

Seaside Insider

APRIL 2026



Creative Crafting

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

Sky Birds (April 3)

Paper Weaving (April 17)

Instructor Jadzia has spent decades finding beauty in what most people throw away, transforming everyday discards into stunning works of art. With a background in both art and teaching, she has a gift for guiding students of all skill levels through something new each class. A great way to get creative, reduce waste, and walk away with something you made yourself. Supplies included.

Community Garden Club

Tuesdays, April 7–28, 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.

Persian Woodblock Printing

Monday, April 13, 1:30 – 3 p.m., Free with Registration

In honor of Earth Month, we are sharing the traditional art of Persian woodblock printing – a craft that reflects a deep connection between art and nature. This method uses simple tools and natural materials, making it an organic and sustainable way to create art.

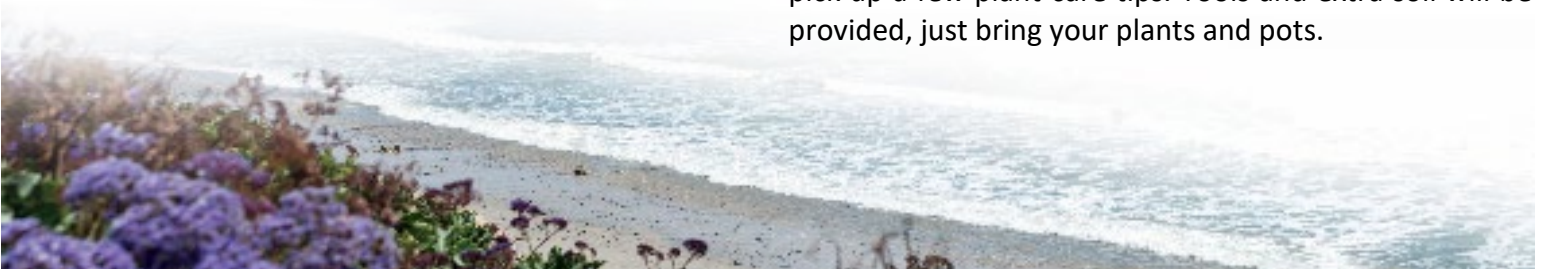
Through this activity, we celebrate the idea that art can grow from the earth itself, using wood, hand craftsmanship, and timeless techniques that respect nature. Join us in exploring a nature-inspired Persian tradition that reminds us how creativity and the earth are beautifully connected.



Repotting Party

Saturday, April 18, 9–11:30 a.m., Free with Registration

Have you been putting off repotting your plants? Join us for a relaxed, hands-on repotting party with staff assistance and free soil. Prefer to help instead? You're welcome to lend a hand refreshing the courtyard planters. Come socialize, get your hands a little dirty, and pick up a few plant-care tips. Tools and extra soil will be provided, just bring your plants and pots.



The Power of Genuine Connection

Tuesday, April 28, 1–2 p.m., Free with Registration

Join Cheryl Dillon, founder of Funderful Experiences, for an engaging talk on the power of genuine connection. In this interactive session, you'll learn how to move beyond small talk and make and deepen friendships. You'll leave with tools for starting conversations, keeping them flowing, and connecting more meaningfully with the people around you.

Your Morning Music with a Slice of History

Monday, April 13 & 27, 10:30 a.m.–12 p.m., Free with Registration

**From the Delta to Detroit (April 13)
Rockabilly, and Motown (April 27)**

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 this series that promises to knock your socks off!



History of Aviation in San Diego

Tuesday, April 21, 1–2 p.m., Free with Registration

Welcome back Maud Rao, Docent at San Diego Air and Space Museum and NASA Solar System Ambassador for this educational talk on the history of Aviation in San Diego. San Diego has played an important role in aviation over the past 150 years. This talk highlights the major milestones in both military and civilian aviation that occurred here from the 1880's to today.

