

Seaside Insider

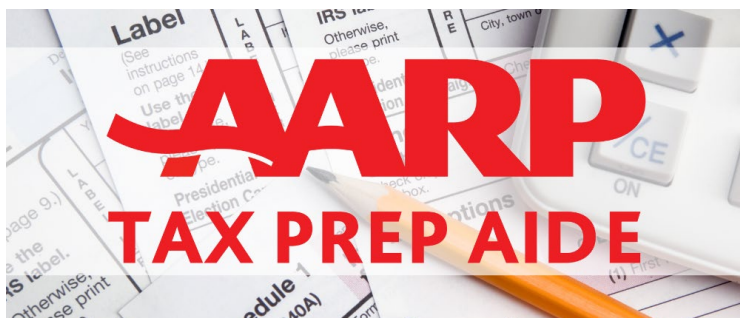
FEBRUARY 2026



NEW Saturday Game Exchange

4th Saturdays, Feb. 28, 9:30–11:30 a.m., Free, Drop-in

Join local high school students for this new monthly board game gathering! Games rotate each month, with options available onsite, and participants are encouraged to bring a favorite game to share or teach the group. No experience needed.



AARP Tax-Aide Appointments

Tues. and Thur., Feb. 3–April 9, 8:30 a.m.–3 p.m., by appointment only.

Get free help filing your taxes! AARP Tax-Aide volunteers are trained and IRS-certified every year to ensure they understand the latest changes to the U.S. Tax Code. Schedule your appointment at the Senior Center front desk or call 442-339-2650 x0.

Community Garden Club

Tuesdays, Feb. 3–24, 10:30–11:30 a.m., Pine Community Gardens, \$5

Work with Master Gardener Jano Nightingale to plant and care for the Senior Center raised bed vegetable garden at the Pine Avenue Community Garden. Plant selection, pruning, fertilization, and organic insect and disease control will be covered. Please bring your own tools.

NEW Successful Aging in Place: Benefits of Music Therapy for Alzheimer's

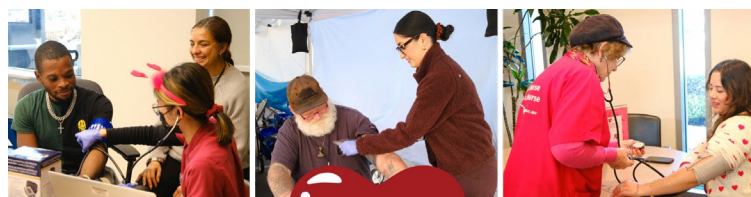
Tuesday, Feb. 17, 11 a.m.–12 p.m., Free with Registration

Discover how music therapy can bring comfort, connection, and cognitive benefits to those living with Alzheimer's disease. This session will explore the science behind music's effect on the brain, practical ways to incorporate music into daily care, and real-life examples of its positive impact. Attendees will leave with simple, evidence-based strategies they can use to improve quality of life for individuals with Alzheimer's and their families.

Coping with Personality and Behavior Changes by Alzheimer's San Diego

Thursday, Feb. 19, 1–2:30 p.m., Free with Registration

People with Alzheimer's disease and other dementias can experience behavior and personality changes. Learn what those changes mean and new ways to respond.



LOVE YOUR HEART

Blood Pressure Screenings

Wednesday, Feb. 11, 10 a.m.–1 p.m., Free, Drop-In

As part of the annual *Love Your Heart* campaign, the Carlsbad Fire Department is offering free blood pressure screenings to help community members understand their numbers and support heart-healthy habits. *Also available Saturday, Feb. 14, 10 a.m.–1 p.m. at Dove Library.*



Yoga with Joanne

Restorative Yoga

Mondays, Feb. 2–23, 11 a.m.–12 p.m., \$42

The class will begin with a breathing meditation and move into gentle Restorative poses. It is for all levels and introduces the benefits of each pose.

