

# Seaside Insider

## JUNE 2026



### Yoga at Stagecoach

**Wednesdays, June 10–24, 4–5 p.m., \$10, Stagecoach Community Center**

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



### Community Garden Club

**Tuesdays, May 5–26, 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.

### 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.

### Caregiver Networks Club

**1st Saturdays, June 6, 10–11:45 a.m., free, drop-in**

A community group for caregivers, from professionals to family members. The club brings people together to share knowledge, experiences, and practical support. This month's topic will be, "What is Empathy fatigue and how to manage it?" with Salina Bambic.

### Let's Talk Good Living

**Monday, June 15, 1:30–2:30 p.m., free with registration**

What can you keep in mind to be a successful ager? Facilitators will guide discussion on a new topic each month such as transportation, purposeful living, social engagement, technology, and more. Facilitators want to hear your thoughts and ideas so we can all learn together.



### Braille Institute Demo Day

**Friday, June 19, 10 a.m.–12 p.m., free, drop in**

Discover low vision rehabilitation services to enhance your independence! Experience hands-on demos of the latest optical devices, explore mobility support, and connect with experts on maximizing your vision potential, including tips for using your phone or iPad with vision challenges.



## Senior Educational Panel: The Multi-Generational Legacy

**Tuesday, June 2, 11 a.m.–12 p.m., free with registration**

In honor of Father's Day and the end of the school year, we will focus on legacy and intergenerational communication. We will discuss the importance of preserving your history. You will have an opportunity to share an impactful two-minute life story with the group.

## How Home Equity Can Support Retirement

**Monday, June 8, 1–2 p.m., free, drop in**

Learn how home equity can fit into a broader retirement strategy. This class explores options such as HELOCs, cash-out refinancing, reverse mortgages, reverse second mortgages, HEI programs, Equity Select, and downsizing. We'll compare how each works, what works and what doesn't, and what retirees should consider before making important financial decisions.



## Navigating Real Estate: Disclosures

**Friday, June 12, 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 Disclosures – what every buyer and seller should know.

## Ask the Real Estate Agent

**3<sup>rd</sup> Mondays, June 15, 9–11 a.m., free with registration**

Meet one-on-one with a professional real estate agent for a free 30-minute consultation to get expert advice tailored to your needs. Participants may submit specific questions ahead of time so the agent can research any details in advance. **One free consultation per person.**

## Successful Aging: Fraud Aimed at Seniors

**Tuesday, June 16, 11 a.m.–12 p.m., free with registration**

Scam artists are targeting San Diego seniors! Come learn how to protect yourself and others. We will go in-depth on the latest scams, how to avoid being a victim and signs to look for that someone you know may be being scammed.



## Digital Photo & Tech

**3<sup>rd</sup> & 4<sup>th</sup> 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 Making Ai Useful and Fun (June 17)**

How can we stay safe in this wild digital world? How can we avoid scams? Our instructor, Mike McMahon, will do a deep dive into both topics. We will discuss the importance of establishing effective passwords, including the use of password manager software and Passkeys. Come learn how to stay safe while still enjoying the benefits of high tech.

### **NEW Making YouTube Useful and Fun (June 24)**

YouTube provides a wealth of free entertainment, education, and fixit videos. Our instructor, Mike McMahon, will help you to get the most from it. We'll see how you can find high-quality content on topics of interest to you, and how to post free videos on YouTube, including options for restricting viewing access (e.g. videos of family events). We'll discuss the very popular world YouTube Shorts, a competitor to TikTok and Instagram.

## Morning Music with A Slice of History

**Monday, June 15 & 29, 10:30 a.m.–12 p.m., free with registration**

### **Music and Memory (June 15)**

### **From Delta to Detroit (June 29)**

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!

## Art of Aging

**Monday, June 22, 1–2:30 p.m., free with registration**

A joyful experience 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.

