Seaside Insider

JANUARY 2026

City of Carlsbad

Senior Panel: Home or Next Chapter?

Monday, Jan. 5, 11 a.m.–12 p.m., Free, Drop-in

It's time to decide whether to stay put, "rightsize," or embrace the vibrant life of senior living. In this class, participants will learn how to assess their current home's suitability and explore practical "rightsizing" strategies, including steps and financial considerations for downsizing while maintaining a safe and supportive quality of life. The class will also provide a comprehensive overview of various senior living options, helping you make informed decisions for this next chapter.

Fall Prevention and Hydration

Tuesday, Jan. 6, 1–3 p.m., Free, Drop-in

A medical professional will present practical strategies to reduce fall risks and stay confident in daily movement. Learn how to improve balance, create safer home spaces, and strengthen awareness of surroundings. Hydration will also be discussed as one helpful tool for maintaining alertness. Empower yourself to stay safe, independent, and active.

Successful Aging in Place: How to Access Long Term Care Insurance

Tuesday, Jan. 20, 11 a.m.–12 p.m., Free with Registration

You've been paying premiums on that Long Term Care policy for years. Do you know what it covers? How to file a claim? What to do if they deny your claim? Nothing is worse than paying into a policy and not remembering how to use it. This session covers the essentials, so you can make the most of your coverage. Presented by Dan Sweiger, Owner/President, BrightStar Care of Carlsbad.

The Art of Aging

Monday, Jan. 26, 1–2:30 p.m., Free with Registration

A joyful class that mixes gentle chair yoga (or bring your own mat), relaxing meditation, and a creative art project designed to spark curiosity and connection. Expect laughter, inspiration, and a warm community vibe. No experience needed—just come ready to move a little, create a little, and enjoy yourself.

Decades That Changed the Universe

Thursday, Jan. 22, 11 a.m.–12 p.m., Free, Drop-in

Join Maud Rao, Docent at San Diego Air and Space Museum and NASA Solar System Ambassador, for this educational talk tracing the evolution of our understanding of the size of the universe. The talk describes the foundational work of astronomers in the 18th and 19th centuries, which paved the way for the groundbreaking discoveries of early 20th century astronomers. These discoveries completely transformed our understanding of the universe and our place in it.

Physical Therapy with Tracey

Balance & Mobility

Tuesdays, Jan. 6–27, 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, Jan. 8–29, 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, Jan. 8–29, 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 Joanne

Restorative Yoga

Mondays, Jan. 5–26, 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, Jan. 8–29, 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, Jan. 5–26, 9:30–10:30 a.m., $35

Seated Zumba Toning

Mondays, Jan. 5–26, 11–11:45 a.m., $28

Zumba Gold©

Mondays, Jan. 5–26, 12:30–1:30 p.m., $35
Wednesdays, Jan. 7–28, 9:30–10:30 a.m., $47

Seated Zumba Gold©

Wednesdays, Jan. 7–28, 11 a.m.–12 p.m., $37

Yoga with Cynthia

Chair Yoga

Thursdays, Jan. 8–29, 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.

Gentle Yoga

Mondays, Jan. 5–Feb. 23, 3–4 p.m., $77

Lift your spirit with this gentle yet strengthening yoga class. You will learn a flow of postures designed to enhance flexibility and improve balance as muscles, bones, and joints get stronger. Deep breathing will relax and rejuvenate you, harmonizing body, mind, and spirit.

Kata for Movement & Balance

Sat., Jan. 3–24, 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. They are called 'Kata', originating from traditional Japanese martial arts, which are a corner stone of basic martial arts training. 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, and more information can be found through https://shotokai.org/.

Yoga at Stagecoach Community Center

Wednesdays, Jan. 7–28, 10–11 a.m., $10

Welcome back instructor Nancy Tabling! 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.

Mindfulness & Meditation with Michelle

Thursdays, Jan. 8–Feb. 26, 9–10:15 a.m., $10

Create a brave and welcoming community to explore the nature of mindfulness, learning to be awake and alive in this present moment, deepening our skills and wisdom to meet life's challenges, and expanding our capacity for joy by waking from the trance.