Yin Yoga

Thursdays, Feb. 5–26, 11 a.m.–12 p.m., \$56

Yin poses are held for 2–5 minutes each and are designed to relax targeted areas, stimulate the dense connective tissue, and promote vitality and resilience.

24K Zumba Gold® with Saleemah

Cha-cha, merengue, and salsa will get you moving your feet, clapping your hands, shaking your hips, and having so much fun you'll forget you're exercising!

Zumba Toning

Mondays, Feb. 5–23, 9:30–10:30 a.m., \$35

Seated Zumba Toning

Mondays, Feb. 2–23, 11–11:45 a.m., \$28

Zumba Gold®

Mondays, Feb. 2–23, 12:30–1:30 p.m., \$47

Wednesdays, Feb. 4–25, 9:30–10:30 a.m., \$47

Seated Zumba Gold®

Wednesdays, Feb. 4–25, 11 a.m.–12 p.m., \$37

Physical Therapy with Tracey

Balance & Mobility

Tuesdays, Feb. 3–24, 9–10 a.m., \$93

This class will focus on balance principles, postural awareness, strength, confidence, and strategies to reduce the risk of falling.

Therapeutic Pilates

Thursdays, Feb. 5–26, 9–10 a.m., \$93

This class will focus on the foundational Pilates principles, modifications, alignment, core strength, and connecting the mind and body.

Therapeutic Strengthening

Thursdays, Feb. 5–26, 10:15–11:15 a.m., \$93

This class will focus on classic therapeutic strengthening exercises for the whole body. Learn proper form and alignment to stay safe as you get stronger!

Yoga with Cynthia

Chair Yoga

Thursdays, Feb. 5–26, 3–4 p.m., \$51

Build strength and stamina, improve flexibility, and learn to harmonize all the levels of your life. This gentle class will teach you how to incorporate the healing power of deep breathing into all your movements.

Kata for Movement & Balance

Sat., Feb. 14–28, 9:45–10:45 a.m., Free with Registration

This is a movement class open to all abilities. We will practice set sequences of moves which flow almost like a dance. This is a NON-contact class and aims to aid attention, focus, balance and mobility. Instructors Debbie and Simon Prince also lead **Shotokai Karate for Mobility and Coordination** on Saturdays at 10:45 a.m. This offering requires a membership to the American KDS.

Sumi-e & Japanese Ink Art

Wed., Feb. 18–March 25, 9:30 a.m.–12 p.m., \$70

Explore the ancient Japanese brush painting world to express your inner self, in a friendly and relaxing classroom setting. Instructions include stroke demonstration, sumi ink calibration, various painting methods, and special ways of finishing paintings. Materials are not included, but available to try out.



Tai Chi for Arthritis & Fall Prevention

Part 2 at Pine Park

Tues. & Thurs., Feb. 10–May 12, 8:30–9:30 a.m., Pine Ave. Community Park, Free with Registration

Hosted by the County of San Diego and certified instructor Manek Dustoor. Class includes gentle, low-impact movements and has been shown to improve balance, leg strength, and flexibility, as well as reduce falls among older adults. Part 2 is for those who have completed the original program and are looking for a more challenging course. Questions? Call (858) 495-5500 or e-mail HealthierLiving.HHSA@sdcounty.ca.gov

Senior Panel: Unlock Aging in Place

Tuesday, Feb. 3, 11 a.m.–12 p.m., Free, Drop-in

Learn how to recreate the supportive environment of assisted living right at home. This session explores structural modifications, advanced monitoring technology, and coordinated care strategies. Discover how to integrate professional-grade safety and social support into a private residence.



Carlsbad Newcomers Coffee Meeting

1st Wed., Feb. 4, 9:45–11:30 a.m., Free, Drop-in

Officer Wallag will share how drones are used as a safe and efficient tool to support officers in the field, including testing an automated drone as “first responder” for quick aerial video before officers arrive. There will also be time for questions at the end.

Community Friendship Builders

2nd & 4th Fridays, Feb. 13 & 27, 11 a.m.–12 p.m., Free with Registration

Join us to meet new people, talk, and laugh. Facilitated discussions and activities can open a fun and engaging new world for you, and just as importantly, you can open a new world for others.

