

Seaside Insider



January 2020

Grandfriends Kindness Project: Rocket Launch Your New Year's Resolution!

Thursday, Jan. 2, 1–2:30 p.m., AUD

Grandfriends will launch paper rockets of New Year's resolutions with the Kids for Peace Club and former City of Carlsbad council member Dr. Packard. Youth and Adults will commit to their Kind New Year's Resolutions, say thank you to a police officer, make a wish for a child in another country, raise funds for their favorite charity and learn something new about a different culture.

Register online or at the front desk for this free program.

www.carlsbadconnect.org

Special thanks to the Carlsbad Charitable Foundation and Kids for Peace for bringing this kind intergenerational project to the Carlsbad Senior Center.

Get to Know Your iPhone

Thursday, Jan. 9, 9:45–11:45 a.m., #118

Are you having trouble using your Smartphone? Bring your own smartphone and learn how to operate its basic functions, connect to Wi-Fi and Bluetooth devices, send text messages and much more in this free workshop presented by the California Public Utilities Commission. Advance registration is required. Call the front desk or register online at carlsbadconnect.org.

Senior Commission Corner:

- No meeting on January 2nd
- City Council Work Plan Presentation on January 14, 6 p.m. Council Chambers
- Special Meeting on Thursday, January 30 3 -4 p.m., Council Chambers

Aging and Independence Services Age-Well Area Plan

Monday, Jan. 13, 9–11:30 a.m., AUD

The County of San Diego wants to hear from you. Join us for an interactive Public Feedback Forum. Share your thoughts and ideas on how we might shape our community for people as they age and give us feedback on needed services and programs. Refreshments will be served. Please register in advance online at carlsbadconnect.org, or call the front desk.

Be Your Own Health Advocate: Have a Successful Doctor Visit

Thursday, Jan. 16, 10–11:30 a.m., #111

Navigating healthcare can be a headache! Learn how to empower yourself to understand your medical insurance and bills. Get practical tips on how to prepare for doctor appointments, find the best resources and improve communication with your providers. Presented by a board-certified Patient Advocate. Bring your questions.

UCSD Osher Lifelong Learning: Architecture of the Silk Road

Wednesday, Jan. 22, 10–11:45 a.m., AUD

The Carlsbad Senior Center has partnered with UCSD to offer this monthly program introducing educational lectures with a group discussion at the end of the video.

This is the second of a the five-part series on the Architecture of the Silk Road, which has brought to mind the images of exotic lands, adventurous travel, inspiring cuisines and luxury goods. Diane Kane, an architectural historian and retired Senior Planner for the City of San Diego, will once again lead the lecture, focusing this time on the influences of the "Spice Islands" silk industry, foreign trade and Angkor Wat. This is a free activity, but registration is encouraged to reserve your spot. Call the front desk or register online at carlsbadconnect.org.



The Five Pillars of Strong Bones

Dr. Ryan Hummel DC, OsteoStrong Carlsbad

Thursday, Jan. 23, 10–11:30 a.m., #111

Brittle bones are on the rise. Half of women and a third of men over the age of 50 now suffer fractures. Have you had this diagnosis, or are you just generally concerned for yourself or a loved one? There are new lifestyle choices and other alternatives you can choose to naturally reverse brittle bones. Join us for our information-rich workshop, full of immediate take-home changes you can make to be more secure knowing your bones are growing, rather than weakening. Learn how to strengthen bones naturally through this engaging and interactive workshop and discover:

- Which foods to avoid like the plague
- The top supplements and foods that are essential for bone growth
- What top types of exercise are available to trigger “osteogenic loading” to build your bones

Most cases of osteoporosis result in disability or disempowered lives because of the condition. There is a time and place for medication, but Dr. Ryan believes they are used too soon and too often because people are just simply unaware of how to naturally help, or even reverse, weakened bone density. Dr. Ryan has been in the health and wellness industry for over 13 years.