## Carlsbad Cruisers Walking Club

**Rotating days and times, free with registration**

Move towards health and wellness while having fun and making new friends. All ages welcome. Be sure to register in advance to receive updates or cancellations.

### Tuesdays @ Carlsbad Village

Meet at the Carlsbad Senior Center at 9 a.m.

### 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays @ Carlsbad State Beach

Meet on the grass next to Harbor Fish Café at 1 p.m.

### Thursdays @ Batiquitos Lagoon

Meet by the Nature Center at 9 a.m.

### Saturdays @ South Carlsbad State Beach

Meet by Chase Bank off Poinsettia at 9 a.m.

## Fitness Room

**Monday–Friday, 8 a.m.–5 p.m.**

**Saturday, 9 a.m.–12 p.m.**

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

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

## Summer Games

**Fridays, June 12–Aug. 14, 10:30–11:30a.m., free drop-in**

Join the Senior Center every Friday for rotating outdoor games. This summer features tournament-style bocce ball and corn hole, offering a fun and casual way to stay active and connect with others.

## Alignment Qigong: Mind, Body, Nature

**Wednesdays, June 3–24, 9:45–11:15 a.m., \$81**

Immerse yourself in warmth of the sun, fragrance of blooming flowers, and vibrant energy of nature in our summer Qigong series. Through gentle movement, calming breathwork, and meditation, we align with the most energetic season of the year. Rooted in Traditional Chinese Medicine, this practice supports Heart Qi, encouraging physical and emotional healing while helping us connect with nature's restorative power. As the series concludes during the week of the Summer Solstice, we gather at the peak of Supreme Yang Qi to renew and energize ourselves for the months ahead.

## Senior Center Fitness Class Schedule

Not sure which class? More details are available online or stop by at the end of class to speak to the instructor!

| CLASS                     | INSTRUCTOR | DAY | DATES           | TIME             | FEE   |
|---------------------------|------------|-----|-----------------|------------------|-------|
| Zumba Gold© Toning        | Saleemah   | Mon | June 1–29       | 9:30–10:30 a.m.  | \$58  |
| Seated Zumba Gold© Toning | Saleemah   | Mon | June 1–29       | 11–11:45 a.m.    | \$47  |
| Restorative Yoga          | Joanne     | Mon | June 1–29       | 11 a.m.–12 p.m.  | \$70  |
| Zumba Gold©               | Saleemah   | Mon | June 1–29       | 12:30–1:30 p.m.  | \$58  |
| Balance & Mobility        | Tracey     | Tue | June 2–30       | 9–10 a.m.        | \$116 |
| Zumba Gold©               | Saleemah   | Wed | June 3–24       | 9:30–10:30 a.m.  | \$47  |
| Seated Zumba Gold©        | Saleemah   | Wed | June 3–24       | 11 a.m.–12 p.m.  | \$37  |
| Therapeutic Pilates       | Tracey     | Thu | June 4–25       | 9–10 a.m.        | \$93  |
| Therapeutic Strengthening | Tracey     | Thu | June 4–25       | 10:15–11:15 a.m. | \$93  |
| Yin Yoga                  | Joanne     | Thu | June 4–25       | 11 a.m.–12 p.m.  | \$56  |
| Chair Yoga                | Cynthia    | Thu | June 4–25       | 3–4 p.m.         | \$51  |
| Gentle Yoga               | Cynthia    | Mon | June 22–July 27 | 3–4 p.m.         | \$77  |