Downsizing with Confidence: Navigating the Emotional Journey of Downsizing

Wednesday, April 29, 1–2 p.m., Free with Registration

Senior Specialists, Bob Heck, Joan Chintz and Jessica Strick, RN, BSN, CCM will discuss how to cope with loss and embrace change. Learn some strategies for coping with the stressors of ageing and moving, and tips for acclimating to a new environment.

Navigating the Real Estate Market

Friday, April 24, 1–2 p.m., Free with Registration

Welcome back, licensed realtor Ayren Pfeifer, for an informative session on navigating the current real estate market. With extensive experience across multiple states, Ayren will share insights on buying, selling, and recent industry changes. This month's topic will be Appraisals; how they can make or break your transaction.



Digital Photo & Tech

Windows 11- Survive and Thrive! (4/22)

Wednesday, April 22, 2–3:15 p.m., Free w/ Registration

Microsoft's Windows 11 operating system brings with it some advantages and challenges. This class will be especially helpful to those who are new to Windows 11, having upgraded from Windows 10. 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 also discuss Microsoft's OneDrive cloud system. The last 15 minutes will be devoted to your questions.

Understanding AI

Friday, April 17, 11 a.m.–12 p.m., Free with Registration

Curious about artificial intelligence (AI)? This friendly, hands-on class is designed specifically for adults aged 50 and up who want to explore how AI can make life easier, more organized, and more engaging. Please bring your own laptop. No prior experience needed.

Android for Seniors

Monday, April 27, 1–2 p.m., Free with Registration

Sergi of Your Tech Tutor provides patient, step-by-step instruction for seniors to help them understand how to do practical and fun things on their Android (Samsung, Motorola, etc.) phones. He covers basics such as phone calls, and fun topics like how to share photos, or use ChatGPT AI. Registration required, no drop-ins.

Carlsbad Cruisers Walking Club

Carlsbad Village

Tuesdays, April 7–28, 9–10:15 a.m.

Meet at the West entrance of the senior center.

Batiquitos Lagoon Trail

Thursdays & Saturdays, 9–10:15 a.m.

Meet at the trailhead on Gabbiano Lane.

NEW Carlsbad State Beach Coastal Hike

Wednesday, April 8 & 22, 1–2 p.m.

Looking for an afternoon walking buddy? Join volunteer Eileen for a scenic coastal walk along Carlsbad State Beach! Meet at the grassy area at the corner of Pine Ave. and Carlsbad Blvd., next to Harbor Fish Café.



Fitness Classes

Interested in a fitness class, but not sure which is the right fit? Go online or ask the front desk for more details or stop by at the end of class to speak to the instructor!

Successful Aging in Place: How to Organize Your Health Information

Tue., April 21, 11 a.m.–12 p.m., Free with registration

Your health information is an asset! Come learn what information to gather, where to get it and how to organize it. The session blends crisis preparedness with everyday planning, offering practical steps you can implement immediately.

Alignment Qigong: Mind, Body, Nature

Wednesdays, April 8–29, 9:45–11:15 a.m., \$81

Embrace Spring's vibrant energy. This special class series brings you harmony with the power of Spring's vital energy for your health, well-being, and inner peace.

- Techniques to melt away stress
- Vibrational gentle energetic breathing to elevate your consciousness
- Life force enhancement with the beautiful and energizing Jade Woman method beneficial for all genders, a gentle easy to follow Medical Qigong for mind, body and emotional healing

