

Seaside Insider



September 2020 Virtual Edition

Welcome to Carlsbad's Virtual Center!

To register for Virtual Programs:

- Go to www.carlsbadconnect.org
- Click Login/Create Account on top/left corner
- Select *Adults 50+* tab from the options
- Select the class you would like to sign up for
- Once registered, you will receive an email with directions on how to login the evening before the class is scheduled, as well as one hour prior to the start of the class.

UCSD Osher Lifelong Learning: It's Only Rock and Roll Series

Wednesdays, Sept. 2 – 30, 9:30 – 10:30 a.m.

The Carlsbad Senior Center has partnered with UCSD Osher to offer recorded lectures. There will be weekly discussions on Zoom where participants can politely discuss their thoughts on the current lecture. Every Thursday evening a link will be emailed to all registrants to access the video. The link will remain active until the following Wednesday evening.

- **Sept. 2:** *The 1950s (Part 1)*
- **Sept. 9:** *1960s Popular Music in Cultural Context: The Rise of the Super Producers (Part 2)*
- **Sept. 16:** *1960s Popular Music in Cultural Context (Part 3)*
- **Sept. 23:** *1960s Popular Music in Cultural Context (Part 4)*
- **Sept. 30:** *1960s Popular Music in Cultural Context (Part 5)*

Functional Yoga

Wednesdays, Sept. 2–30, 1–2 p.m., \$42

Join experienced instructors on Zoom to create a union of mind, body and spirit. You'll practice basic postures and breathwork all from the comfort and safety of your home. This class is not for beginners. You'll want to have a mat, small towel and stretching strap on hand. Wear clothes that allow for movement. Little to no food is recommended within two hours of practice.

PiYo (Pilates/Yoga)

Wednesdays, Sept. 2–30, 2:15–3:15 p.m., \$42

Join experienced instructors on Zoom for more yoga; this time for your core, back and belly! Pilates was developed by a dancer to improve balance, flexibility, strength, circulation and pressure. You'll want to have a mat, small towel and stretching strap on hand. Wear clothes that allow for movement. Little to no food is recommended within two hours of practice.

Virtual Culinary Lab

Thursdays, Sept. 3–24, 12–1 p.m.

Join us for "Lunch at the Culinary Lab" featuring Chef Kyle. The class is live-streamed, featuring a delicious recipe each week. Students will be emailed recipes in advance so they are prepared to cook with Kyle! Free.

- **Sept. 3:** *Best Served Cold*
- **Sept. 10:** *Cal-Mex Cuisine*
- **Sept. 17:** *Maltese*
- **Sept. 24:** *Xinjiang Cuisine*

Basic Zentangle 101

Tuesday, Sept. 8, 10 a.m. – 12 p.m., \$30

Interested in learning art but think you aren't artistic enough? You need to try Zentangle! Zentangle requires no experience, few supplies and can be done almost anywhere, at any time. The process helps to quiet the mind and relax the body. In this introductory workshop you will learn the history and basics of Zentangle.

Virtual Intro to Watercolor

Thursdays, Sept. 10–Oct. 15, 9–11:30 a.m.

Challenge your artistic abilities by applying exciting watercolor techniques that make your paintings truly beautiful. Classes include a color reference photo, supportive feedback and a line sketch. No drawing required. Materials not included. \$152 for the six-week stimulating session.

Home Safe - Strategies for Aging in Place

Thursday, Sept. 10, 1:30–2:30 p.m., Online Class

Eighty percent of older adults want to stay in their homes throughout their lifetime, yet most are deeply concerned about their ability to do so. As we get older, our bodies change and our needs change with them. Learn how to adapt your home environment to make your home a place where you can live safely and independently and learn about choosing the right resources when you need a little assistance to stay home. Presented by Certified-Aging-In-Place-Specialist, Kindra French, owner of 101 Mobility of San Diego and current President of the San Diego Chapter of the National Aging in Place Council.

“24K” Zumba Gold with Saleemah

Fridays, Sept. 11–25, 10:30–11:30 a.m.

Cha-cha, merengue, salsa and swing will get you moving your feet, clapping your hands, shaking your hips and have so much fun you'll forget you're exercising! Easy-to-follow dance steps makes this class suitable for beginners and experienced Zumba dancers alike! \$6 per class.