Successful Aging in Place:

2020 Vision for Aging in Place

101 Mobility, Kindra French CAPS, SHSS*

Tuesday, Jan 28, 10:30–11:30 a.m., #111

Join us for this monthly series, which offers insights from professionals who share their expertise concerning specific aspects of how to age in place successfully.

In this introductory workshop, we will provide a clear picture of the five essential elements of your plan for aging in place. We will see 2020 as a year to fine-tune your plan in each of these areas: Housing, Health & Wellness, Financial Resources, Transportation Options and Community & Social Access.

Participants will receive a copy of "Act III: Your Plan for Aging in Place," and will learn how to use this resource as a tool for successful aging in place.

*New Year
New Me!*

New Classes in 2020!

Guided Imagery & Meditation

Explore multiple levels of conscious awareness. Release and transform life burdens into lessons to be learned and blessings to be earned. Guided tension relaxation, explorations in inner spaces, and regular practice of proactive expanded awareness in disciplined meditation lead to healing and wellness of body, mind and spirit. **The three-week class session starts Monday, Jan. 6, 11 a.m. to 12 p.m., \$31.50 residents/\$35 non-residents.**



Silver Paddles Pickleball

Learn the fastest growing sport in North America. This one-hour class will prepare you for skills needed to play this fun social game. Instructor, Raudel Barba, Founder and Director of Coaching, United States Professional Pickleball Association, just won a gold medal in Men's Singles in the 2019 Margaritaville USA Pickleball National Championships in November!

The four-week class session starts Thursday, Jan. 2, 9 to 10:30 a.m., \$54.90 resident/\$61 non-resident.

Improv Your Life

This class covers the basics of improvisational exercise—keeping you quick on your feet and even quicker in your brain! Based on the games from improvisational theatre guru, Viola Spolin, these games will help you to trust your instincts, while having a blast connecting with others.

Starts Thursday, Jan. 30, 10:30 a.m. to 12 p.m. Six-week classes \$125.10 resident/\$139 non-resident.

Dance: The Pier Group

Thursday, Jan. 2, 1–3 p.m., PACC Gym

Fun, prizes and refreshments— all for \$4.

Carlsbad Newcomers host Capt. Richard Cloward, retired USN Naval Officer

Wednesday, Jan. 8, 9:45–11:30 a.m., #111

Capt. Richard Cloward, USN, is a retired Naval Officer who is also a long-time map collector and dealer. He has curated the remarkable map collection of Mr. Michael Stone at the Map & Atlas Museum of La Jolla for nearly a decade. His cartographic specialties are 19th Century Americana and pictorial maps.

Movie: *On the Basis of Sex*

Thursday, Jan. 9, 1–3 p.m., AUD

Inspired by the powerful true story of a young Ruth Bader Ginsburg, *On the Basis of Sex* depicts a then-struggling attorney and new mother facing adversity in her fight for equal rights. When Ruth takes on a groundbreaking case, she knows the outcome could alter the courts' view of gender discrimination. Stronger together, Ruth teams up with her husband, Martin Ginsburg, to fight the case that catapults her into one of the most important public figures of our time. (Netflix summary) Cast: Felicity Jones, Sam Waterston, Kathy Bates. Free.

Book Club

Monday, Jan. 13, 1–2:30 p.m., #118

This month's book selection is *The Silent Sister*, by Diane Chamberlain. February's book selection is, *The One-in-a-Million-Boy*, by Monica Wood. The book club meets the 2nd Monday of every month and welcomes newcomers!

Morningstar Investment Education Lectures

Presenter Shelley Murasko is thoroughly familiar with Morningstar's mutual fund investment education resources and bases her lectures on this content. Area residents have free access to this Morningstar guidance through the City of Carlsbad Libraries' online database—cardholders are not required to be Carlsbad residents. Each weekly class examines the changing monthly information.