Let's Talk Good Living

Mon., Feb. 16, 1:30–2:30 p.m., Free with Registration

What can you keep in mind to be a successful ager? New topics will be discussed each month such as transportation, purposeful living, social engagement, technology, and more.

Caregiver Networks Club

1st Saturdays, Feb. 7, 10–11:45 a.m.,

Caregiver Networks Club is a free community group that brings people together to share knowledge, experiences, and practical support. Monthly hybrid meetings feature guest speakers who address real-world caregiving topics, resources, and challenges.

Digital Photo & Tech

2nd & 3rd Wed., 2–3:30 p.m., Free with Registration

This class takes place at the Carlsbad Senior Center and over Zoom. Pre-registration is required for Zoom access. The last 15 minutes will be devoted to your questions.

NEW Getting Better Phone Photos (Feb. 18)

Are you looking for ways to take better smartphone photos and videos? Our instructor, Mike McMahon, will demonstrate easy ways to move your photos from good to great. We will include tips on shooting (camera handling, photo composition) and suggestions for quick in-phone edits that will greatly improve your photos. Mike will use his iPhone during the class, but Android users will still enjoy and benefit from this valuable class.

NEW Organizing Your Photos (Feb. 25)

How should I organize my photos? If you are asking that question, many others are, too. Our instructor, Mike McMahon, will suggest ways to address this challenge. A typical family photo collection often includes old photo prints and slides, photos taken with digital cameras, and now the flood of photos taken with smartphones. Yikes! While a single approach won't address all situations, there are common-sense guidelines that can help.



Alignment Qigong: Mind, Body, Nature Embrace the Coming of Spring with Cherry Blossom Qigong

Wednesdays, Feb. 4–25, 9:45–11:15 a.m., \$81

Cherry Blossoms hold a special place in Asian cultures, symbolizing the arrival of Spring is near. As the only flower that blooms in colder temperatures, they remind us of beauty in transition. Join us in celebrating this profound time with the gentle, beautiful Cherry Blossom Qigong form, and other meditative seasonal practices to guide you smoothly from Winter's depths into Spring's rejuvenation. Everyone is welcome! Feel free to either stand or sit as you go through the relaxing self-paced exercises.

February 2026

CARLSBAD SENIOR CENTER | 799 Pine Avenue | 442-
<https://www.carlsbadca.gov/departments/parks-recreation>

Adult 50+ Activities

All programs require pre-registration or sign-in upon arrival.

Meets Weekly	MONDAY			TUESDAY			WEDNESDAY		
	9:30–10:30	†Zumba Gold® Toning 2/2	111	8:30–3	AARP Tax-Aide Appointments	116	9:30–10:30	†24K Zumba	
	9:30–11	High Beginner Line Dance	AUD	8:30–9:30	Tai Chi Part 2 2/10	Pine Park	9:30–12	†Sumi-e I	
	11–11:45	†Seated Zumba Toning 2/2	111	9–10	†Balance & Mobility 2/3	111	9:45–11:15	†Alignme	
	11–12	†Restorative Yoga 2/2	107	9–10:15	Carlsbad Cruisers	Carlsbad Village	11–12	†Seated Z	
	11:15–12:30	Beginner Line Dance	AUD	9–11	Needlecraft	118	12–3	Mahjongg	
	12:30–1:30	†24K Zumba Gold® 2/2	111	10:30–11:30	†Garden Club 2/3	Pine Park	12:15–1:15	Beg. Haw	
	3–4	†Gentle Yoga 1/5	107	10–1:30	Improver Line Dance	107	1–3	Seaside S	
				12:15–4	Bingo	AUD	1–4	Sewing &	
				1–3	Writing Our Lives	118	1–4	Ceramics	
			1–4	Chess	115	1:30–4	Beg./Int. I		
			1–4	Ping Pong	111	1–3	Seaside S		
			1–4	Rummikub	106				
SATURDAYS			Caregiver Network Club 2/7, 10 – 11:45 a.m.			Kata 2/7, 9:45 – 10:45 a.m.			
			Saturday Game Exchange 2/28, 9:30 – 11:30 a.m.			Shotokai Karate 2/7, 10:45 – 11:45 a.m.			
2			3			4			
1–4	Mexican Train Dominos	106	10–12	TrueCare Resource Table		9:45–11:30	Carlsbad		
			11–12	Senior Panel: Unlock the Potential of Aging in Place	111				
9			10			11	Spring Registrati		
12:30–1:30	Courtyard Concert: Ancora		10–12	Elder Help Resource Table		10–1	Blood Pre		
1–3	Canasta – Hand & Foot	118							
1:30–2:30	Let's Talk Good Living	116							
16			17			18			
CLOSED			9–12	Ask the Attorney	RR	2–3:15	Digital Ph		
			10–11:30	Ask the Orthopedic Surgeon	120		Better Ph		
			11–12	Successful Aging in Place: Music Therapy for Alzheimer's	111				
23			24			25			
9–11	Ask the Real Estate Agent	119				1-3	Senior Pr		
1–3	Canasta – Hand & Foot	118				2–3:15	Digital Ph		
1–2	Neuropathy	116					Organizin		
1–4	Pinochle	115							
2–4	†Creative Cuisine: Baking	DR							

