

# Monthly Events!

## Dance: The Vidals

**WHEN: Thursday, Jan. 4, 1:30 to 3:30 p.m., AUD**  
Prizes and refreshments are sponsored by Las Villas del Carlsbad. \$4.

## Book Club

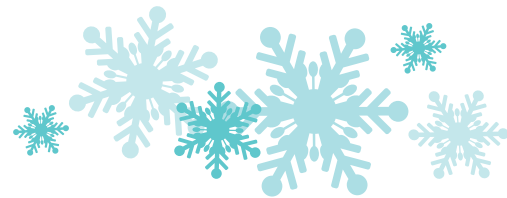


**WHEN: Monday, Jan. 8, 1 to 3 p.m., AUD**  
"The Sandcastle Girls", by Chris Bohjanian. February's book selection is, "Killers of the Flower Moon," by David Grann. The book club meets the 2nd Monday of every month and welcomes newcomers!

## Movie: Going in Style



**WHEN: Thursday, Jan. 11, 1 to 3 p.m., AUD**  
Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail. (Netflix summary) Free. Starring: Morgan Freeman, Michael Caine & Alan Arkin



## Organization Contacts

Aging and Independence Services for AIS assistance, information for reporting abuse .....	800-510-2020
Carlsbad Housing & Neighborhood Services.....	760-434-2810
Carlsbad Police (Non-Emergency) & Fire Departments.....	760-931-2197
DayTripper Tours.....	800-679-8747
Elder Abuse in Facilities .....	800-640-4661
Health Counseling & Advocacy (HICAP).....	800-434-0222
In Home Supportive Services, North County.....	760-480-3424
Medicare .....	800-633-4227
North County Coastal Mental Health Services .....	760-967-4475

## Senior Center Contacts

Activities Coordinators, Valerie Fisher & Patti Gebel .....	760-602-4654
Dining Room Reservations (24 Hours) .....	760-602-4655
Facility Reservations, Robert Harvey .....	760-602-4659
Front Desk (general information) .....	760-602-4650
Home Meal Delivery, Vincent Rodrigues.....	760-602-4652
Elder Law Legal Assistance.....	760-439-2535 x 205

## Digital Photo, iPad & Tech Classes

These **free** classes are taught by instructor Mike McMahon, and are available on a first-come, first-served basis. The last 15 minutes of each class will be devoted to your questions. **Please bring note-taking material.**

### PHOTOSHOP ELEMENTS – THE ORGANIZER

Wednesday, Jan. 17, 10 to 11:15 a.m., ACT  
Photoshop Elements has powerful tools for organizing your photos. Our instructor, Mike McMahon, will demonstrate the use of star ratings, albums, slideshows, and much more. Learn how to put Photoshop Elements to work for your photos.

### APPLE'S PHOTOS APP NEW!

Wednesday, Jan. 17, 1 to 2:15 p.m., ACT  
Apple iPad and iPhone users can enjoy the Photos App to organize and edit photos. Our instructor, Mike McMahon, will demonstrate many of the features of this very-capable app. This class will be an overview of the organizing, editing, and sharing aspects of the Photos App.

### SCANNING PHOTOS

Wednesday, Jan. 24, 10 to 11:15 a.m., ACT  
Many of us face the task of scanning from time to time. It may be to organize and scan batches of family photos or it may be to scan a document or magazine article for future reference/sharing with others. Our instructor, Mike McMahon, will discuss traditional scanning but will also include tips on how to use a camera or smartphone to accomplish the same task.

### CLOUD STORAGE

Wednesday, Jan. 24, 1 to 2:15 p.m., ACT  
This class will provide an overview of cloud-based storage solutions (e.g. iCloud, Dropbox, Google Drive, etc.). Our instructor, Mike McMahon, will also discuss cloud-based backup services (e.g. Carbonite). Many folks are using, or trying to use, cloud-based solutions these days...come learn why.