Alignment Qigong: Mind, Body, Nature

Lunar Chinese New Year Workshop

Wednesday, Jan. 21, 9:30–11:15 a.m., $29

Embark on a transformative journey into the captivating realms of Chinese Astrology, Cosmic Feng Shui, and Yi Jing Hexagrams as we prepare to embrace the new lunar year of the Fire Horse. This enlightening class promises to foster a nurturing and inclusive community. As you delve into the profound interconnectedness of these ancient practices, you'll gain invaluable insights that will empower you to navigate the unique opportunities and challenges that this dynamic new year presents

Free Qigong Longevity

Wednesday, Jan. 28, 9–10 a.m., Free with Registration

Step into a world of well-being and personal growth as you join us for an enlightening informational class on Qigong, the ancient practice of cultivating life force energy that has long been celebrated as a pathway to longevity and vibrant health.

Qigong Primer

Wednesday, Jan. 28, 10:15–11:45 a.m., $12*

Learn Cherry Blossom Qigong! Emulate its delicate flowers as they emerge through the snow during winter, revealing nature's subtle changes as we begin to approach spring. Experience a unique sensation of overall well-being through integration of beautiful, gentle, self-paced movements that may be done seated in a chair or standing, with enriching meditation, vitalizing breathing exercises, and holistic lifestyle suggestions. *The class fee may be applied towards the upcoming 4-part Alignment Qigong series in February.

Downsizing with Confidence

Wednesday, Jan. 14, 1–2 p.m., Free, Drop-in

Navigating the emotional journey of downsizing, coping with loss, and embracing change.

Managing Arthritis and Chronic Joint Pain

Wednesday, Jan. 28, 1–2 p.m., Free, Drop-in

Renowned specialist, Dr. Scott SeBastian, will discuss how and why arthritis occurs, and how to cope with sore and painful shoulders, knees, feet, and spines. Nutrition, joint exercise, common medications and the latest techniques in regenerative medicine will be reviewed. Be prepared for useful knowledge on living a pain-free life!

Digital Photo & Tech

2nd & 3rd Wed., 2–3:15 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 Best Smartphone Apps (Jan. 21)

Our smartphones are amazing devices. Discovering which apps are best allows us to take full advantage of these devices. Our instructor, Mike McMahon, will present the best apps in a variety of categories (personal safety, organizing your photos, apps for music/video/books, apps to get answers to your toughest questions, and fun games to play). Both iPhone and Android users will really enjoy this class.

NEW Windows 10 vs. Windows 11 (Jan. 28)

Windows 11 has been out for several years. Yet many users prefer to stick with Windows 10. Our instructor, Mike McMahon, will discuss how to make the jump to Windows 11 with minimum disruption. He will also present safe ways to continue with Windows 10. This class will provide helpful suggestions on how to make the best of the situation caused by the end-of-support of Windows 10.

Community Garden Club

Tuesdays, Jan. 6–27, 10:30–11:30 a.m., Pine Community Garden, $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.

Excursion: Golf at Rancho Carlsbad

Thursday, Jan. 22, 10:15 a.m.–2:30 p.m., $45

Walk 9 scenic holes at Rancho Carlsbad, our city's beloved public course! This outing is designed for highly active participants ready for a fun, social, and invigorating day on the greens. Enjoy fresh air, camaraderie, and beautiful surroundings. Participants must bring their own golf clubs or arrange rentals for $25 through the Senior Center after purchasing the excursion. After your round, stop by *Coastal 54,* a food truck located on site, to enjoy a meal or snack of your choice. Please note: Food is non-host; participants are responsible for their own purchases.

Navigating the Real Estate Market

Friday, Jan. 23, 1–2 p.m., Free with Registration

Welcome back, licensed realtor Ayren Pfeifer, for an informative session on navigating the current real estate market. This month's topic will be Selling a Home in a Trust. With extensive experience across multiple states, Ayren will share insights on buying, selling, and recent industry changes.

