

Seaside Insider

MARCH 2026



NEW Morning Music with a Slice of History

Tuesday, March 17, 10:30 a.m.–12 p.m., Free, Drop-in
Feeling nostalgic for the great music of the 50s, 60s, 70s and beyond? If you love the music, pop culture and historic events of your youth, come out and join other Baby Boomers for “Your Morning Music with a Slice of History - a course that promises to knock your socks off!

Sumi-e & Japanese Ink Art

Wednesdays, March 4–April 8, 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.

NEW Landscape Art

Saturday, March 21, 10–11:30a.m., Free w/ Registration
Paint a beautiful acrylic landscape with step-by-step instructions. The session will be led by Nola, a high school senior earning her Girl Scouts Gold Award for her work creating lasting change in the world. Materials will be provided.

Karate for Self Defense

Sat., March 7, 9:45–11:45 a.m., Free with Registration

This two-hour session covers situational awareness with examples of threatening places and situations to avoid. We role-play and practice scenarios to address fear of attacks, defense of self and others, and control of situations. You will learn mental preparation techniques (Prevention, Avoidance, Awareness), hand-held weapons (water bottles, cell phones) and strike targets.

NEW Radical Raptors Avian Experience

Thursday, March 26, 1–2 p.m., Free with Registration

Meet live birds of prey as the Avian Behavior Conservancy presents owls, falcons, and hawks. Learn about the unique adaptations that help them hunt, fly, see, and experience the world differently. Biofacts will also be available for people to touch and interact with after the presentation.



NEW Age-Friendly Mobility

Friday, March 6, 1–3 p.m., Free, Drop-in

You're invited to join Circulate San Diego for an accessible presentation on Age-Friendly Mobility. Attendees will learn about paratransit services, reduced-fare public transit programs, navigating San Diego without a car, and accessible infrastructure. A drawing will be held for a free MTS Day Pass, provided by Circulate.



Intermediate Ukulele Jam

1st and 3rd Fridays, 9–10:30 a.m., Free with Registration

This jam is for intermediate ukulele players (know basic chords) who are all about having fun! We will be playing and singing popular songs from the 20s through the 80s.



NEW Spring Reflections: Personal Portraits with Persian Motifs – Collage Workshop

Monday, March 9, 1:30–3 p.m., Free with Registration

Celebrate creativity, culture, and community with Persian Place in honor of Persian New Year and Women's Month this March. Seniors are invited to bring a copy of their portrait and transform it into a beautiful mixed-media collage inspired by Persian motifs, patterns, and colors. Using traditional designs such as florals, geometric shapes, and miniature-style elements, participants will create a meaningful, personalized artwork that honors identity, heritage, and the strength and stories of women. This welcoming, hands-on workshop is open to all skill levels and offers a joyful space to connect, reflect, and celebrate new beginnings together.

Alignment Qigong – Mind, Body, Nature

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

Engage in relaxing breathing techniques, gentle flowing movements, and mindful guidance that deepens your understanding of your being. Join us in fostering health, harmony, balance, and inner peace during this enchanting season of the year.

Community Garden Club

Tuesdays, March 3–31, 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.

Creative Crafting

1st & 3rd Friday, 1 – 3 p.m., Free with Registration

Shamrock Quilling (March 6)

Bead Art (March 20)

This craft class has students turning everyday 'throw-away' items into works of art they can be proud of. New project every time. Supplies included.

Fun with Rock Painting

2nd Fridays, March 13, 1–3 p.m., \$5

Instructor Lee Cuthbert provides step-by-step instructions on creating a rock painting or ceramic tile with acrylic paint. Supplies included.

Downsizing with Confidence: New

Possibilities with Bob Heck and Joan Chintz

Wednesday, March 11, 1–2 p.m., Free with Registration

Do more of what you love. Prioritize your well-being for a fulfilling lifestyle by discovering new interests. Take the stress and overwhelm out of change and right-sizing. Helpful hints and tips for moving ahead. Wayne Lilly will discuss living options for families transitioning from a home of many years.

Digital Photo & Tech

2nd & 3rd Wednesday, 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 iOS 26–Survive & Thrive! (March 18)

Apple's new iOS 26 for iPhone is a significant change – many find it mystifying/annoying. Our instructor, Mike McMahon, will pass along tips for surviving the changes. He will offer ways to make the look and feel of iOS 26 more familiar to previous versions. He will also brief the class on how some of the most important apps have changed. This class will help you survive the changes and will help you use them to your advantage.