Carlsbad Senior Center

# Seaside Buzz

JANUARY 2018 NEWSLETTER



## Carlsbad Newcomers host Barney Scout Mann

**WHEN: Wednesday, Jan. 3, 9:45 to 11:30 a.m., ACT**  
At age 66, author, hiker and outdoor advocate, Barney Scout Mann, completed the Appalachian Trail to become a Triple Crown; one who has thru-hiked the Triple Crown of American trails: the Appalachian Trail, the Continental Divide Trail and the Pacific Crest Trail. He co-authored a book with a Pulitzer prize author, *The Pacific Crest Trail: Exploring America's Wilderness Trail*, which was named Backpacker magazine's "Best Coffee Table Book of 2016."

## NAMI's "In Our Own Voice": Living with Mental Illness

**WHO: National Alliance on Mental Illness (NAMI)**  
**WHEN: Thursday, Jan. 18, 10 to 11:45 a.m., ACT**  
Mental illness affects one in four Americans annually, yet misunderstanding surrounding these conditions still persists. NAMI's In Our Own Voice challenges these misperceptions. Using their personal stories, NAMI presenters walk you through their experiences with mental illness. They take you from the early onset of symptoms to how they are today, and everything in between. Attendees will:

- Gain insight into the daily experience of living with mental illness
- Recognize that mental illnesses are treatable medical conditions
- Discover that recovery is possible
- See people living meaningful lives, beyond stereotypes
- Learn the importance of getting involved to help yourself and others

Join us for this free and interactive presentation led by the nation's largest grassroots mental health organization.

## The Importance of Sleep in Healthy Aging

**WHO: Kelsie Full, MPH**  
**WHEN: Thursday, Jan. 25, 10:30 to 11:30 a.m., ACT**

Along with the physical changes that occur as we age, changes in our sleep patterns are a part of the normal process of aging. As people age, they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. At this presentation, you will learn:

- How much sleep is enough?
- Why is getting enough sleep important to your health?
- Why do sleep patterns change over the years?

Ms. Full is a member of the UCSD REACH Group: Research in Environments, Active aging & Community Health, based at

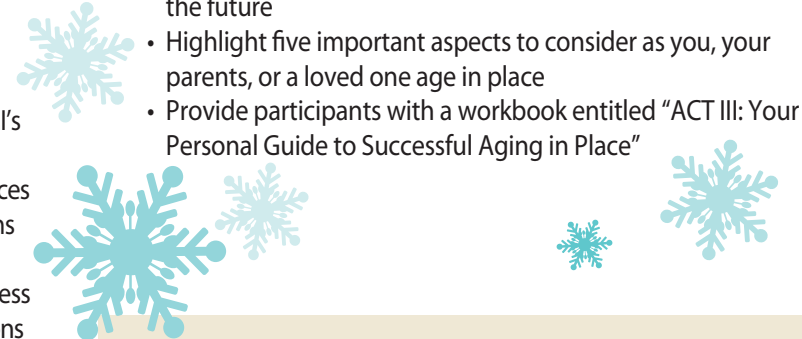
UCSD. Ms. Full's research focuses on examining the relationship between sleep and health outcomes, including cardiovascular health, and studying how sleep interacts with other daily behaviors, including sedentary time and physical activity.

## Introduction to Master Plan for Aging in Place

**WHO: Kindra French and David McGee, NAIPC members**  
**WHEN: Tuesday, Jan. 30, 10:30 to 11:30 a.m.**

Join us for this monthly series, held the last Tuesday of each month, which offers insights from professionals who share their expertise concerning specific aspects of how to age in place successfully. In this month's class we will:

- Offer a clear understanding of what it means to age in place
- Explore why aging in place is important when planning for the future
- Highlight five important aspects to consider as you, your parents, or a loved one age in place
- Provide participants with a workbook entitled "ACT III: Your Personal Guide to Successful Aging in Place"



## Morningstar Investment Education Lectures

Presenter, Richard Loth, has strong experiential credentials in the investment field, and uses Morningstar's mutual fund data, analyses and educational material to help attendees easily identify, decipher and employ Morningstar's guidance in their fund-investing endeavors. Morningstar is a subscription-based program, offered free to area residents through the City of Carlsbad Library.