Bingo

Tuesdays, 12:15–4 p.m., $1–8, Drop-in

The new power play machine offers bingo at its best! Bring your own daubers. Must arrive to purchase game board(s) before 1 p.m. $1.50 for Speedies, $8 packs, $4 half packs, $2 Daubers (or bring your own).

Drop-in Rec Rooms

Monday–Friday, 8 a.m.–5 p.m.
Saturday, 9 a.m.–12 p.m.

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.

Holiday Hours

Thursday, Jan. 1: Closed
Monday, Jan. 19: Closed

Courtyard Concert: Gunnar & Zo

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

Jazz guitarist Zo Shah and acclaimed bassist Gunnar Biggs bring an electrifying mix of jazz, fusion, funk, blues, and more. From rich improvisation to soulful collaboration, their music reflects decades of experience and deep musical connection, promising a captivating performance for all who love live music.

Volunteer Concert: Brian Neale

Monday, Jan. 26, 12:30 – 1:30 p.m., Free, Drop-in

Brian is best known for bringing a Margaritaville Experience to any setting, not to mention performing a song with Jimmy Buffet on stage, but also plays James Taylor, the Eagles, with a little of Elton John and Neil Diamond on top.

AARP Tax-Aide Appointments–*Coming Soon!*

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

Get free help filing your taxes! Schedule your appointment (starting Jan. 14) at the Senior Center front desk or call 442-339-2650 x0.

January 2026
Activity Calendar

CARLSBAD SENIOR CENTER | 799 Pine Avenue |
https://www.carlsbadca.gov/departments/parks-rec

All programs require pre-registration or sign-

Meets Weekly

MONDAY

9:30–10:30	†Zumba Gold® Toning 1/5	111
9:30–11	High Beginner Line Dance	AUD
11–11:45	†Seated Zumba Toning 1/5	111
11–12	†Restorative Yoga 1/5	107
11:15–12:30	Beginner Line Dance	AUD
12:30–1:30	†24K Zumba Gold® 1/5	111
3–4	†Gentle Yoga 1/5	107

TUESDAY

8:30–9:30	Tai Chi Part 2 **11/4**	*Pine Park*
9–10	†Balance & Mobility 1/6	111
9–10:15	Carlsbad Cruisers	*Carlsbad Village*
9–11	Needlecraft	118
10:30–11:30	†Garden Club 1/6	*Pine Park*
10–1:30	Improver Line Dance	107
12:15–4	Bingo	AUD
1–3	Writing Our Lives	118
1–4	Chess	115
1–4	Ping Pong	111
1–4	Rummikub	106

WEDN

9:30–10:30	†24K Zuml
10–11	†Yoga – Al
11–12	†Seated Zu
12–3	Mahjongg
12:15–1:15	Beg. Hawa
1–4	Sewing &
1–4	Ceramics
1:30–4	Beg. /Int.

SATURDAYS

Caregiver Network Club Returning in February

†**Fitness Room, Billiards Room, Computer Lab** 9 a.m. – 12 p.m.

Open Play Ping Pong 9:30 – 11:30 a.m.

Kata for Movement & Balance 1/3 9:45 – 10:45 a.m.

Shotokai Karate for Mobility & Coordination 1/3 10:

5

1–4	Mexican Train Dominos	106
11–12	Senior Panel: Home or Next Chapter?	116

6

10–12	True Care Resource Table	
11–12	Understanding AI	116
1–3	Fall Prevention & Hydration	116

7

9:45–11:30	Carlsbad

12

12:30–1:30	Courtyard Concert: Gunnar & Zo	
1–3	Canasta – Hand & Foot	118

13

14

10–12	ElderHelp
1–2	Downsizin

19

CLOSED

20

9–12	Ask the Attorney	RR
10–11:30	Ask the Orthopedic Surgeon	120
11–12	Successful Aging in Place: Long Term Care Insurance	116

21

9:30–11:15	†Lunar Ne
11–12	Avalon Ho
1:30–2:30	Let's Talk
2–3:15	Digital Pho Smartphon