NEW Windows 11–Survive & Thrive! (March 25)

Microsoft's Windows 11 operating system brings with it some advantages and challenges. Our instructor, Mike McMahon, will show you how to make Windows 11 look and feel more like Windows 10. Some of the significant changes to File Explorer will be covered so you can better understand the new file and folder structure. We will discuss Microsoft's OneDrive cloud system which is pushed heavily in Windows 11. Experience Windows 11 users will also pick up some helpful tips.

Senior Panel: March into Movement

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

Have you already missed the mark on your 2026 fitness goals? Learn about creating a smart spring fitness plan from two aging services experts. Areas of discussion include weights, resistance training, balance/stretching, walking, and raising your heart rate.

Mindfulness & Meditation

Thursdays, March 5–May 28, 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.

Kata for Movement & Balance

Saturdays, March 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** at 10:45 a.m. This offering requires a membership to the American KDS.

Yoga at Stagecoach Community Center

Wednesdays, March. 4–25, 9–10 a.m., \$10

Instructor Nancy 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.



Carlsbad Cruisers Walking Club

9–10:15 a.m., Free with Registration

Tuesday Carlsbad Village Walk – Meet at the west entrance of the Senior Center, led by Tawny.

Thursday Batiquitos Lagoon Walk – Meet at the Nature Center, led by Tawny.

NEW Saturday Batiquitos Lagoon Walk – Meet at the Nature Center, led by Lynn.

Fitness Class Schedule at the Senior Center

CLASS	DATES	DAY	TIME	FEE	INSTRUCTOR
Restorative Yoga	March 2–30	Mon	11 a.m.–12 p.m.	\$70	Joanne
Seated Zumba Toning	March 2–30	Mon	11–11:45 a.m.	\$47	Saleemah
Zumba Gold©	March 2–30	Mon	12:30–1:30 p.m.	\$58	Saleemah
Zumba Toning	March 2–30	Mon	9:30–10:30 a.m.	\$58	Saleemah
Balance & Mobility	March 3–31	Tue	9–10 a.m.	\$116	Tracey
Seated Zumba	March 4–25	Wed	11 a.m.–12 p.m.	\$37	Saleemah
Zumba Gold©	March 4–25	Wed	9:30–10:30 a.m.	\$47	Saleemah
Chair Yoga	March 5–26	Thu	3–4 p.m.	\$51	Cynthia
Yin Yoga	March 5–26	Thu	11 a.m.–12 p.m.	\$56	Joanne
Therapeutic Pilates	March 5–26	Thu	9–10 a.m.	\$93	Tracey
Therapeutic Strengthening	March 5–26	Thu	10:15–11:15 a.m.	\$93	Tracey
Gentle Yoga	March 9–April 13	Mon	3–4 p.m.	\$77	Cynthia

March 2026

Activity Calendar

CARLSBAD SENIOR CENTER | 799 Pine Avenue |

<https://www.carlsbadca.gov/departments/parks-recreation>

All programs require pre-registration or sign-up.

		MONDAY		TUESDAY		WEDNESDAY				
Meets Weekly	9:30–10:30	†Zumba Gold® Toning 3/2	111	8:30–3	AARP Tax-Aide Appointments	116	9–10	†Yoga – A		
	9:30–11	High Beginner Line Dance	AUD	9–10	†Balance & Mobility 3/3	111	9:30–10:30	†24K Zumba		
	11–11:45	†Seated Zumba Toning 3/2	111	9–10:15	Carlsbad Cruisers <i>Carlsbad Village</i>		9:30–12	†Sumi-e J		
	11–12	†Restorative Yoga 3/2	107	9–11	Needlecraft	118	9:45–11:15	†Alignmen		
	11:15–12:30	Beginner Line Dance	AUD	10:30–11:30	†Garden Club 3/3	<i>Pine Park</i>	11–12	†Seated Z		
	12:30–1:30	†24K Zumba Gold® 3/2	111	10–1:30	Improver Line Dance	107	12–3	Mahjongg		
	3–4	†Gentle Yoga 3/9	107	12:15–4	Bingo	AUD	12:15–1:15	Beg. Hawa		
				1–3	Writing Our Lives	118	1–3	Seaside Si		
				1–4	Chess	115	1–4	Sewing &		
				1–4	Ping Pong	111	1–4	Ceramics		
			1–4	Rummikub	106	1:30–4	Beg./Int. H			
						1–3	Seaside Si			
2	1–4	Mexican Train Dominos	106	3	10–12	TrueCare Resource Table	4	9:45–11:30	Carlsbad	
					11–12	Senior Panel: March into Movement				
						111				
9	12:30–1:30	Daniel Newheiser Courtyard Concert		10			11	<i>Summer Registr</i>		
	1–3	Canasta–Hand & Foot	118				10–12	Elder Hel		
	1:30–3	Personal Portraits with Persian Motifs–Collage Workshop	106				1–2	Downsizi		
							1–2:30	Irish Mus		
16	9–11	Ask the Real Estate Agent	119	17	9–12	Ask the Attorney	RR	18	11–12	Avalon Ho
	1:30–2:30	Let’s Talk Good Living	116		10–11:30	Ask the Orthopedic Surgeon	120		2–3:15	Digital Ph
	1–4	Pinochle	115		10:30–12	Morning Music with a Slice of History	106			iOS 26–Su
					11–12	Successful Aging in Place	111			
23	1–2	Arthritis and Chronic Joint Pain	116	24				25	2–3:15	Digital Ph
	1–3	Canasta – Hand & Foot	118							Windows
	2–4	†Creative Cuisine	DR							
30				31				SATURDAYS		
										

