|-------|---|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 4 |
| 9:45 - 10:45 | ** Body Conditioning for Srs. | AUD | |
| 9:00 - 11:00 | Discussion Group | ART-S | |
| 10:00 - 12:00 | Ask the Nurse session | 120 | |
| 1:00 - 3:00 | * HICAP Insurance Counseling | CR | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|--|-----|---|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 7 |
| 9:45 - 10:45 | ** Body Conditioning for Srs. | AUD | |
| 11:00 - 12:15 | * Better Balance & Mobility | DS | |
| 8:15 - 9:15 | Tai Chi - Adv | ACT | |
| 9:30 - 10:30 | * Qigong | DS | |
| 10:00 - 12:00 | * Let's Learn the Easy Way: Word 2007 & 2010 Intro | COM | |
| 10:45 - 11:45 | Mat Pilates | DS | |
| 11:40 - 12:00 | *** Operatic Lunch Performance | DN | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|-------------------------------|-----|---|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 9 |
| 9:30 - 11:30 | * Oriental Sumi-e Painting | MP | |
| 9:45 - 10:45 | ** Body Conditioning for Srs. | AUD | |
| 11:00 - 12:15 | * Balance & Mobility | DS | |
| 12:30 - 1:30 | * Balance & Mobility - Beg | DS | |

*PC Lab Hours - Check with front desk

| | | | |
|-------------|--------------------------------------|-----|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 10 |
| 8:15 - 9:15 | Tai Chi - Int | ACT | |
| 1:00 - 2:00 | Tai Chi - Beg | DS | |
| 1:00 - 3:00 | *** Monthly Movie: Midnight in Paris | AUD | |
| 1:00 - 3:00 | PC Users Group | ACT | |
| 3:30 - 4:30 | * Senior Commission Mtg. | DS | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|-------------------------------|-------|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 11 |
| 9:45 - 10:45 | ** Body Conditioning for Srs. | AUD | |
| 10:00 - 12:00 | Ask the Nurse session | 120 | |
| 10:30 - 12:00 | Stamp Collectors Meet | ART-S | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|--|-----|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 15 |
| 8:15 - 9:15 | Tai Chi - Adv | ACT | |
| 9:30 - 10:30 | * Qigong | DS | |
| 10:00 - 12:00 | * Let's Learn the Easy Way: Word 2007 & 2010 Intro | COM | |
| 10:45 - 11:45 | Mat Pilates | DS | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|-------------------------------|-----|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 16 |
| 9:30 - 11:30 | * Oriental Sumi-e Painting | MP | |
| 9:45 - 10:45 | ** Body Conditioning for Srs. | AUD | |
| 11:00 - 12:15 | * Balance & Mobility | DS | |
| 12:30 - 1:30 | * Balance & Mobility - Beg | DS | |
| 1:00 - 3:00 | * HICAP Insurance Counseling | CR | |

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| | | | |
|--------------|--|-------|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 17 |
| 8:15 - 9:15 | Tai Chi - Int | ACT | |
| 1:00 - 2:00 | Tai Chi - Beg | DS | |
| 12:30 - 4:30 | * AARP Driving Class | ART-S | |
| 1:00 - 2:00 | *** Carlsbad Choraleers - Hollywood: The Good Ol' Days | AUD | |
| 1:00 - 3:00 | PC Users Group | ACT | |

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| | | | |
|--------------|-------------------------------|-------|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 18 |
| 9:00 - 11:00 | Discussion Group | ART-S | |
| 9:45 - 10:45 | ** Body Conditioning for Srs. | AUD | |
| 1:00 - 3:00 | * HICAP Insurance Counseling | CR | |

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| | | | |
|---------------|--|-----|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 22 |
| 8:15 - 9:15 | Tai Chi - Adv | ACT | |
| 9:30 - 10:30 | * Qigong | DS | |
| 10:00 - 12:00 | * Let's Learn the Easy Way: Word 2007 & 2010 Intro | COM | |
| 10:45 - 11:45 | Mat Pilates | DS | |
| 1:00 - 3:00 | * Let's Learn the Easy Way: Skype | COM | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|------------------------------------|-----|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 23 |
| 9:30 - 11:30 | * Oriental Sumi-e Painting | MP | |
| 10:00 - 11:30 | *** The Joy of LibreOffice Seminar | ACT | |
| 11:00 - 12:15 | * Balance & Mobility | DS | |
| 12:30 - 1:30 | * Balance & Mobility - Beg | DS | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|---|-------|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 24 |
| 8:15 - 9:15 | Tai Chi - Int | ACT | |
| 10:00 - 11:00 | *** San Diego Treasurer-Tax Collector Discusses 2012 Property Tax Outlook | ACT | |
| 12:30 - 4:30 | * AARP Driving Class | ART-S | |
| 1:00 - 2:00 | Tai Chi - Beg | DS | |
| 1:00 - 3:00 | PC Users Group | ACT | |

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| | | | |
|--------------|-------------------------------|-----|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 25 |
| 9:45 - 10:45 | ** Body Conditioning for Srs. | AUD | |
| 9:00 - 11:00 | * HICAP Counseling | CR | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|--|-----|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 29 |
| 8:15 - 9:15 | Tai Chi - Adv | ACT | |
| 9:30 - 10:30 | * (NO) Qigong | DS | |
| 10:00 - 12:00 | * Let's Learn the Easy Way: Word 2007 & 2010 Intro | COM | |
| 10:45 - 11:45 | Mat Pilates | DS | |
| 1:00 - 3:00 | * Let's Learn the Easy Way: Skype | COM | |

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| | | | |
|---------------|---|------|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 30 |
| 9:30 - 11:30 | * Oriental Sumi-e Painting | MP | |
| 9:30 - 11:30 | *** 49th Annual National Senior Health & Fitness Day Walk | PARK | |
| 11:00 - 12:15 | * Balance & Mobility | DS | |
| 12:30 - 1:30 | * Balance & Mobility - Beg | DS | |

*PC Lab Hours - Check with front desk

| | | | |
|---------------|--|-----|----|
| 8:00 - 9:30 | * Brain Fitness & Insight | COM | 31 |
| 8:15 - 9:15 | Tai Chi - Int | ACT | |
| 10:00 - 11:45 | *** Living a Brain-Healthy Lifestyle seminar | ACT | |
| 1:00 - 2:00 | Tai Chi - Beg | DS | |

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Senior Center Closed for Memorial Day

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