### Jan. 8: Fund of the Month

A monthly session whereby lecture attendees will be schooled in the use of Morningstar analytics to thoroughly study the choice of a specific top-quality mutual fund.

### Jan. 22: Mutual Fund Investing Basics

These sessions delve into meaningful fund investing takeaways from Morningstar's Library Edition database of investing tools and analysis.

### Jan. 29: The Morningstar Monthly Reader

Selected for their enduring mutual fund investing guidance, the presenters will provide their insightful commentary on selected Morningstar article archive postings.

# January 2018 *Activities Calendar*

New session start dates in blue  
Senior Specials in red

ACT Activity Room      CR Conference Room      LG Lounge      PARK Pine Ave. Park  
AUD Auditorium      DN Dining Room      MP Multi-purpose Room      119 Room 119  
ART-S Art Studio      DS Dance Studio      P Patio      120 Room 120  
COM Computer Room      GR Game Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKLY PROGRAMS	9-10 † Aerobic Dancing - Lite! DS 9-11 Writers Group MP 9-12 Spanish – Levels I, II & III (No Class 1/29) ART-S 9:30-10:30 † Heart Coherent Tai Chi Kung (1/8) DS 11-12 † Better Balance & Mobility DS 12-1:15 Line Dancing – Beginner AUD 1-2 † Better Balance & Mobility DS 1-3 Colored Pencil Drawing & Painting ART-S 1:15-2:30 Line Dancing – High Beginner AUD 2:45-4 † Yoga: Intermediate (1/8) AUD 3-4:15 † Gentle Yoga DS	8-11 Needlecraft ART-S 9-10 † Aerobic Dancing - Lite! (1/9) ACT 9:30-11:30 Line Dancing – Int. /Adv. AUD 9:45-10:45 † Live Long: Do Qigong! (1/2) DS 11-12 † The Art of Meditation (1/2) DS 12:30-4 Ping Pong ACT 12:30-4 Bingo AUD 1-3 Writing Our Lives ART-S 1-4 Chess DS	9:30-10:30 † Better Balance and Mobility (1/3) DS 9:30-11 5-in-1 Joy Class ART-S 9:30-11:30 † Oriental Sumi-e Painting MP 10:45-11:45 † Better Balance and Mobility (1/3) DS 12:30-4:30 Mah Jongg GR 1-4 Ceramics ART-S 1-4 Sewing & Quilting Group MP 1:30-3:30 Seaside Singers Practice AUD 1-1:45 Hawaiian Dance – Beginner Basics DS 2-2:45 Hawaiian Dance – Beginner DS 3-4:30 Hawaiian Dance – Beg./Int. DS	8:45-9:45 † Pilates/Yoga Fusion (1/4) AUD 9-10 † Aerobic Dancing - Lite! ACT 9-11:30 † Intermediate Watercolor (1/11) ART-S 10-11:15 † Yoga – Int./Adv. (1/4) AUD 10-12 Audiobile LOBBY 11-12:10 † Tai Chi Kung Short Forms (1/4) DS 1-2:10 † Heart Coherent Tai Chi Kung (1/4) DS 1:30-3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) ACT 3:45-4:45 † Chair Yoga (1/4) DS	9:15-10:15 Spanish Flamenco Dance DS 9:30-12:30 † Discover Your Inner Artist with Oil or Acrylic (1/19) MP 10-11 † Zumba Gold (1/5) ACT 12:30-4 Party Bridge AUD 12:30-4 Ping Pong ACT 12:45-2:30 Hawaiian Dance – Adv DS 1-4 Scrabble ART-S