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**

WEDNESDAY		THURSDAY		FRIDAY	
All Levels	Stagecoach	8:30–3	AARP Tax-Aide Appointments 116	9–12	Writers’ Bloc 118
Luau Gold® 3/4	111	9–10	†Therapeutic Pilates 3/5 111	9–12	The Art Group (TAG) 106
Japanese Ink Art 3/4	PACC	9–10:15	Carlsbad Cruisers <i>Batiquitos Lagoon</i>	12–1	United Healthcare Resource Table
Qigong 3/4	107	9–10:15	†Mindfulness &	12–3:30	Duplicate Bridge AUD
Lumba Gold® 3/4	111		Meditation 3/5 107	12:45–2:30	Adv. Hawaiian Dance 107
	115	9–11:30	†Watercolor 2/26 AUD	1–4	Ping Pong 111
Hawaiian Dance	107	9–1:30	†Pickleball Level I, II & III 3/5 PACC		
Fingers Practice	AUD	10:15–11:15	†Strengthening Class 3/5 111		
Quilting Group	118	11–12	†Yin Yoga 3/5 107		
Club	106	3–4	†Chair Yoga 3/5 107		
Hawaiian Dance	107				
Fingers Practice	AUD				
		5		6	
Newcomers	AUD	1–4	Canasta 115	9–10:30	Int. Ukulele Jam 111
				12–3	Mahjongg 115
				1–3	Crafting: Shamrock Quilling 106
				1–3	Age-Friendly Mobility 116
<i>Creation Opens</i>		12		13	
Resource Table		12:30–2:30	Threshold Choir Practice 118	10:30–12	Stamp Collectors 115
Living with Confidence	111	12:30–3	Contract Bridge 115	11–12	Community Friendship Builders 116
Music Concert	AUD	1–3	Movie: City Slickers AUD	1–3	†Fun with Rock Painting 106
				1–4	Bunco 115
		19		20	
Prospect NP Resource Table		1–3	Broadway Film: The Sound of Music AUD	9–10:30	Int. Ukulele Jam 111
Photo & Tech:				1–3	Crafting: Bead Art 106
Survive & Thrive	111			1–4	Canasta 115
		26		27	
Photo & Tech:		8–3	†Oceanview Mine Excursion	11–12	Community Friendship Builders 116
11–Survive & Thrive	111	12:30–2:30	Threshold Choir Practice 118	12–3	Mahjongg 115
		1–2	Radical Raptors Avian Experience AUD	1–2	Navigating Real Estate 116
				1–2:30	Book Club: Remarkably Bright Creatures 118

Carlsbad Cruisers 9–10:15, Batiquitos Lagoon

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

Open Play Ping Pong 9:30 – 11:30 a.m.

Landscape Art 3/21 10–11:30 a.m.

Saturday Game Exchange 3/28

Caregiver Network Club 3/7 10–11:45 a.m.

Karate for Self Defense 3/7 9:45 – 11:45 a.m.

Kata for Movement & Balance 3/14 9:45 – 10:45 a.m.

Shotokai Karate 3/14 10:45 – 11:45 a.m.