Carlsbad Sings – Wizard of Oz Sing-along

Monday, Sept. 14, 10–11 a.m.

Follow along on the yellow brick road as the Carlsbad Senior Center leads a Virtual Wizard of Oz Sing-along. Belt out the words to classics like “Over the Rainbow” and “We’re Off to See the Wizard” with your friends and family of all ages. Free.

Online Digital Photo & Tech Classes

Google Maps – Essentials

Wednesday, Sept. 16, 2–3:15 p.m., Online Class

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 on your computer browser and on all mobile phones and tablets. We'll cover searching for locations, getting turn-by-turn directions, marking your parking spot and other useful features. The last 15 minutes will be devoted to questions.

Photo Books Made Easy

Wednesday, Sept. 23, 2–3:15 p.m., Online Class

Photo books are a great way to document family events, your favorite hobby, and much more. And photo books make great holiday gifts! Our instructor, Mike McMahon, will do an in-class demonstration of making a photo book using Costco's online system. A 30-page book is only \$20. The last 15 minutes of class will be devoted to your questions. Please bring note-taking material.

Morningstar Investment Education Lectures

Area residents have free access to Morningstar guidance through the City of Carlsbad Libraries' online database—cardholders are not required to be Carlsbad residents. Each class, instructor Shelley Murasko, examines Morningstar's changing monthly information. All classes are online, from 1:30–3 p.m.

Sept. 21: *Mutual Fund Investing Basics*

Join us in this class where we cover topics like key metrics to evaluating a mutual fund, methods for considering risk and your stock /bond ratio, and how to benchmark your portfolio to ensure top quality investing while reviewing “Gold Medalist” funds.

Sept. 28: *Top Morningstar Articles & Other Special Investing Topics*

Delve into timely topics from Morningstar such as Morningstar's “Thrilling 36”, top 36 mutual funds of 2020 according to Morningstar writer, Russell Kimmel, and why these funds get top grades. Also, how to hold a broadly diversified portfolio with just three funds. Lastly, another key topic, “Are Target Date Funds Right for You?”

Register at www.carlsbadconnect.org or call 760-602-4650 for more information. Once registered, you will receive login instructions the day before class and again, one hour before the class.

Head to Heart

Tuesdays, starting Sept. 15, 2–3 p.m., Free

Join facilitator, Donna Billmeyer, on an exploration into personal growth and self-awareness, a journey from Head to Heart...i.e. from reaction to understanding, from resentment to compassion, from worry to trust. Our destination is a deep dive into our true nature, our essence, our heart, where we can rediscover and re-connect to our loving core. This series of seven **free** classes is held via conference call.

- **Sept. 15: Introduction**
- **Sept. 22: Survival of the Nurtured - Our Path to Belonging**

Explore how relating with each other can restore the connections so vital to healing our separateness.

- **Sept. 29: Three Core Capacities in Loving Fully**
Learn three ways of opening our hearts...seeing goodness, feeling appreciation and expressing compassion.
- **Oct. 6: Saying Yes - Meeting Your Edge and Softening**
- **Oct. 13: The Sacred Pause**
- **Oct. 20: Transforming Two Fears: FOF and FOMO (Fear of failure and Fear of Missing Out)**
- **Oct. 27: Responding to Change with a Wise Heart**

Zentangle – Tangling for Fun & Relaxation

Tuesday, Sept. 16, 10 – 11:30 a.m., \$32

Come explore the different aspects of Zentangle, an easy-to-learn, relaxing and fun way to create beautiful images. Mindful drawing helps quiet the mind and relax the body. Basic Zentangle 101 preferred. No art background required.



Ask the Orthopedic Surgeon

Tuesday, Sept. 21, 11 a.m.–12:30 p.m.

Do you have aches and pains? Like most seniors, you probably have concerns about sore joints or muscles, arthritis, back pain or when to see a specialist. Dr. Joel Heiser, retired from his North County orthopedic surgery practice of 33 years, will be happy to answer your questions one on one via Zoom. Register in advance at www.carlsbadconnect.org or call 760-602-4650 for more information.