339-2650
[on/adults-50](#)

Center Hours: MON – FRI: 8a.m. – 5p.m. SAT: 9a.m. – 12p.m.
Lunchroom Hours: MON – FRI: 11a.m.–1:30p.m.






noon arrival

†Fee-based *Outside* **Session Start Date** **Special Event**

WEDNESDAY		THURSDAY		FRIDAY	
Yoga Gold® 2/4	111	8:30–3	AARP Tax-Aide Appointments 116	9–12	Writers' Bloc 118
Bank Art 2/18	PACC	8:30–9:30	Tai Chi Part 2 2/10 <i>Pine Park</i>	9–12	The Art Group (TAG) 106
Qigong 2/4	107	9–10	†Therapeutic Pilates 2/5 111	12–1	United Healthcare Resource Table
Yoga Gold® 2/4	111	9–10:15	Carlsbad Cruisers <i>Batiquitos</i>	12–3:30	Duplicate Bridge AUD
g	115	9–10:15	†Mindfulness 1/8 107	12:45–2:30	Adv. Hawaiian Dance 107
Hawaiian Dance	107	9–11:30	†Watercolor 2/26 AUD	1–4	Ping Pong 111
Fingers Practice	AUD	9–1:30	†Pickleball Level I-III 2/5 PACC		
Quilting Group	118	10:15–11:15	†Strengthening Class 2/5 111		
Club	106	11–12	†Yin Yoga 2/5 107		
Hawaiian Dance	107	3–4	†Chair Yoga 2/5 107		
Fingers Practice	AUD				

†Fitness Room, Billiards Room, Computer Lab 9 a.m. – 12 p.m.
 Open Play Ping Pong 9:30 – 11:30 a.m.