All classes are from 1:30–3 p.m., #111

Jan. 20: *Mutual Fund Investing Basics*

Jan. 27: *Top Morningstar Articles & Other Special Investing Topics*

Digital Photo & 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 class will be devoted to your questions. Please bring note-taking material.

Windows 7 – Now What? **NEW!**

Wednesday, Jan. 15, 10–11:15 a.m., #111

Microsoft has announced the end of support for Windows 7. You might be asking yourself, "Now what do I do?" Our instructor, Mike McMahon, will outline the choices available to you.

Photo App in Windows 10 – **NEW!**

Wednesday, Jan. 15, 1–2:15 p.m., #111

Windows 7 users have enjoyed using Microsoft's free photo organizer and editor called Windows Photo Gallery. Under Windows 10, the free built-in photo tool is the Photos App. Come find out what the features are and determine if this software is for you.

All About Podcasts

Wednesday, Jan. 22, 10–11:15 a.m., #111

Would you like to enjoy hearing your favorite radio programs on your schedule instead of having to remember the program's broadcast date/time? Many radio programs (e.g. NPR's *This American Life*) are available as free downloadable audio files...just like an audio book. Copy them to your portable device (e.g. smartphone, iPod) and listen at your convenience. Our instructor, Mike McMahon, is a big fan of podcasts and will give you a practical guide to what it's all about.

GoPro Action Cameras

Wednesday, Jan. 22, 1–2:15 p.m., #111

Even if you're not into extreme sports, GoPro action cameras may be for you. Our instructor, Mike McMahon, will explain the features of these cameras and demonstrate how they work. The extremely high quality of the photos and videos will be of interest to many, as will the extremely wide angle view available in these cameras. We will also discuss posting your videos to YouTube.

January 2020 *Activities Calendar*

New session start dates in blue
 Senior Specials in red
 Intergenerational programs in green
 111 Activity Room
 116 Activity Room
 AUD Auditorium
 106 Art Studio

CH City Hall
 COM Computer Lab
 CR Conference Room
 DN Dining Room

107 Dance Studio
 GR Game Room
 HCC Harding Community Center
 118 Multi-purpose Room

P Patio
 PACC Pine Ave. Community Center
 PARK Pine Ave. Park
 SPCC Stagecoach Park Community Center

119 Room 119
 RR Resource Room

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKLY PROGRAMS

9-10 †Aerobic Dancing – Lite! 111
 9-11 Writers Group 118
 9-11 **Spinal Fitness PACC
 9-12 Spanish – Levels I, II & III 106
 9:30-10:30 †Heart Coherent Tai Chi Kung – Int. (1/6) 107
 10:50-11:50 †Better Balance & Mobility (1/6) 107
 11-12 †Guided Imagery & Meditation (1/6) 116
 11:30-1:15 Line Dancing – Beginner PACC
 1:15-2:30 Line Dancing – High Beginner PACC
 2:45-4 †Functional Yoga with Guided Visualization (1/6) AUD
 3-4:15 †Gentle Yoga (1/6) 107

8-11 Needlecraft 106
 9-10 †Aerobic Dancing – Lite! 111
 9-10 Line Dancing – Improver PACC
 9-11:30 †Intro to Watercolor (1/7) 118
 9:45-10:45 †Live Long: Do Qigong! (1/7) 107
 10-11:30 Line Dancing – Intermediate PACC
 10:30-11:30 Garden Club PARK
 11-12 †Chair Tai Chi Chuan (1/7) 107
 11-12 *Gentle Chair Yoga with Optional Standing Poses SPCC
 11:30-12:30 The Skinny Gene Project 106
 12:30-4 Ping Pong 111
 12:30-4 Bingo AUD
 1-3 Writing Our Lives 106
 1-4 Chess 107
 1-4 Double Deck Pinochle 118