Senior Center Fitness Room

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

\$4 Daily, \$27 Monthly, \$77 Quarterly, \$297 Annually

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

Fitness Class Schedule at the Senior Center

CLASS	INSTRUCTOR	DAY	DATES	TIME	FEE
Seated Zumba Gold®	Saleemah	Wed	April 1–29	11 a.m.–12 p.m.	\$47
Zumba Gold®	Saleemah	Wed	April 1–29	9:30–10:30 a.m.	\$58
Chair Yoga	Cynthia	Thu	April 2–23	3–4 p.m.	\$51
Yin Yoga	Joanne	Thu	April 2–30	11 a.m.–12 p.m.	\$70
Therapeutic Pilates	Tracey	Thu	April 2–30	9–10 a.m.	\$116
Therapeutic Strengthening	Tracey	Thu	April 2–30	10:15–11:15 a.m.	\$116
Restorative Yoga	Joanne	Mon	April 6–27	11 a.m.–12 p.m.	\$56
Seated Zumba Gold® Toning	Saleemah	Mon	April 6–27	11–11:45 a.m.	\$37
Zumba Gold®	Saleemah	Mon	April 6–27	12:30–1:30 p.m.	\$47
Zumba Gold® Toning	Saleemah	Mon	April 6–27	9:30–10:30 a.m.	\$47
Balance & Mobility	Tracey	Tue	April 7–28	9–10 a.m.	\$93
Gentle Yoga	Cynthia	Mon	April 27–June 8	3–4 p.m.	\$77

April 2026

Activity Calendar

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

All programs require pre-registration or sign-up.

Meets Weekly	MONDAY			TUESDAY			WEDNESDAY		
	9:30–10:30	†Zumba Gold® Toning 4/6	111	8:30–9:30	Tai Chi Part 2 2/10	Pine Park	9:30–10:30	†24K Zumba	
	9:30–11	High Beginner Line Dance	AUD	9–10	†Balance & Mobility 4/7	111	9:30–12	†Sumi-e	
	11–11:45	†Seated Zumba Toning 4/6	111	9–10:15	Carlsbad Cruisers	Carlsbad Village	9:45–11:15	†Alignme	
	11–12	†Restorative Yoga 4/6	107	9–11	Needlecraft	118	10–11	†Yoga All	
	11:15–12:30	Beginner Line Dance	AUD	10:30–11:30	†Garden Club 4/7	Pine Park	11–12	†Seated Z	
	12:30–1:30	†24K Zumba Gold® 4/6	111	10–1:30	Improver Line Dance	107	12–3	Mahjong	
	3–4	†Gentle Yoga 4/27	107	12:15–4	Bingo	AUD	12:15–1:15	Beg. Haw	
				1–3	Writing Our Lives	118	1–3	Seaside S	
				1–4	Chess	115	1–4	Sewing &	
			1–4	Ping Pong	111	1–4	Ceramics		
			1–4	Rummikub	106	1:30–4	Beg./Int.		
SATURDAYS						1			
†Fitness Room, Billiards Room 9 a.m. – 12 p.m.			Ping Pong 9:30–11:30 a.m.			9:45–11:30 Carlsbad			
Kata 4/4 9:45–10:45 a.m.			Saturday Cruisers 9–10:15 a.m., Batiquitos			11–12 Vista Cor			
Shotokai Karate 4/4 10:45–11:45 a.m.			Repotting Party 4/18 9–11:30 a.m.						
Caregiver Network Club 4/11 10–11:45 a.m.			Saturday Games 4/25 9:30–11:30 a.m.						
6			7			8			
1–2:30	The Art of Aging	116	8:30–3	AARP Tax-Aide	116	1–2:15	Walking Cl		
1–4	Mexican Train Dominos	106	10–12	TrueCare Resource Table					
13			14			15			
10:30–12	Music with a Slice of History	116	8:30–3	AARP Tax-Aide	116	11–12	Avalon Hos		
11–1	Carlsbad Library Book Bike		9–12	Ask the Attorney	RR				
12:30–1:30	Courtyard Concert: MandoBasso								
1:30–3	Persian Woodblock Printing	106							
1–2	Neuropathy	116							
1–3	Canasta – Hand & Foot	118							
20			21			22			
9–11	Ask the Real Estate Agent	119	10–11:30	Ask the Orthopedic Surgeon	120	1–2:15	Walking Cl		
1:30–2:30	Let's Talk Good Living	116	11–12	Successful Aging: Organizing		2–3:15	Digital Pho		
1–4	Pinochle	115		Your Health Information	116		Windows 1		
2–4	†Creative Cuisine	DR	1–2	San Diego History of Aviation	116				
27			28			29			
10:30–12	Music with a Slice of History	116	10–12	Learn International Checkers	115	11–12	Vista Comr		
1–2	Android for Seniors	116	1–2	The Power of Genuine		1–2	Downsizing		
1–3	Canasta – Hand & Foot	118		Connection	116				