Bingo!

Tuesday, Sept. 22, 1–2 p.m., Free

Join the Carlsbad Senior Center staff for a fun game of virtual bingo.

Carlsbad History Highway

Monday, Sept. 28, 10–11 a.m., Free

Travel down the Carlsbad History Highway in this free, new virtual presentation series. The Carlsbad Historical Society hosts a presentation on the rich and diverse parts of Carlsbad history each month. This month's presentation is ***First Peoples: The Luiseños***.



Learn How to Use Your Smartphone!

Having difficulty seeing or hearing on your smartphone? Attend these free online trainings and make your Android or iPhone smartphone work better for you! Through the California Phones program, attendees will learn how to operate basic functions of a smartphone, send text messages, make text larger, connect Bluetooth devices, make their smartphone louder and easier to hear, and more.

Two one-hour complimentary classes are offered online via Zoom sessions. These boutique-like trainings are limited to a maximum of four participants, with one instructor and one assistant. Participants must have a computer, laptop or tablet and a valid email address. Register in advance by calling 866-271-1540 or email smartphonetraining@ddtp.org.

Coming in October!

Better Balance and Mobility returns in a virtual format, using Zoom! Stay-tuned for details!

Serve Up Fire Safety in the Kitchen

National Fire Safety Week is Oct. 4-10. Carlsbad Fire Department will feature kitchen fire safety education this week, more information to come. Don't miss out!



Library & Cultural Arts Virtual Programs



Virtual Concert

Featuring Basset Bros.

Thursday, Sept. 17 | 7-7:30 p.m., Free

Presented on Facebook Live

<https://www.facebook.com/carlsbadcitylibrary/live/>

The “Live From My Living Room” concert series continues with a performance by The Bassett Bros. Travel through time with the identical twin guitar duo whose performances showcase a wide range of music from medieval to metal. Their diverse repertoire includes music from the Renaissance, Baroque and classical eras and spans to more contemporary genres like rock, blues and heavy metal.

Virtual Author Talk

Books & Bingo

Saturday, Sept. 26 | 2-3 p.m., Free

Presented on Zoom, register online:

https://carlsbadca.zoom.us/webinar/register/WN_dWLDXzxcSFu8SPCz9HYrbg

Back by popular demand, now virtual! Meet six authors, hear about their books and play an interactive game of virtual bingo with fun prizes.

Featuring west coast authors: [Kira Jane Buxton](#), [Janie Chang](#) and [Abbi Waxman](#) and east coast authors: [Rachel Barenbaum](#), [Bryn Turnbull](#) and [Tracey Enerson Wood](#). Presented in partnership with Adventures by the Book and NovelNetwork.

Virtual Special Event

Good Life Lecture: How to Be a Hero with Karin Muller

Wednesday, Sept. 30 | 6:30-7:30 p.m., Free

Presented on Zoom, register at

https://carlsbadca.zoom.us/webinar/register/WN_hgOMX8STTu6K3XkeR7yf0g

America is full of ordinary people who wake up every morning to fight for a better world. They’re not rich. They’re not famous. They’re America’s unsung heroes. Join Karin Muller, who went on a three-year quest to find and film everyday heroes, for a look at their stories. Karin has spent a lifetime writing books, taking pictures and creating PBS/National Geographic documentaries about her travels.

Edge Frayed Artists Virtual Workshops

Interactive workshops with hands-on textile projects led by local artists:

- Embroidery on Postcards with Bhavna Mehta
- Embroider a Word with Michelle Montjoy
- Workshop with Irma Sofia Poeter (Coming Soon!)

<https://www.carlsbadca.gov/services/depts/arts/guest/visual.asp>



Senior Commission Meeting
Thursday, March 26, 3 p.m.

Coming up in October:

October is Arts & Humanities Month and new fall programming will be added. For updates and announcements check the Cultural Arts webpages here:

<https://www.carlsbadca.gov/services/depts/arts/default.asp>

Questions?

Contact Curator of Exhibitions, Karen McGuire at karen.mcguire@carlsbadca.gov or (760) 602-2022.

September is...

Healthy Aging Month



Learning never stops on the road of life. Expand your mind, body and spirit with virtual programs!