	 <b>Senior Center Closed</b> 1	10-1 * Elder Law Legal Assistance 119 2 10:30-11:30 Primordial Sound Meditation ACT 1-3 * Armchair Theatre: <i>Who Gets the Dog?</i> LG	9:45-11:30 Carlsbad Newcomers – Guest Speaker: <b>Barney Scout Mann, Triple Crown Trail Traveler</b> 3 11-3 * One-on-One Technology Help ACT RR	10:30-11:30 Laughter Yoga ACT 4 1:30-3:30 <b>Monthly Dance: The Vidals</b> sponsored by Las Villas de Carlsbad AUD 3-4 Senior Commission Meeting DN	9:30-11:30 † Intro to Mosaic Art ART-S 5
	1-2:30 Book Club: <i>The Sandcastle Girls</i> , by Chris Bohjani MP 8 1:30-3 Morningstar Investment Education Lecture: <b>Fund of the Month</b> ACT	 <b>ARTIST OF THE MONTH</b> Hope Elementary Students 9	9:30-11:30 * Diet & Nutrition Counseling 120 10	10-1 * HICAP Health Insurance Counseling 120 11 10:30-11:30 Laughter Yoga MP 1-3 <b>Monthly Movie: Going in Style</b> AUD 3-5 <b>Monthly Movie: Going in Style</b> LG	10:30-12 Stamp Collectors Meet ART-S 12
	<b>Martin L. King Jr. Day</b> 15 Senior Center open with limited services: • No lunches • Limited classes	9-2 * Ask the Attorney 119 16 1-3 * Armchair Theatre: <i>Carolina</i> LG	10-11:15 <b>Photoshop Elements – The Organizer</b> ACT 17 1-2:15 <b>Apple's Photos App – NEW!</b> ACT	10-11:45 <b>Seminar: NAMI's "In Our Own Voice" – Living with Mental Illness</b> ACT 18 10-1 * HICAP Health Insurance Counseling 120 12:30-4:30 † AARP Smart Driver Program ART-S	9:30-11:30 † Intro to Mosaic Art ART-S 19
	9:30-11 <b>** Spinal Fitness</b> AUD 22 1:30-3 Morningstar Investment Education Lecture: <b>Mutual Fund Investing Basics</b> ACT	1-3 * Armchair Theatre: <i>The Better Half</i> LG 23	9:30-11 <b>** Spinal Fitness</b> AUD 24 10-11:15 <b>Scanning Photos</b> ACT 1-2:15 <b>Cloud Storage</b> ACT	10:30-11:30 <b>Seminar: The Importance of Sleep in Healthy Aging</b> ACT 25 9:30-12:30 Hearing Screening & Hearing Aid Adjustments Screening 119 12:30-4:30 † AARP Smart Driver Program ART-S	9:30-11 <b>** Spinal Fitness</b> AUD 26 9:30-11:30 † Intro to Mosaic Art ART-S
	9:30-11 <b>** Spinal Fitness</b> AUD 29 1:30-3 Morningstar Investment Education Lecture: <b>The Morningstar Monthly Reader</b> ACT	10:30-11:30 * Successful Aging in Place – <b>Introduction to the Master Plan for Aging in Place</b> ACT 30 10-3 * Low-Vision Consultations 119 1-3 * Armchair Theatre: <i>Cairo Time</i> LG	9:30-11 <b>** Spinal Fitness</b> AUD 31 10-12 * Ask the Orthopedic Surgeon 119		



## TRANSPORTATION SERVICES

- Daily lunch program at the Carlsbad Senior Center
- Medical appointments, excluding ongoing therapy
- Requested donation is \$2 each way
- Registration and transportation reservations are required
- Shopping at Walmart and Stater Bros./Trader Joes is available on alternating Wednesdays after lunch
- Call 760-602-4650 for reservations and schedule information

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SATURDAY CLASSES AND ACTIVITIES		
Ping Pong	Jan. 6 & 13	9-12:30 ACT
† Workshop: Introduction to Watercolor	Jan. 6	10-12 ART-S

\* Pre-registration required  
\*\* Pre-register with MiraCosta (760-795-8710)  
† Fee-based activity