Student Piano Showcase 3/28 10:30–11:30 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Italian Beef & Turkey WG Penne Bake Broccoli Florets WG Garlic Breadstick Orange <i>Margarine</i>	3 Potato Crusted Pollock WG Mac & Cheese Carrot Raisin Salad Apple <i>Tartar Sauce</i>	4 Sofrito Chicken Brown Rice Black Beans Mixed Green Salad Mixed Fruit	5 Pork with Onion Gravy Mashed Potatoes Mixed Veggies WW Roll Tropical Fruit <i>Margarine</i>	6 Hamburger With WG Bun Potato Salad Mixed Fruit Crisp <i>Ketchup, Mustard, & Mayo</i>
9 Meatloaf with Gravy Mashed Potatoes Glazed Carrots WW Bread Orange <i>Margarine</i> 	10 Apple-Mustard Pork Roasted Potatoes Cucumber Salad WW Roll Pear <i>Margarine</i>	11 Ranchero Chicken Cilantro Brown Rice Charro Beans Mixed Green Salad Apple 	12 Potato Crusted Pollock Scalloped Potatoes Coleslaw WW Roll Diced Peaches <i>Margarine & Tartar Sauce</i>	13 Turkey with Gravy WG Mac & Cheese CA Veggie Blend Raisins
16 Chicken Fried Rice Japanese Veggies Cabbage Mixed Fruit Fortune Cookie	17 Corned Beef Roasted Potatoes Sliced Carrots Cabbage Rye Bread Applesauce <i>Margarine</i>	18 Lemon Scarpariello Chicken WW Rotini Pasta Tuscany Veggie Blend Mixed Green Salad Pear	19 BBQ Pork Rib Patty* With WG Bun Baked Beans Potato Salad Orange	20 Baked Chicken Pumpkin Seed Mole Cilantro Brown Rice Black Beans Applesauce 
23 BBQ Chicken Drumsticks WG Mac & Cheese Collard Greens Apple	24 Szechuan Pork Brown Rice Baby Carrots Mixed Green Salad Mixed Fruit	25 Cheese Enchiladas Enchilada Sauce Pinto Beans Fiesta Veggie Blend Pineapple Tidbits	26 Beer Battered Cod Cilantro Lime Rice Southwest Corn Coleslaw Orange	27 Sloppy Joe With WG Bun Potato Salad Green Beans Pear <i>Ketchup</i>
30 Chicken Parmesan* WG Penne Pasta Tuscany Veggie Blend Mixed Green Salad Applesauce	31 WG Shrimp Jambalaya Corn Casserole Beet & Onion Salad Orange	<p>Coffee & tea is available at 11 a.m. and lunch is served at 12 p.m., menu subject to change</p> <p>Milk Served Daily *Denotes Meal ≥ 1000 Mg Sodium WG = Whole Grain WW = Whole Wheat</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



Saturday Game Exchange

4th Saturdays, March 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.

Carlsbad Newcomers: Coffee Meeting

1st Wednesdays, 9:45–11:30 a.m., Free, Drop-in
March features a speaker from The Union of Pan Asian Communities (UPAC) Positive Solutions Program (PSP) that provides outreach, along with mental health prevention and early intervention, to homebound individuals (60+) who are at risk of becoming depressed or are showing signs of minor depression.



Courtyard Concert: Daniel Newheiser

2nd Mon., March 9, 12:30–1:30 p.m., Free, Drop-in
Enjoy jazz standards and original music by Daniel Newheiser, a USC-trained guitarist, vocalist, and songwriter. Performing across Southern California at concerts, wineries, restaurants, and private events, Daniel's 20+ years of experience and original songs make every performance unforgettable.

Irish Music Concert

Wednesday, March 11, 1–2 p.m., Free, Drop-in
Get ready to tap your toes at a special Irish music concert with Carlsbad Senior Center's talented volunteer musicians, Rich, Frank, and Lou! Each performer brings their own spirited arrangements of classic Irish tunes for an afternoon full of Celtic charm and cheer.

Student Piano Showcase

Saturday, March 28, 10:30–11:30 a.m., Free, Drop-in
Enjoy live music as piano students share pieces they've been practicing. This recital offers a lovely opportunity to support young musicians and enjoy a variety of piano performances.



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.

Goodguys Car Show at Del Mar

Friday, April 10, 9:30 a.m.–3 p.m., \$38
Get ready for a fun day out at one of Southern California's coolest car shows! This 25th annual car show is a beloved annual celebration of classic cars, hot rods, customs, and muscle cars of all kinds. A lively atmosphere perfect for car lovers *and* anyone who enjoys a festive outing! *Registration opens March 1.*

Daily Activities

Mon.–Fri., 8 a.m.–5 p.m., Sat., 9 a.m.–12 p.m.
The following activities 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 summer classes opens on Wednesday, March 11, at 8 a.m.