8:30-9:30 *Walking Wednesdays PACC
 9:30-11 5-in-1 Joy Class 106
 9:30-11 **Spinal Fitness PACC
 9:30-11:30 Oriental Sumi-e Painting Club 118
 10:50-11:50 †Better Balance & Mobility 107
 11-1 †The Culinary Lab (1/8) PACC
 12:30-3 Mah Jongg GR
 1-2 *Wii Bowling PACC
 1-2:15 *Hawaiian Dance – Beg. 107
 1-4 Ceramics 106
 1-4 Sewing and Quilting Group 118
 2:30-4 Hawaiian Dance – Int. 107

8:45-9:45 †PiYo – Pilates/Yoga (1/2) AUD
 9-10 †Aerobic Dancing - Lite! (1/2) 107
 9-11:30 †Intermediate Watercolor 106
 10-11 †Functional Yoga (1/2) AUD
 1:30-3:30 Carlsbad Tech Users Group (2nd, 3rd & 4th Thursdays) 111
 1-4 Art Club 106
 3:45-4:45 †Chair Yoga (1/2) 107
 6-7:15 †Social Dance (1/9) PACC

9:30-11 **Spinal Fitness 111
 9:30-12:30 †Discover Your Inner Artist with Oil or Acrylic (1/24) 106
 12:30-4 Party Bridge AUD
 12:30-4 Ping Pong 111
 12:45-2:30 Hawaiian Dance – Adv 107
 3:30-4:30 Belly Up, Belly Down, Belly Dance 107



Meet the Artists:
 Local elementary students participating in the National PTA Reflections program, "Look Within"

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|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| | | | | 1 | 2 | 3 |
| | | | | Happy New Year! Senior Center closed | 9-10:30 †Silver Paddles Pickleball PACC 1-4 Canasta 118 1-2:30 Grandfriends Kindness Project: Rocket Launch New Year's Resolutions AUD 1:00-3:00 Monthly Dance: The Pier Group PACC | |
| 9:15-10:30 Primordial Sound Meditation (Intro 9:15-9:30) 111 | 10-1 *Elder Law Legal Assistance 119 | 9:30-11:30 *Diet & Nutrition Counseling 119 9:45-11:30 Carlsbad Newcomers – Guest Speaker: Capt. Richard Cloward 111 12:30-4:30 †AARP Smart Driver Program 116 | 9-10:30 †Silver Paddles Pickleball PACC 9:45-11:45 *Get to Know Your iPhone 118 1-2:10 †Heart Coherent Tai Chi – Adv. 107 1-3 Monthly Movie: <i>On the Basis of Sex</i> AUD | 9-10 107 10:30-11:30 †Heart Coherent Tai Chi – Beg. 107 10:30-12 Stamp Collectors Meet 118 | | |
| 9-11:30 Aging & Independence Services: Age-Well Area Plan AUD 1-2:30 Book Club: <i>The Silent Sister</i> , by Diane Chamberlain 118 | 10-12 *Notary Public RR 1-3 *Armchair Theatre: <i>Three Identical Strangers</i> 116 | 10-11:15 Windows 7 – Now What? NEW! 111 12:30-4:30 †AARP Smart Driver Program 116 1-2:15 Photo App in Windows 10 NEW! 111 | 9-10:30 †Silver Paddles Pickleball PACC 10-11:30 Presentation: Be Your Own Health Advocate: Have a Successful Doctor Visit 111 10-1 *HICAP Health Insurance Counseling 119 1-2:10 †Heart Coherent Tai Chi – Adv. 107 | 9-10 107 10:30-11:30 †Heart Coherent Tai Chi – Beg. 107 | | |
| 1:30-3 Morningstar Investment Education Lecture: Mutual Fund Investing Basics 111 | 1-3 *Armchair Theater: Stan & Ollie 116 | 10-11:15 All About Podcasts 111 10-11:45 *Osher Lifelong Learning: Architecture of the Silk Road AUD 10-12 *Ask the Orthopedic Surgeon 119 1-2:15 GoPro Action Cameras 111 1-3:15 Seaside Singers Practices Resume AUD | 9-10:30 †Silver Paddles Pickleball PACC 10-11:30 Presentation: The Five Pillars of Strong Bones 111 1-2:10 †Heart Coherent Tai Chi – Adv. 107 | 9-10 107 10:30-11:30 †Heart Coherent Tai Chi – Beg. 107 | | |
| 1:30-3 Morningstar Investment Education Lecture: Top Morningstar Articles and Other Special Investing Topics 111 | 9-2 *Ask the Attorney 119 10-3 *Low Vision Consultations 119 10:30-11:30 Successful Aging in Place: 2020 Vision for Aging in Place 111 12-1 Teens Teach Tech COM 1-3 *Armchair Theater: Arctic 116 | 10:30-12 Zentangle Returns Again! 116 1-3:15 Seaside Singers Practice AUD | 9:30-12:30 *Hearing Screening & Hearing Aid Adjustments 119 9:45-11:45 *Get to Know Your Android 118 10:30-12 †Improv Your Life 107 1-2:10 †Heart Coherent Tai Chi – Adv. 107 3-4 Senior Commission Meeting CH | 10:30-11:30 †Heart Coherent Tai Chi – Beg. 107 | | |