- Ask the Orthopedic Surgeon
- Carlsbad Sings
- Carlsbad History Highway
- Culinary Lab
- Digital Photo & Tech Classes
- Functional Yoga
- Head to Heart
- Aging in Place - Home Safe
- Morningstar Education Lectures
- Osher Lifelong Learning
- PiYo
- Watercolor - Advanced & Intro
- Zentangle
- Zumba Gold



September Virtual Activities

Sept. 1 - 4

Wednesday, Sept. 2	9:30–10:30	Osher Video Lectures
Thursday, Sept. 3	12–1 p.m.	The Culinary Lab - Best Served Cold

Sept. 7 - 11

Tuesday, Sept. 8	9–11:30 a.m.	Intro to Watercolor
	10 a.m. - 12 p.m.	Basic Zentangle 101
Wednesday, Sept. 9	9:30–10:30	Osher Video Lectures
Thursday, Sept. 10	9–11:30 a.m.	Intermediate/Advanced Watercolor
	12–1 p.m.	The Culinary Lab – Cal-Mex Cuisine
	1:30–2:30 p.m.	Home Safe - Strategies for Aging in Place
Friday, Sept. 11	9–10 a.m.	"24K" Zumba Gold with Saleemah

Sept. 14 - 18

Tuesday, Sept. 15	9–11:30 a.m.	Intro to Watercolor
Tuesday, Sept. 15	2–3 p.m.	Head to Heart - Introduction
Wednesday, Sept. 16	9:30–10:30	Osher Video Lectures
	10 - 11:30 p.m.	Zentangle - Tangling for Fun & Relaxation
	2–3:15 p.m.	Google Maps - Essentials
Thursday, Sept. 17	9–11:30 a.m.	Intermediate/Advanced Watercolor
	12–1 p.m.	The Culinary Lab – Maltese Cuisine
Friday, Sept. 18	9–10 a.m.	"24K" Zumba Gold with Saleemah

Sept. 21 - 25

Monday, Sept. 21	11 a.m.–12 p.m.	Ask the Orthopedic Surgeon
	1:30–3 p.m.	Morningstar - Mutual Fund Investing Basics
Tuesday, Sept. 22	9–11:30 a.m.	Intro to Watercolor
	2–3 p.m.	Head to Heart
Wednesday, Sept. 23	9:30–10:30	Osher Video Lectures
Wednesday, Sept. 23	2–3:15 p.m.	Photo Books Made Easy
Thursday, Sept. 24	9–11:30 a.m.	Intermediate/Advanced Watercolor
Thursday, Sept. 24	12–1 p.m.	The Culinary Lab – Xinjiang Cuisine
Friday, Sept. 25	9–10 a.m.	"24K" Zumba Gold with Saleemah

Sept. 28 - Oct. 5

Monday, Sept. 28	10–11 a.m.	Carlsbad History Highway - First Peoples- The Luiseños
	1:30–3 p.m.	Morningstar's Top Articles & Other Special Investing Topics
Tuesday, Sept. 29	9–11:30 a.m.	Intro to Watercolor
	2–3 p.m.	Head to Heart
Wednesday, Sept. 30	9:30–10:30	Osher Video Lectures
Thursday, Oct. 1	9–11:30 a.m.	Intermediate/Advanced Watercolor
Friday, Oct. 2	9–10 a.m.	"24K" Zumba Gold with Saleemah