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	
Arts & Crafts Gold® 4/1	111	8:30–9:30	Tai Chi Part 2 2/10 <i>Pine Park</i>	9–12	Writers' Bloc 118
Arts & Crafts Art 4/22	PACC	9–10	†Therapeutic Pilates 4/2 111	9–12	The Art Group (TAG) 106
Arts & Crafts Qigong 4/8	107	9–10:15	Carlsbad Cruisers <i>Batiquitos</i>	12–1	United Healthcare Resource Table
Arts & Crafts Levels 4/8	Stagecoach	9–10:15	†Mindfulness 3/5 107	12–3:30	Duplicate Bridge AUD
Arts & Crafts Zumba Gold® 4/1	111	9–11:30	†Watercolor 4/16 AUD	12:45–2:30	Adv. Hawaiian Dance 107
Arts & Crafts	115	10:15–11:15	†Strengthening Class 4/2 111	1–4	Ping Pong 111
Arts & Crafts Hawaiian Dance	107	11–12	†Yin Yoga 4/2 107		
Arts & Crafts Singers Practice	AUD	3–4	†Chair Yoga 4/2 107		
Arts & Crafts Quilting Group	118				
Arts & Crafts Club	106				
Arts & Crafts Hawaiian Dance	107				
		2		3	
Arts & Crafts Newcomers	AUD	8:30–3	AARP Tax-Aide 116	9–10:30	Int. Ukulele Jam 111
Arts & Crafts Community Clinic Resources		1–4	Canasta 115	12–3	Mahjongg 115
				1–3	Creative Crafting: Sky Birds 106
		9		10	
Arts & Crafts Club <i>Carlsbad State Beach</i>		8:30–3	AARP Tax-Aide 116	10:30–12	Stamp Collectors 115
		12:30–2:30	Threshold Choir Practice 118	11–12	Community Friendship Builders 116
		12:30–3	Contract Bridge 115	1–4	Bunco 115
		1–3	Movie: <i>Stand by Me</i> AUD		
		16		17	
Arts & Crafts Spice Resource Table		1–3	Broadway Film: <i>West Side Story</i> AUD	9–10:30	Int. Ukulele Jam 111
				11–12	Understanding AI 116
				1–3	Creative Crafting: Paper Weaving 106
				1–4	Canasta 115
		23		24	
Arts & Crafts Club <i>Carlsbad State Beach</i>		12:30–2:30	Threshold Choir Practice 118	11–12	Community Friendship Builders 116
Arts & Crafts to & Tech:				12–3	Mahjongg 115
Arts & Crafts 1-Survive & Thrive! 111				1–2	Navigating Real Estate 116
				1–2:30	Book Club: The Day the World Came to Our Town 118
		30			
Arts & Crafts Community Clinic Resources		1–4	Learn to Play Mahjongg AUD		
Arts & Crafts g with Confidence 116					