Newcomers	AUD	5 1–4	Canasta 115	6 9–10:30 12–3 1–3	Int. Ukulele Jam 111 Mahjongg 115 Crafting: No-Brush Painting 106
on Opens		12		13	
Pressure Screenings	RR	12:30–2:30 12:30–3 1–3	Threshold Choir Practice 118 Newcomers Contract Bridge 115 Movie: <i>Hidden Figures</i> AUD	10:30–12 11–12 1–3 1–4	Stamp Collectors 115 Community Friendship Builders 116 †Fun with Rock Painting 106 Bunco 115
Photo & Tech: Getting One Photos	111	19 9–3 1–2:30 1–3:30	†Excursion: San Diego Safari Park Alzheimer's SD: Personality and Behavior Change 111 Broadway Film: <i>The Wiz</i> AUD	20 9–10:30 1–3 1–4	Int. Ukulele Jam 111 Crafting: Agamograph 106 Canasta 115
om	AUD	26 12:30–2:30	Threshold Choir Practice 118	27 11–12 12–3 1–2 1–2:30	Community Friendship Builders 116 Mahjongg 115 Navigating Real Estate 116 Book Club: The Beekeeper of Aleppo 118
Photo & Tech: g Your Photos	111				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Coffee & tea is available at 11 a.m. and lunch is served at 12 p.m., please check-in by 12:30 p.m.</p> <p>Milk Served Daily, Menu subject to change WW = Whole Wheat WG = Whole Grain</p> <p>*Denotes Meal ≥ 1000 Mg Sodium</p>				
<p>2 Chicken Fried Rice Japanese Veggie Blend Cabbage Mixed fruit Fortune Cookie</p>	<p>3 Baked Flounder Ginger Scallion Sauce Brown Rice Glazed Carrots Coleslaw Tropical Fruit</p>	<p>4 Lemon Scarpariello Chicken WG Rotini Pasta Tuscany Veggie Blend Mixed Green Salad Pear</p>	<p>5 Cheese Tamale Pinto Beans Fiesta Veggie Blend Pineapple Tidbits</p>	<p>6 Baked Chicken Pumpkin Seed Mole Cilantro Brown Rice Black Beans Applesauce</p>
<p>9 BBQ Chicken Drumsticks WG Mac & Cheese Collard Greens Apple </p>	<p>10 Szechuan Pork Brown Rice Baby Carrots Mixed Green Salad Mixed Fruit</p>	<p>11 Cheese Enchiladas Pinto Beans Fiesta Veggie Blend Pineapple Tidbits</p>	<p>12 Beer Battered Cod Cilantro Lime Rice Southwest Corn Coleslaw Orange</p>	<p>13 Cranberry-Dijon Chicken Scalloped Potatoes Green Beans Multi-Grain Bread Pear <i>Margarine</i></p>
<p>16 Closed</p>	<p>17 WG Shrimp Jambalaya Corn Casserole Beef & Onion Salad Orange</p>	<p>18 Honey Balsamic Chicken WW Couscous Broccoli Florets Cucumber Salad Pear</p>	<p>19 Apricot Mustard Pork Brown Rice Sliced Carrots Mixed Fruit</p>	<p>20 WG Bean & Cheese Burrito  Enchilada Sauce Black Beans Fajita Veggie Blend Tropical Fruit</p>
<p>23 Chicken Alfredo WG Rotini Pasta Green Beans Mixed Green Salad Pineapple tidbits</p>	<p>24 Cheese Tamale Cilantro Brown Rice Charro Beans Garden Veggie Blend Apple</p>	<p>25 Turkey a la King WG Egg Noodles Glazed Carrots Corn Salad Orange </p>	<p>26 Salmon Patty Dill Sauce Brown Rice Broccoli Florets Coleslaw Pear</p>	<p>27 Hungarian Chicken Roasted Potatoes Mixed Veggies WW Bread Mixed Fruit <i>Margarine</i></p>

Nutrition and Transportation Services

For registration, reservations and more information, please contact the Nutrition Team at **442-339-2651** or **SeniorCenterServices@CarlsbadCA.gov**.

Congregate Lunch Service

- Join us for a nutritious lunch at the Carlsbad Senior Center. The dining room is open 11 a.m.–1:30 p.m., with meals served 12–12:45 p.m. The suggested voluntary contribution is \$4 per meal. **
- Reservations are encouraged for groups and new attendees. Guests under 60 are welcome to accompany a qualified senior. An \$8 meal fee will be applied if they wish to dine.
- Outside food may not be distributed in the dining room, to ensure compliance with food safety and health regulations.