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 available the 1st and 3rd Wednesday of the month after lunch
- Shopping at Stater Bros. available the 2nd and 4th Wednesday
- Call 760-602-4650 for reservations and schedule information

Saturday Classes and Activities

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|----------------------------------|---------------------|----------|-----|
| Line Dancing – High Intermediate | Jan. 4, 11, 18 & 25 | 10-12:30 | 107 |
| Ping Pong | Jan. 4 & 11 | 9-12:30 | 111 |
| Fitness Room | Jan. 4, 11, 18 & 25 | 9-12:30 | |

Newsletter now online! Subscribe to the newsletter online. Go to: www.carlsbadca.gov/parksandrec and click on "sign up for our email newsletter" and follow directions on screen.

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

New Year, New You!

Join us for a 30-day **MOVE MORE** challenge to guarantee you will be moving and grooving your way into the New Year! It is fun and easy. Pick up a free moving minutes log at the front desk or download from the city website at www.carlsbadca.gov/seniors. Log how many minutes you move each day. Moving includes walking, workouts, yoga, dancing, cleaning the house, gardening, playing, Wii Bowling.....if you're moving, the minutes count. Complete your log by the end of the month and submit to the front desk for potential prizes and recognition. The top three movers will receive a prize!

WHY MOVE MORE? Moving more and engaging in 30 minutes or more of physical activity on most days of the week can decrease your likelihood of developing cardiovascular disease. Research has shown that engaging in moderate intensity exercise such as walking may lead to reduction in the risk of high blood pressure, high cholesterol and coronary heart disease. As a further incentive, people who move more experience better sleep, decreased cognitive decline, reduced stress, a lower risk of osteoporosis and enhanced immune function. The benefits of moving go from the inside out! Not sure how to start? Join us in one or more of the many healthy moving activities offered with the Parks and Recreation department at www.carlsbadconnect.org

Get to Know Your Android

Thursday, Jan. 30, 9:45–11:45 a.m., #118

Are you having trouble using your Smartphone? Bring your own smartphone and learn how to operate its basic functions, connect to Wi-Fi and Bluetooth devices, send text messages and much more in this free workshop presented by CTAP, of the California Public Utilities Commission. Advance registration is required. Call the front desk or register online at carlsbadconnect.org.

Teens Teach Tech

Jan. 28 and Feb. 11, 12–1 p.m., COM

Confused by tech? There's a tech-savvy teen for that. Join Pacific Ridge High school students at the Senior Center computer lab for guidance on all your technology needs. These students can help with your computers, phones, and tablets. Bring your devices and questions. Sign up at the front desk or online, limited space.