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Coffee, tea, and milk are available at 11 a.m. and lunch is served at 12 p.m. Menu subject to change. *Denotes Meal ≥ 1000 Mg Sodium WG = Whole Grain WW = Whole Wheat		1 Honey Balsamic Chicken  WW Couscous Broccoli Florets Cucumber Salad Pear	2 Apricot Mustard Pork Confetti Brown Rice Sliced Carrots Mixed Fruit	3 WG Bean & Cheese Burrito Black Beans Fajita Veggie Blend Tropical Fruit
6 Curry Chicken Brown Rice Green Peas Cauliflower Apple	7 Potato Crusted Pollock Lentil Veggie Pilaf Mixed Green Salad Multi-Grain Bread Mixed Fruit <i>Margarine/Tartar</i>	8 Salisbury Steak O'Brien Potatoes Garden Veggie Blend WW Bread Mandarin Oranges <i>Margarine</i>	9 Pork Al Pastor Brown Rice Black Beans Coleslaw WW Tortilla Orange	10 Hamburger WG Bun Cucumber Salad Dilled Carrots Pineapple 
13 Country Fried Steak* Onion Gravy Whipped Potatoes Carrot Salad Multi-Grain Bread Pineapple  <i>Margarine</i>	14 Mushroom Pork Potato Medley Mixed Green Salad WW Roll Mandarin Oranges <i>Margarine</i>	15 Caribbean Chicken Broccoli & Corn Sweet Plantains WW Bread Pears <i>Margarine</i>	16 Tuna Croquette Brown Rice Garden Veggie Blend Cucumber & Tomato Salad Orange	17 Beef Taco Charro Beans Fiesta Veggie Blend WW Tortilla Apple
20 Chicken Shawarma Brown Rice Curry Okra & Tomatoes Cauliflower Pear	21 Hoisin Pork Brown Rice Black-Eyed Pea Salad Mandarin Oranges	22 Beef Patty Mushroom Gravy Garlic Potatoes Mixed Green Salad WW Roll Pineapple <i>Margarine</i>	23 Lemon Pepper Pollock Potato Medley Green Beans WW Roll Orange <i>Margarine</i>	24 Sweet & Sour Chicken Fried Brown Rice Broccoli Florets Coleslaw Mixed Fruit
27 Hamburger WG Bun Broccoli Florets Confetti Coleslaw Pear	28 Pork Carnitas Brown Rice Black Bean Salad Fiesta Veggie Blend Apple	29 Scampi Chicken Roasted Potatoes CA Veggie Blend WW Bread Apple	30 Chickpea Vera Cruz Brown Rice Pilaf Corn Salad Carrots Pineapple	 Wednesday, April 1: 80's Dress-up Day

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 Services, 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





Concert in the Courtyard: MandoBasso

Monday, April 13, 11 a.m. – 1 p.m., Free, Drop-In

MandoBasso is a duo featuring Gunnar Biggs on bass and Bill Bradbury on mandolin. *MandoBasso* performances specialize in Americana, Irish and original compositions.

Carlsbad Library Book Bike

Monday, April 13, 11 a.m.–1 p.m., Free, Drop-in

The Carlsbad Library Book Bike is back to celebrate Earth Month! Stop by to explore the Carlsbad Seed Library and pick up seeds for your garden. Discover the library's engaging programs and find out how to make the most of everything your local library has to offer.

Opportunity Grants

The Opportunity Grants Program gives Carlsbad residents the opportunity to participate in recreation programs that they may not otherwise be able to afford. Grants of up to \$300 per person are made to low-income families that live in Carlsbad. Individuals must meet income eligibility requirements. Applications are accepted year-round and are available at the front desk!



The Art of Aging

Monday, April 6, 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.

Excursion: Goodguys Car Show

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.*

We are also looking for a volunteer to lead a new Car Club & Coffee meetup once a month! Contact the front desk if you or someone you know might be interested.

Excursion: The Grand Tea Room

Friday, May 15, 10 a.m. – 3 p.m., \$55

Enjoy a delightful traditional tea service at The Grand Tea Room in historic downtown Escondido. Sip freshly brewed tea in a warm, inviting setting, perfect for relaxing, connecting, and celebrating the season together. Embrace the occasion with full tea attire, from dresses to hats and gloves! *Registration opens April 1.*



Saturday Game Exchange

4th Saturdays, April 25, 9:30–11:30 a.m., Free, Drop-in

Join local high school students for new games each month. Games are provided, but participants are encouraged to bring a favorite game to share or teach the group. No experience needed.

Learn International Checkers

Tuesday, April 28, 10 a.m.–12 p.m., Free, Drop-In

Discover a dynamic game that blends the familiar movement of checkers with the strategic depth of chess. It challenges players to think ahead and plan winning combinations. Perfect for beginners and seasoned strategy lovers alike.

Learn Mahjongg

Thursday, April 30, 1–4 p.m., Free, Drop-In

Curious about Mahjongg? Join us for a beginner-friendly class where you'll learn the basics of this classic tile game that combines strategy, skill, and a bit of luck.