



## FEB. DINING PERFORMANCES:

### VALENTINE'S DAY LUNCHEON

with favorite "Sound Design"

Barbershop Quartet

Tuesday, Feb. 14, from 11:45 a.m. to 12:15 p.m.



### BELLY DANCE DEMONSTRATION

by our own Carlsbad Senior Center

Belly Dance class

Wednesday, Feb. 29, from 11:30 to 11:50 a.m.

## NEW CLASSES FOR 2012!

*\$5 donation requested*

**NEW!**



### Mat Pilates & Tai Chi – Beg

Check newsletter calendar for schedule



## Feb. Meet the Artist



Virginia  
Mathews


Feb. 11  
2 p.m. to 5 p.m.

## Organization Contacts

Aging and Independence, Services For Assistance, Information, or for Reporting Abuse	1-800-510-2020
Carlsbad Police (Non-Emergency) & Fire Departments	760-932-2197
DayTripper Tours	1-800-679-8747
Elder Abuse in Facilities	1-800-640-4661
In Home Supportive Services, North County	760-480-3424
Medicare Plan References	1-800-633-4227
Senior Shield Scam Hotline	1-858-715-1648
North County Coastal Mental Health Services	760-967-4475

## FEBRUARY COMPUTER CLASSES

### COMPUTER LITERACY

Beginning Feb. 2, four sessions, \$58/\$68NR 

### INTERNET LITERACY & SECURITY

Beginning Feb. 8, four sessions, \$58/\$68NR

### BUYING & SELLING ON eBAY AND CRAIGSLIST

Beginning Feb. 21, two sessions, \$28/\$38NR

## COMING IN MARCH:

- BRAIN FITNESS & BRAIN FITNESS: INSIGHT
- THE COMPUTER WORKSHOP
- LET'S LEARN THE EASY WAY: WORD 2007 & 2010 INTRODUCTION
- WINDOWS: MAKING THE SYSTEM WORK FOR YOU
- LET'S LEARN THE EASY WAY: SKYPE

## PHOTO & DIGITAL MEDIA CLASSES:


### PHOTOSHOP ELEMENTS: EDITING

Wednesday, Feb. 22, from 10 to 11:30 a.m. 

### INTRO TO DIGITAL PHOTOGRAPHY

Wednesday, Feb. 22, from 1 to 2:30 p.m.

### FUN WITH THE iPad – part II

Wednesday, Feb. 29, from 10 to 11:30 a.m. 

### DIGITAL PHOTO - PICASA part II

Wednesday, Feb. 29, from 1 to 2:30 p.m. 

## Senior Center Contacts

Activities Coordinator, Valerie Fisher	760-602-4654
Dining Room Reservations (24 Hours)	760-602-4655
Online Reservations: <a href="http://www.carlsbadca.gov/parksandrec">www.carlsbadca.gov/parksandrec</a>	
Facility Reservations, Roger Egan	760-602-4659
Front Desk (general information)	760-602-4650
Home Meal Delivery, Vincent Rodrigues	760-602-4652
Legal Assistance	760-439-2535 x 205
Medical Insurance Assistance (HICAP)	1-800-434-0222
The Senior Center Hours:	Mon-Fri, 8 a.m. to 5 p.m.

# Seaside Buzz

CARLSBAD PARKS AND RECREATION DEPARTMENT • SENIOR CENTER NEWSLETTER • FEBRUARY 2012

## Senior Specials

### MONTHLY DANCE



**WHO:** The Cradit Union Trio

**WHEN:** Thursday, Feb. 2, from 1:30 to 3:30 p.m. / AUD

The Cradit Union performs jazz, big band, ballroom and swing, and they are a very popular band here in the North County. Enjoy the dance for just \$3. **Refreshments sponsored by Belmont Senior Living.**

### MONTHLY MOVIE: LEAP YEAR (2010)



**WHEN:** Thursday, Feb. 9, from 1 to 3 p.m. / AUD

Join us for a romantic comedy that follows one woman's determined quest to get married to the perfect guy. After the disappointment of not being yet proposed to, she learns of an Irish tradition that allows women to propose to men on Leap Day, Anna decides to follow her boyfriend on a trip to Dublin. But she soon discovers that the road to love can take you to very unexpected places. **Refreshments provided by BrightStar Life Care.**

### BOOK CLUB: CORDUROY MANSIONS



**WHEN:** Monday, Feb. 13, from 1 to 2:30 p.m. / MP

Corduroy Mansions by Alexander McCall Smith is a story of a charming and smart dog living in an apartment in London. March's book selection is: "**Little Women**" by Louisa May Alcott.

### LONG-TERM CARE PLANNING



**WHO:** Veteran's Friend, Senior Financial Planning and Care Management

**WHEN:** Thursday, Feb. 16, from 10 to 11:30 a.m. / ACT

Veteran's Friend co-founders, Robert Dhillon and Kate Seelye, will discuss the impact that taxes and inflation are having on long-term care costs. In this **free** briefing, you will learn valuable information regarding future long-term care needs, how to plan in advance, and what should be considered when integrating VA benefits, state government benefits and private-pay long term care solutions.

### AARP DRIVER SAFETY REFRESHER COURSE



**WHEN:** Thursday, Feb. 16, from 12:30 to 4:30 p.m. / ART-S

AARP is offering a one-day refresher course. You must have completed the eight-hour course within the last three years. Registration required. Must present your AARP membership card to receive the discount. \$12/members & \$14/non-members. Checks to be made payable to AARP.

### PREVENTION IS THE KEY TO A HEALTHY HEART!

**WHO:** Joanne Jacalan, RN, MSN, NP-C, a certified Nurse Practitioner

**WHEN:** Thursday, Feb. 23, from 10 to 11:30 a.m. / ACT

A heart attack or stroke may seem to happen all of a sudden, but in truth, the factors that lead up to heart disease build up over a long time. Prevention is the key to living a longer, healthier life.

This **free**, short presentation will be provide tips and strategies on how to have a heart-healthy diet and exercise regime and will be followed by free blood pressure screenings.

### AARP TAX ASSISTANCE



**WHEN:** Every Tuesday & Thursday from 8:30 a.m. to 3:30 p.m. through April 14 / MP

AARP tax volunteers will be here to help you with your 2011 tax returns. They will be available by appointment only on Tuesdays and Thursdays, beginning at 8:30 a.m. with the last appointment ending at 4:30. Please come in, or call 760-602-4650 for an appointment. Bring necessary paperwork for this year's returns, along with a copy of your last year's returns.