Be a Friend First Project

Girl Scout Troop 1175 is bringing their goal of being a friend first to the Senior Center. Beginning in January, there will be five jars placed in the lobby. Each of these jars will be filled with messages meant to help you leave behind your bad mood. Jars will be available for those feeling sad, angry, lonely, anxious or need a laugh. You can keep the message as a reminder or pass it along to someone who may need it. Either way, the cadettes of Troop 1175 are hoping to lift your spirits to help make a change in the world.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Menu subject to change *Denotes meal \geq 1000 mg Sodium 1% milk served daily</p> | <p><i>cheers!</i></p> | <p>1 Happy New Years! Senior Center closed</p> | <p>2 BBQ Chicken Mashed Sweet Potatoes Coleslaw Whole Wheat Bread Fresh fruit</p> | <p>3 Steak & Mushroom Shepard's Pie Mashed Potato Topping Peas, Carrot Raisin Salad Multigrain Bread Applesauce</p> |
| <p>6 Beef Stew Carrots Parsley Potatoes Mixed Green Salad Whole Wheat Bread Peaches</p> | <p>7 Sweet & Sour Chicken Oriental Blend Vegetables Asian Chopped Salad with shredded carrots Mixed Rice Fresh Fruit</p> | <p>8 Pork with Mushroom Cream Sauce Noodles, Broccoli Beet Salad, Wholegrain Bread, Pears <u>Alternate Salad</u> Asian Chicken Salad, Mixed Greens, Cabbage, Tomatoes, Cucumbers, ww Bread, Fruit</p> | <p>9 Meat & Cheese Lasagna Marinara Sauce Italian Blend Vegetables Tabbouleh Salad Fresh Fruit Monthly Movie: 1 p.m. <i>On the Basis of Sex</i></p> | <p>10 Salmon (San Marcos) or Chicken Breast Tarragon Cream Sauce Mixed Rice & Lentil Pilaf Manhattan Blend Mixed Baby Greens Fruit Cocktail</p> <p>HAPPY BIRTHDAY</p> |
| <p>13 Cheese Ravioli Meat Sauce Green Beans Wholegrain Crackers Cucumbers & Dip Mandarin Oranges</p> | <p>14 Carne Asada Tacos * Mexican Mixed Rice Refried Beans Shredded Lettuce, Diced Tomatoes, Cilantro Sour Cream, Salsa Corn Tortilla, Fresh Fruit Armchair Theater: 1 p.m. <i>Three Identical Strangers</i></p> | <p>15 Pulled Pork Whole Wheat Roll Cabbage Salad with sweet chili sauce, Corn, Sweet Potatoes, Pears <u>Alternate Salad</u> Tuna Salad on Mixed Greens, Carrots, WW Bread, Fruit</p> | <p>16 Pesto Rosso Chicken Sun-dried Tomato Cream Sauce Wheat Pasta Spinach Greek Salad Fresh Fruit</p> | <p>17 Salisbury Steak Mashed Potatoes, Gravy Stewed Tomatoes Peas & Carrots Whole Wheat Bread Peaches</p> |
| <p>20 Martin Luther King Jr. Holiday Limited services: • No lunch service • Limited activities</p> | <p>21 Chicken Marsala Wheat Pasta Mixed Vegetables Spinach Salad Fresh Fruit Armchair Theater: 1 p.m. <i>Stan & Ollie</i></p> | <p>22 Fish Florentine Bechamel Sauce Spinach, Rice & Lentil Pilaf, Tomato Cucumber Salad, Pineapple <u>Alternate Salad</u> Greek Chicken Salad, carrots, wheat roll, fruit</p> | <p>23 Meatloaf Mashed Potatoes & Gravy Corn Carrot Raisin Salad Whole Wheat Bread Fresh Fruit</p> | <p>24 Chinese New Year Asian Curry Chicken Sesame Ginger Green Beans & Carrots Mixed Rice Asian Cabbage Salad Mandarins Fortune Cookie</p> |
| <p>27 Spaghetti Bolognese Whole Wheat Pasta Meat Sauce Italian Blend Vegetables Garbanzo Bean Salad Garlic Bread Pineapple</p> | <p>28 Coq au Vin Chicken in Wine Sauce Boiled Potatoes Broccoli & Carrots Wholegrain Bread Fresh Fruit Armchair Theater: 1 p.m. <i>Artic</i></p> | <p>29 Picadillo Ground beef, onions, peppers, tomatoes, olives, garlic & herbs, Cumin Mixed Rice, Black Beans Shredded Lettuce & Cabbage, Cilantro, Diced Tomato, Tropical Fruit Salad <u>Alternate Salad</u> Tarragon Chicken Salad, mixed greens, tomato, cucumber, ww bread, fruit</p> | <p>30 Carrot Ginger Soup with Turmeric Tuna Salad Rye Bread Lettuce & Cucumber Quinoa Salad Fresh Fruit</p> | <p>31 Garlic Chicken White Wine & Herb Sauce Mixed Rice Spinach Mixed Green Salad Applesauce</p> |