# June 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 |  |  |
|---------------------|-------------|-------------------------------|-----|-------------|--|-----------|------------------|-------------|--|-----------|--|--|
| <b>Meets Weekly</b> | 9:30–10:30  | †Zumba Gold® Toning 6/1       | 111 | 9–10        | †Balance & Mobility 6/2                  | 111       | 9:30–10:30       | †24K Zumba  |  |           |  |  |
|                     | 9:30–11     | High Beginner Line Dance      | AUD | 9–10:15     | Cruisers @Carlsbad Village               |           | 9:30–12          | Sumi-e Op   |  |           |  |  |
|                     | 11–11:45    | †Seated Zumba Toning 6/1      | 111 | 9–11        | Needlecraft                              | 118       | 9:45–11:15       | †Alignmen   |  |           |  |  |
|                     | 11–12       | †Restorative Yoga 6/1         | 107 | 10–1:30     | Improver Line Dance                      | 107       | 11–12            | †Seated Z   |  |           |  |  |
|                     | 11:15–12:30 | Beginner Line Dance           | AUD | 10:30–11:30 | †Garden Club 6/2                         | Pine Park | 12:15–1:15       | Beg. Hawa   |  |           |  |  |
|                     | 12:30–1:30  | †24K Zumba Gold® 6/1          | 111 | 12:30–4     | Bingo                                    | AUD       | 1–4              | Sewing & C  |  |           |  |  |
|                     | 3–4         | †Gentle Yoga 6/22             | 111 | 1–3         | Writing Our Lives                        | 118       | 1–4              | Ceramics C  |  |           |  |  |
|                     |             |                               | 1–4 | Chess       | 115                                      | 1:30–4    | Int. Hawai       |             |  |           |  |  |
|                     |             |                               | 1–4 | Ping Pong   | 111                                      | 4–5       | †Yoga All L      |             |  |           |  |  |
|                     |             |                               | 1–4 | Rummikub    | 106                                      |           |                  |             |  |           |  |  |
|                     | <b>1</b>    |                               |     | <b>2</b>    |  |           | <b>3</b>         |             |  |           |  |  |
|                     | 1–4         | Mexican Train Dominos         | 106 | 10–12       | TrueCare Resource Table                  |           | 9:45–11:30       | Carlsbad M  |  |           |  |  |
|                     |             |                               |     | 11–12       | Senior Panel: Multi-Generational Legacy  | 111       |                  |             |  |           |  |  |
|                     | <b>8</b>    |                               |     | <b>9</b>    |  |           | <b>10</b>        |             |  |           |  |  |
|                     | 12:30–1:30  | Concert: Plan B Courtyard     |     | 1–2         | Arthritis & Chronic Joint Pain           | 116       | 11:30–3          | Ping Pong ( |  |           |  |  |
|                     | 1–2         | Home Equity Workshop          | 116 |             |  |           | 1–2:15           | Cruisers @  |  |           |  |  |
|                     | 1–3         | Canasta Hand and Foot         | 118 |             |  |           |                  |             |  |           |  |  |
|                     | 1:30–3      | Persian Place Art Workshop    | 106 |             |  |           |                  |             |  |           |  |  |
|                     | <b>15</b>   |                               |     | <b>16</b>   |  |           | <b>17</b>        |             |  |           |  |  |
|                     | 9–11        | Ask the Real Estate Agent     | 120 | 9–12        | Ask the Attorney                         | RR        | 10–12            | Ask the Te  |  |           |  |  |
|                     | 10:30–12    | Music with a Slice of History | 116 | 10–11:30    | Ask the Orthopedic Surgeon               | 120       | 10–4             | †Excursion  |  |           |  |  |
|                     | 1–4         | Pinochle                      | 115 | 11–12       | Successful Aging: Fraud Aimed at Seniors | 116       | 11–12            | Avalon Hos  |  |           |  |  |
|                     | 1:30–12:30  | Let's Talk Good Living        | 116 |             |  |           | 11–2             | Padres Wa   |  |           |  |  |
|                     |             |                               |     |             |  |           | 2–3:15           | Digital Pho |  |           |  |  |
|                     |             |                               |     |             |  |           |                  | Ai Useful a |  |           |  |  |
|                     | <b>22</b>   |                               |     | <b>23</b>   |  |           | <b>24</b>        |             |  |           |  |  |
|                     | 1–2:30      | The Art of Aging              | 116 |             |  |           | 10:30–12:30      | ElderHelp   |  |           |  |  |
|                     | 1–3         | Canasta Hand and Foot         | 118 |             |  |           | 1–2:15           | Cruisers @  |  |           |  |  |
|                     | 2–4         | †Creative Cuisine             | DR  |             |  |           | 2–3:15           | Digital Pho |  |           |  |  |
|                     |             |                               |     |             |  |           |                  | YouTube U   |  |           |  |  |
|                     | <b>29</b>   |                               |     | <b>30</b>   |  |           | <b>SATURDAYS</b> |             |  |           |  |  |
|                     | 10:30–12    | Music with a Slice of History | 116 |             |  |           | †Fitness Room    |             |  |           |  |  |
|                     |             |                               |     |             |  |           | Ping Pong 9:30   |             |  |           |  |  |
|                     |             |                               |     |             |  |           | Cruisers @Sou    |             |  |           |  |  |