26

9–11	Ask the Real Estate Agent	RR
12:30–1:30	Courtyard Concert: Brian Neale	
1–2:30	The Art of Aging	116
1–3	Canasta – Hand & Foot	118
1–4	Pinochle	115
2–4	†Creative Cuisine	DR

27

28

9–10	Intro to Q
10–11:30	†Qigong P
11–12	Visiting An
1–2	Managing
2–3:15	Digital Pho Windows

442-339-2650
creation/adults-50

Center Hours: **MON – FRI**: 8a.m. – 5p.m. **SAT**: 9a.m. – 12p.m.
Lunchroom Hours: **MON – FRI**: 11a.m.–1:30p.m., Lunch served at 12p.m.

-in upon arrival †Fee-based *Outside* **Session Start Date** **Special Event**

NESDAY		THURSDAY			FRIDAY		
ba Gold® 1/7	111	8:30–9:30	Tai Chi Part 2 **11/4**	*Pine Park*	9–12	Writers' Bloc	118
l Levels	Stagecoach	9–10	†Therapeutic Pilates 1/8	111	9–12	The Art Group (TAG)	106
umba Gold® 1/7	111	9–10:15	Carlsbad Cruisers	*Batiquitos Lagoon*	12–1	United Healthcare Resource Table	
	115	9–10:15	†Mindfulness & Meditation 1/8	107	12–3:30	Duplicate Bridge	AUD
iian Dance	107				12:45–2:30	Adv. Hawaiian Dance	107
Quilting Group	118	9–10:30	†Pickleball Level I 1/8	PACC	1–4	Ping Pong	111
Club	106	9–11:30	†Watercolor 1/8	AUD			
Hawaiian Dance	107	10:15–11:15	†Strengthening Class 1/8	111			
		10:30–12	†Pickleball Level II 1/8	PACC			
		11–12	†Yin Yoga 1/8	107			
		12–1:30	†Pickleball Level III 1/8	PACC			
		3–4	†Chair Yoga 1/8	107			
45 – 11:45 a.m.		**1** CLOSED			**2**		
					9–10:30	Int. Ukulele Jam	111
					12–3	Mahjongg	115
					1–3	Crafting: 3D Leaf Nest	106
Newcomers	AUD	**8**			**9**		
		12:30–2:30	Threshold Choir Practice	118	10:30–12	Stamp Collectors	115
		1–3	Movie: A Dog's Purpose	AUD	11–12	Community Friendship Builders	116
		1–4	Newcomers Contract Bridge	115	1–3	†Fun with Rock Painting	106
					1–4	Bunco	115
Resource Table		**15**			**16**		
g with Confidence	111	1–3	Broadway Film: Funny Girl	AUD	9–10:30	Int. Ukulele Jam	111
					10:30–12	Stamp Collectors	115
					1–3	Creative Crafting: Jewelry	106
					1–4	Canasta	115
w Year Workshop	107	**22**			**23**		
spice Resource Table		10–2:30	†Excursion: Golf at Rancho Carlsbad		11–12	Community Friendship Builders	116
Good Living	116	11–12	Decades that Changed the Universe	116	12–3	Mahjongg	115
oto & Tech: Best					1–2:30	Book Club: The Violin Conspiracy, Brendan Slocum	118
ne Apps	111	12:30–2:30	Threshold Choir Practice	118			
igong (Free)	AUD	**29**			**30**		
Primer	107				12–3	Mahjongg	115
gels Resource Table							
Arthritis & Joint Pain	116						
oto & Tech: 11	111						