Carlsbad Paradise Café by the Sea 760-602-4655

The Carlsbad Senior Center serves nutritious, hot meals Monday through Friday in our Dining Room. The requested donation for seniors who are ages 60 and up is \$3.50 — you need not be a city of Carlsbad resident to dine. A \$5 lunch fee applies to non-senior guests of seniors.

Reservations can be made in person, by calling [760-602-4655](tel:760-602-4655). Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling [760-602-4655](tel:760-602-4655).

Dining room seating is available at 11 a.m. and lunch is served promptly at noon. You may forfeit your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call [760-602-4650](tel:760-602-4650).

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Monday through Thursday. Appointments must be made in advance. For all transportation reservations, call [760-602-4650](tel:760-602-4650).

Wednesdays, transportation is available for shopping. Call [760-602-4650](tel:760-602-4650) for schedule and reservations. Special transportation options are available every Tuesday for lunch & bingo, as well as the 2nd Thursday of each month for lunch and our free monthly movie.

Resources & Contacts

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| Aging and Independence, services for assistance, information or reporting abuse | 1-800-510-2020 |
| Carlsbad Police (Non-emergency): | 1-760-931-2197 |
| Facilities Elder Abuse Ombudsman | 1-800-640-4661 |
| In Home Supportive Services, North County | 1-760-480-3424 |
| Medicare Helpline | 1-800-633-4227 |
| Senior Shield Scam Hotline | 1-858-715-1648 |
| North County Coastal Mental Health Services | 1-760-967-4475 |
| Activities Coordinators: | |
| Patti Gebel..... | 1-760-602-4653 |
| Valerie Fisher..... | 1-760-602-4654 |
| Dining Room Reservations (24 Hours) www.carlsbadca.gov/seniors | 1-760-602-4655 |
| Facility Reservations www.carlsbadconnect.org | 1-760-602-7510 |
| Front Desk (general info & transportation) | 1-760-602-4650 |
| Home Meal Delivery, Shannon Shepherd | 1-760-602-4652 |
| Elder Law Legal Assistance | 1-858-565-1392 |
| Medical Insurance Assistance (HICAP) | 1-800-434-0222 |
| ElderHelp's HomeShare..... | 1-858-748-9675 |
| Hi-Noon Rotary's Helping Hands | 1-760-593-7188 |
| Pine Avenue Community Center | 1-760-434-5022 |
| San Diego Eldercare Directory | 1-619-293-1680 |
| Identity Theft Resource Center | 1-858-693-7935 |
| Social Security Office | 1-800-772-1213 |
| Alzheimer's San Diego | 1-858-492-4400 |
| Grief Support Groups: griefshare.org | |
| San Diego Food Bank | 1-858-527-1419 |
| North County Transit District (NCTD): | |
| Bus service..... | 1-760-966-6500 |
| Lift (disabled reservation line)..... | 1-760-726-1111 |
| RideFact | 1-888-924-3228 |