442-339-2650  
[recreation/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   |  |
|---|---|--|---|--|--|
| <p>Boa Gold® 6/3 111</p> <p>Open Paint 118</p> <p>Tai Chi Qigong 6/3 107</p> <p>Tumba Gold® 6/3 111</p> <p>Hawaiian Dance 107</p> <p>Quilting Group 118</p> <p>Club 106</p> <p>Hawaiian Dance 107</p> <p>Levels 6/10 Stagecoach</p> | <p>9–10</p> <p>9–10:15</p> <p>9–11:30</p> <p>10:15–11:15</p> <p>11–12</p> <p>1–4</p> <p>3–4</p> | <p>†Therapeutic Pilates 6/4 111</p> <p>Cruisers @Batiqitos Lagoon</p> <p>†Watercolor 6/4 AUD</p> <p>†Strengthening Class 6/4 111</p> <p>†Yin Yoga 6/4 107</p> <p>Mahjongg Open Play AUD</p> <p>†Chair Yoga 6/4 107</p> | <p>9–12</p> <p>9–12</p> <p>9:30–11:30</p> <p>12–1</p> <p>12–3:30</p> <p>12:45–2:30</p> <p>1–4</p> | <p>Writers’ Bloc 118</p> <p>The Art Group (TAG) 106</p> <p>Summer Games 6/12 Courtyard</p> <p>United Healthcare Resource Table</p> <p>Duplicate Bridge AUD</p> <p>Adv. Hawaiian Dance 107</p> <p>Ping Pong 111</p> |  |
| <p>Newcomers AUD</p>  | <p><b>4</b></p> <p>1–4</p> <p>1–4</p>   | <p>Canasta 115</p> <p>Learn to Play Mahjongg AUD</p>   | <p><b>5</b></p> <p>9–10:30</p> <p>1–3</p>   | <p>Int. Ukulele Jam 111</p> <p>Creative Crafting: Fairy House 106</p>  |  |
| <p>Olympics AUD</p> <p>Carlsbad State Beach</p>   | <p><b>11</b></p> <p>12:30–2</p> <p>12:30–3</p> <p>1–3</p>                                       | <p>Threshold Choir Practice 118</p> <p>Newcomer’s Contract Bridge 115</p> <p>Movie: <i>The Notebook</i> 111</p>  | <p><b>12</b></p> <p>10:30–12</p> <p>11–12</p> <p>1–2</p> <p>1–4</p>                               | <p>Stamp Collectors 115</p> <p>Community Friendship Builders 116</p> <p>Navigating Real Estate 116</p> <p>Bunco 115</p>  |  |
| <p>Ch Expert 120</p> <p>Coronado Island</p> <p>Spice NP Table</p> <p>atch Party AUD</p> <p>to &amp; Tech: Making</p> <p>nd Fun 111</p>  | <p><b>18</b></p> <p>1–3</p>   | <p>Broadway Film: Bye Bye Birdie 111</p>   | <p><b>19</b></p> <p>9–10:30</p> <p>10–12</p> <p>1–3</p> <p>1–4</p>                                | <p>Int. Ukulele Jam 111</p> <p>Braille Institute Demo Day 116</p> <p>Creative Crafting: Stars 106</p> <p>Canasta 115</p>   |  |
| <p>Resource Table</p> <p>Carlsbad State Beach</p> <p>to &amp; Tech: Making</p> <p>Useful and Fun 111</p>  | <p><b>25</b></p> <p>12:30–2:30</p>  | <p>Threshold Choir Practice 118</p>  | <p><b>26</b></p> <p>11–12</p> <p>1–2:30</p>   | <p>Community Friendship Builders 116</p> <p>Book Club: When Cranes Fly South 118</p>   |  |