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change *Denotes meal \geq 1000 mg. sodium</p> <p>1% milk served daily</p>	<p>1</p> <p>Shepherd's Pie Mashed Potato Topping Peas & Carrots Corn Whole Wheat Bread Whole Fruit</p>	<p>2</p> <p>Hawaiian Pork With Pineapple, Ginger, Cilantro Sweet Potatoes Green Beans Wholegrain Bread Whole Fruit</p>	<p>3</p> <p>Tarragon Chicken Mixed Rice & Lentil Pilaf Broccoli Whole Fruit</p>	<p>4</p> <p>Spaghetti & Meatballs* Whole Wheat Pasta Marinara Sauce Zucchini Orange</p>
<p>7</p> 	<p>8</p> <p>Chicken Fajitas Mixed Rice Black Beans, Corn & Red Pepper Orange</p>	<p>9</p> <p>Fish Florentine on Spinach Bechamel Sauce Parsley Potatoes Tomato & Chickpea Stew Whole Wheat Bread Whole Fruit</p>	<p>10</p> <p>Chicken Cacciatore Wheat Pasta Broccoli & Carrots Orange</p>	<p>11</p> <p>Roast Beef* Mashed Potatoes Gravy Manhattan Blend Whole Wheat Bread Whole Fruit</p>
<p>14</p> <p>Chicken & Sausage Paella with Shrimp Mixed Rice Green Beans Whole Fruit</p>	<p>15</p> <p>Meatloaf Mashed Potatoes, Gravy Peas & Carrots Corn Whole Wheat Bread Whole Fruit</p>	<p>16</p> <p>Pork with Mushroom Cream Sauce Sweet Potatoes Peas Whole Wheat Bread Whole Fruit</p>	<p>17</p> <p>Sesame Ginger Chicken Cabbage, Bamboo Shoots Mixed Rice Carrots Orange</p>	<p>18</p> <p>Teriyaki Glazed Turkey Burger* With Pineapple Mixed Rice Black Beans Orange</p>
<p>21</p> <p>Greek Pastitsio Penne with Ground Beef, Tomatoes & Spices Topped with Bechamel Sauce, Spinach, Chickpea & Tomato Stew Whole Wheat Bread Whole Fruit</p>	<p>22</p> <p>Sweet & Sour Chicken with Pineapple, Onions & Peppers Mixed Rice Oriental Blend Vegetables Whole Fruit</p>	<p>23</p> <p>Roast Turkey & Gravy* Mixed Grain Stuffing with Cranberries & Celery Sweet Potatoes Green Beans Whole Fruit</p>	<p>24</p> <p>Pecan Chicken Country Gravy Mashed Potatoes California Vegetables Whole Wheat Bread Whole Fruit</p>	<p>25</p> <p>Cuban Ropa Vieja Shredded Beef & Pork with Onions, Peppers, Cilantro Mixed Cumin Rice Black Beans & Corn Orange</p>
<p>28</p> <p>Chicken Alfredo Wheat Pasta Alfredo Sauce Spinach Orange</p>	<p>29</p> <p>Beef Burgundy Mashed Potatoes Peas & Carrots Whole Wheat Bread Whole Fruit</p>	<p>30</p> <p>Chicken Breast Patty* Bearnaise Sauce Parsley Potatoes Broccoli Whole Wheat Bread Whole Fruit</p>	<p>Virtual class registration: www.carlsbadconnect.org - Create Account Login - Select Adults 50+ Programs - Once registered, you will receive an email the evening before the class, and again an hour before the class, or call 760-602-4650</p>	<p>Lunch service information on back page or online</p>

CARLSBAD SENIOR CENTER LUNCH SERVICE 760-602-4650

- Carlsbad residents 60+ can register for the city's meal program, which provides nutritious meals Monday through Friday, except for holidays.
- Meals are served cold, with reheating instructions.
- New customers must reserve their meal by noon the day before service, Monday through Friday.
- Once registered in the program, you can pick up meals Monday through Friday in front of the Carlsbad Senior Center 11 a.m.–12 noon. You only need to call again if you are canceling service.
- City employees are in front of the senior center, behind a table, providing six-foot social distancing with masks.
- Once you arrive, stay in your car and a city staff member will bring your meal to you.
- Home meal delivery service only provided after verification of need for special service.
- For up to date information on city reopenings, check City of Carlsbad: <https://carlsbadca.gov/COVID19>



The City of Carlsbad understands that the COVID-19 emergency is having a significant effect on our community.

The following is information from city, state and other agencies regarding programs and services to help, visit: www.carlsbadca.gov/covid19

Resources & Contacts

Aging and Independence Services for assistance, information or reporting abuse	1-800-339-4661
Carlsbad Police (Non-emergency):	1-760-931-2197
Front Desk (general info & transportation)	1-760-602-4650
Facility Reservations www.carlsbadconnect.org	1-760-602-7510
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
Elder Law Legal Assistance	1-858-565-1392
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
RideFact	1-888-924-3228