Transportation Service

- Need a ride to lunch? Transportation is available for Carlsbad residents, 60+ who cannot drive. *Participants must be fully independent and ambulatory.* The suggested voluntary contribution for this service is \$4 per round-trip. **

Home Meal Delivery Service

- Homebound Carlsbad residents 60+ may qualify for home-delivered meals! A completed intake form and home visit will be required to determine eligibility. The suggested voluntary contribution for this service is \$5 per meal. **
- For questions about the menu, delivery changes, or volunteer driver opportunities, please call Meals on Wheels at 760-736-9900.

**Contributions are confidential, and no eligible person shall be denied service for choosing not to contribute. This program is funded by the Older Americans Act, Aging and Independence Service, the City of Carlsbad, and voluntary contributions.

Carlsbad Contacts

Carlsbad Senior Center – Front Desk	442-339-2650 x0
Carlsbad Senior Center – Nutrition Team	442-339-2651
Facility Reservations	442-339-2510 / carlsbadconnect.org
Libraries	442-339-2049
Non-emergency Fire Department	442-339-2141
Non-emergency Police / You Are Not Alone Program (YANA)	442-339-2100

Community Contacts

ElderHelp (in-home support and care coordination)	619-284-9281
Elder Law & Advocacy (legal and Medicare support)	858-565-1392
San Diego 211 (food, housing, health care resources)	2-1-1
San Diego County Aging & Independence Services	800-339-4661



Courtyard Concert: Ancora

2nd Mon., Feb. 9, 12:30–1:30 p.m., Free, Drop-in

Welcome back local band, ANCORA! Get your groove on to the music of the 60's, 70's, & 80's.

Yoga at Stagecoach Community Center

Wednesdays, Feb. 4–25, 10–11 a.m., \$10

This yoga practice combines traditional Hatha with Yin postures moving at mindful pace to improve balance, to strengthen and create breath awareness. The overall objective is to create ease of movement and flexibility for all the other activities life offers.

Drop-in Recreation

Mon.–Fri., 8 a.m.–5 p.m., Sat., 9 a.m.–12 p.m.

The following offerings are available on a drop-in basis during regular business hours.

Fitness Room

Daily: \$4, Monthly: \$27, Quarterly: \$77, Annual: \$297

Featuring treadmills, bikes, free weights, and circuit training machines.

Library & Computer Room

A Carlsbad Library Card is required for computer and print access. Books and puzzles are free to borrow.

Billiards Room

Billiard memberships are available for door access. See the front desk for more information.

Registration for Spring Classes

March through May classes will open for registration on **Wednesday, Feb. 11, at 8 a.m.** Please note that credit cards cannot be taken over the phone.

Holiday Hours

Monday, Feb. 16: Closed

Safari Park Excursion

Thursday, Feb. 19, 9 a.m.–3 p.m., \$30

The San Diego Zoo Safari Park is free for adults 65+ in February! Take an exciting expedition on Africa Tram to spot herds of giraffes and rhinos, wander among kangaroos at Walkabout Australia, explore the bamboo forests of the Tiger Trail, and grab lunch and refreshments at one of the many restaurants in the park. Please note that if you do not meet the 65+ age requirement for free admission, you are responsible for your own ticket or membership.

Oceanview Mine Excursion

Thursday, March 26, 8 a.m. – 3 p.m., \$75

Get ready for a one-of-a-kind adventure at the historic Oceanview Mine, where you can dig, sift, and explore real mine tailings in search of colorful gemstones (and keep what you find!) This outdoor, hands-on excursion includes walking on uneven ground and light physical activity, making it perfect for those who enjoy a little adventure and don't mind getting dusty. *To secure our reservation, registration will run Feb. 1 – March 11.*



Senior Prom

Wednesday, Feb. 25, 1 – 3 p.m., Free with Registration

Celebrate in style at our Senior Prom, Starry Night, sponsored by Carlsbad Rotary Club and Sage Creek High School. This special event welcomes couples, singles, and friends alike, for an afternoon of music, dancing, and connection. Enjoy light refreshments, a photo booth to capture the moment, and a festive atmosphere. Guests will also have the chance to participate in a fun raffle to crown our Prom King and Queen. Semi-formal attire encouraged but not required.