Billiards Room 9 a.m.–12 p.m.  
 11:30 a.m.  
 Carlsbad State Beach 9–10:15 a.m.

Caregiver Networks Club 6/6 10–11:45 a.m.  
 Kata for Movement & Balance 6/6–27 9:45–10:45 a.m.  
 Shotokai Karate 6/6–27 10:45–11:45 a.m.



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| <b>1</b><br><b>Chicken Shawarma</b><br>Brown Rice<br>Okra & Tomatoes<br>Cauliflower<br>Pear   | <b>2</b><br><b>Hoisin Pork</b><br>Brown Rice<br>Black-Eyed Pea Salad<br>Mandarin Oranges  | <b>3</b><br><b>Beef Patty</b><br>Mushroom Gravy<br>Garlic Potatoes<br>Mixed Green Salad<br>WW Roll<br>Pineapple<br><i>Margarine</i>  | <b>4</b><br><b>Lemon Pepper Pollock</b><br>Potato Medley<br>Green Beans<br>WW Roll<br>Orange<br><i>Margarine</i> | <b>5</b><br><b>Sweet &amp; Sour Chicken</b><br>Fried Brown Rice<br>Broccoli Florets<br>Coleslaw<br>Mixed Fruit   |
| <b>8</b><br><b>Hamburger</b><br>Broccoli Florets<br>Confetti Coleslaw<br>WG Bun<br>Pear  | <b>9</b><br><b>Pork Carnitas</b><br>Cilantro Brown Rice<br>Black Bean Salad<br>Fiesta Veggie Blend<br>Apple                               | <b>10</b><br><b>Scampi Chicken</b><br>Roasted Potatoes<br>CA Veggie Blend<br>WW Bread<br>Apple   | <b>11</b><br><b>Chickpea Vera Cruz</b><br>Brown Rice Pilaf<br>Corn Salad<br>Glazed Carrots<br>Pineapple          | <b>12</b><br><b>Bruschetta Chicken</b> <br>WG Au Gratin Rotini<br>Tuscany Veggie Salad<br>Peaches |
| <b>15</b><br><b>Beef Stroganoff</b><br>WG Egg Noodles<br>Green Peas<br>Copper Pennies<br>Pineapple  | <b>16</b><br><b>Salmon Patty</b><br>Brown Rice<br>Mixed Green Salad<br>WW Roll<br>Pear<br><i>Margarine</i>                                | <b>17</b><br><b>Chicken &amp; Biscuit</b><br>Whipped Potatoes<br>Green Beans<br>Apple  | <b>18</b><br><b>Sweet &amp; Sour Pork</b><br>Fried Brown Rice<br>Japanese Veggies<br>Coleslaw<br>Pear            | <b>19</b><br><b>Salisbury Steak with Gravy</b><br>WG Mac & Cheese<br>CA Veggie Blend<br>Pineapple<br>Cookies   |
| <b>22</b><br><b>Chicken Fried Rice</b><br>Japanese Veggies<br>Cabbage<br>Mixed Fruit<br>Fortune Cookie  | <b>23</b><br><b>Creole Crab Cake*</b><br>Sweet Potatoes<br>Broccoli Raisin Salad<br>WW Roll<br>Pear<br><i>Margarine</i>                   | <b>24</b><br><b>Lemon Scarpariello Chicken</b><br>WG Rotini Pasta<br>Mixed Green Salad<br>Spinach<br>Pineapple   | <b>25</b><br><b>BBQ Pork Rib Patty</b><br>Corn Salad<br>Glazed Carrots<br>WW Bread<br>Orange                     | <b>26</b><br><b>Chicken with Enchilada Sauce</b><br>Cilantro Brown Rice<br>Black Beans<br>Applesauce   |
| <b>29</b><br><b>Curry Chicken</b><br>Brown Rice<br>Green Peas<br>Cauliflower<br>Apple   | <b>30</b><br><b>WG Potato Pollock</b><br>Lentil Veggie Pilaf<br>Mixed Green Salad<br>Multi-Grain Bread<br>Mixed Fruit<br><i>Margarine</i> | <b>Coffee &amp; tea available at 11 a.m. and lunch is served at 12 p.m.; please check-in by 12:30 p.m.</b><br><br>Milk Served Daily<br>Menu subject to change<br>*Denotes Meal ≥ 1000 Mg Sodium<br>WG = Whole Grain WW = Whole Wheat |  |  |