SEASIDE Café

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Coffee, tea, and milk are available daily at 11 a.m. **Lunch is served at 12 p.m.** Menu subject to change *Denotes Meal ≥ 1000 Mg Sodium WG = Whole Grain WW = Whole Wheat			**1** **CLOSED**	**2** **Sloppy Joe** WG Bun Potato Salad Green Beans Pear *Ketchup*
5 **Chicken Parmesan*** WG Penne Pasta Tuscany Veggie Blend Mixed Green Salad Applesauce	**6** **WG Shrimp Jambalaya** Corn Casserole Beet & Onion Salad Orange	**7** **Honey Balsamic Chicken** WW Couscous Broccoli Florets Cucumber Salad Pear	**8** **Apricot-Mustard Pork** Confetti Brown Rice Sliced Carrots Mixed Fruit	**9** **WG Bean & Cheese Burrito** Enchilada Sauce Black Beans Fajita Vegetable Blend Tropical Fruit
12 **Chicken Alfredo** WG Rotini Pasta Green Beans Mixed Green Salad Pineapple Tidbits	**13** **Pork Carnitas** Cilantro Brown Rice Charro Beans Garden Veggie Blend Apple	**14** **Turkey a la King** WG Egg Noodles Glazed Carrots Corn Salad Orange	**15** **Salmon Patty** Parmesan Brown Rice Broccoli Florets Coleslaw Pear *Dill Sauce*	**16** **Hungarian Chicken** Roasted Potatoes Mixed Vegetables WW Bread Mixed Fruit *Margarine*
19 **CLOSED**	**20** **Potato Crusted Pollock** WG Macaroni & Cheese Carrot Raisin Salad Apple *Tartar Sauce*	**21** **Sofrito Chicken** Brown Rice Black Beans Mixed Green Salad Mixed Fruit	**22** **Pork with Onion Gravy** Mashed Potatoes Mixed Vegetables WW Roll Tropical Fruit *Margarine*	**23** **Hamburger** WG Bun Potato Salad Mixed Fruit Crisp *Ketchup, Mustard, & Mayo*
26 **Meatloaf w/ Gravy** Mashed Potatoes Glazed Carrots WW Bread Orange *Margarine*	**27** **Apple-Mustard Pork** Sweet Potatoes Italian Cucumber Salad WW Roll Pear Margarine	**28** **Ranchero Chicken** Cilantro Brown Rice Charro Beans Mixed Green Salad Apple	**29** **Potato Crusted Pollock** Scalloped Potatoes Coleslaw WW Roll Diced Peaches *Margarine* *Tartar Sauce*	**30** **Turkey with Gravy** WG Mac & Cheese CA Vegetable Blend Raisins

City of Carlsbad

LIVE WELL SAN DIEGO

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.
- First-time attendees (ages 60+) must complete a County Intake Form, available at the front desk or online.
- Guests under 60 who would like a meal must pay the guest fee. Accompanying guests who are not dining are not subject to the fee. Guests under 50 must be accompanied by a senior.
- Reservations are encouraged and *standing reservations* are available for our regular diners. To make a reservation, notify the check-in desk or leave a voicemail on the nutrition line at 442-339-2651.
- Outside food may not be distributed in the dining room, to ensure compliance with food safety and health regulations.

Age Group	**Current**	**Starting Feb. 2, 2026**
60+ years	$3.50 suggested voluntary contribution *	$4 suggested voluntary contribution *
Guests under 60	$5 fee	$8 fee

Transportation Service

- Need a ride to lunch? Transportation is available on weekdays for Carlsbad residents, 60+ who cannot drive. Advanced registration and approval are required. *Participants must be fully independent and ambulatory.* The suggested voluntary contribution for this service is $4 per round-trip. *****
- To register or with questions about eligibility, please call the Carlsbad Senior Center Nutrition team at 442–339–2651 or email SeniorCenterServices@CarlsbadCA.gov.

Home Meal Delivery Service

- Homebound Carlsbad residents 60+ may qualify for home-delivered meals! Senior Center staff can help you complete the required intake form and will conduct a home visit to determine eligibility. The suggested voluntary contribution for this service is $5 per meal. *****
- To register or with questions about eligibility, please call the Carlsbad Senior Center Nutrition team at 442–339–2651 or email SeniorCenterServices@CarlsbadCA.gov.
- For questions about the menu, delivery changes, or volunteer driver opportunities, please call Meals on Wheels North County at 760–736–9900.

***Contributions are voluntary and 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 and You Are Not Alone Program (YANA)	442-339-2100
San Diego County: Aging & Independence Services	800-339-4661