# 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 \$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 / <a href="http://carlsbadconnect.org">carlsbadconnect.org</a> |
| 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: *Plan B*

**Monday, June 8, 12:30–1:30 p.m., free, drop-in**

Formerly the Oside Rockers, Plan B is a Senior Center favorite! Formed by Bill and Rebecca Newlin in Oceanside, this talented group of retired musicians brings decades of experience to the stage. Featuring dynamic vocals, guitars, bass, harmonica, and drums, you won't want to miss their unforgettable performance.

## Carlsbad Newcomers' Club

**Wednesday, June 3, 9:45–11:30 a.m., free, drop-in**

Coffee Meetings include an educational presentation, activity group announcements, and notice of local events. It is a great way to get a feel for the Club and what we do. June's topic is "The Art of Letting Go". Bob Heck and Joan Chintz, will share valuable insights on embracing change, finding new passions and making the most of this phase in our lives.



## Padres Watch Party

**Wednesday, June 17, 11:15–2:30 p.m., free, drop in**

Cheer on the Padres with fellow fans at our Padres Watch Party! Enjoy the excitement of the game, connect with friends, and root for the home team as the Padres take on St. Louis. Small snacks will be available for purchase, while supplies last.

## Excursion: Coronado Island

**Wednesday, June 17, 9:45 a.m.– 4 p.m., \$35**

Discover how easy and enjoyable public transportation can be! We begin our adventure at the Carlsbad Village Train Station, boarding the Coaster for a relaxing coastal ride to San Diego. From there, we take the Coronado Ferry across the bay to spend the day soaking in the island's breathtaking views, unique shops, and beloved landmarks without the stress of traffic or parking.

## Excursion: California Center for the Arts

**Thursday, July 23, 11:30 a.m. – 3:30 p.m., \$26**

Guests will enjoy a docent-led tour of the museum, gaining expert insight into the exhibits on display, followed by a hands-on creative activity.



## Ping Pong Olympics

**Wednesday, June 10, 11:30 a.m.–4 p.m., free, player registration required**

The Ping Pong Olympics start with an International Potluck at 11:30 a.m. in the courtyard followed by a friendly & competitive ping pong tournament at 1 p.m. Contact the front desk to join a mixed doubles team.

## Learn Mahjongg & Open Play

**Thursdays, 1–4 p.m., free, drop-in**

Mahjongg is enjoying a surge in popularity, bringing people together through strategy, skill, and social connection. Open Play is available for drop-in every Thursday, with a special 'Learn Mahjongg' session taught on the first Thursday each month. Game sets are also available at the front desk for everyday play.

## Creative Crafting

**1st & 3rd Fridays, 1–3 p.m., free with registration**

### Fairy House (June 5)

### Red, White, and Blue Stars (June 19)

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.