

SPRING 2015 | (FAMILIES) (FUN) (ACTIVITIES) (EVENTS) (LIFE) | [ENCINITAS PARKS AND REC.COM](http://ENCINITAS PARKS AND REC.COM)

# ENCINITAS & PARKS RECREATION

ADULTS 50 AND UP

JOIN US FOR THE CITY'S CHERISHED ANNUAL

# SPRING Egg Hunt

A FREE  
FAMILY  
FUN EVENT!

SATURDAY, APRIL 4

ENCINITAS COMMUNITY PARK  
425 SANTA FE DRIVE

10AM - 1PM

IT'S ALL ABOUT  
THE KIDS!

*EncinitasParksandRec.com*



## PET HEALTH EXPO

SATURDAY, JUNE 13  
10AM - 1PM

ENCINITAS COMMUNITY PARK



## SUNDAY SUMMER CONCERTS BY THE SEA

JULY 5 & 19  
AUGUST 2 & 14

MOONLIGHT BEACH:  
TOES IN THE SAND



## Moonlight BEACH FEST

at the cove on the sand

AND SURFING MADONNA  
10K/5K/1K BEACH RUN/WALK

SATURDAY, OCTOBER 24  
MOONLIGHT BEACH FEST.COM



## ENCINITAS COMMUNITY PARK

# NOW OPEN



**425 SANTA FE DRIVE** – Park Hours 5a.m. to 10p.m.

### THIS AMAZING 44-ACRE COMMUNITY PARK FEATURES:

- Walking/Running Paths
- Maggie Houlihan Memorial Dog Park (8am - sunset only)
- Skate Park with Urban Street Plaza and Bowl Area (8am - sunset only)
- State-of-the-Art Children's Play Area
- Ample Picnic Facilities
- Softball/Baseball Fields (8am - sunset only)
- Soccer/Multi-Purpose Fields (8am - sunset only)
- ...and plenty of room to run and play!



EVERY PARK HAS A STORY TO TELL.



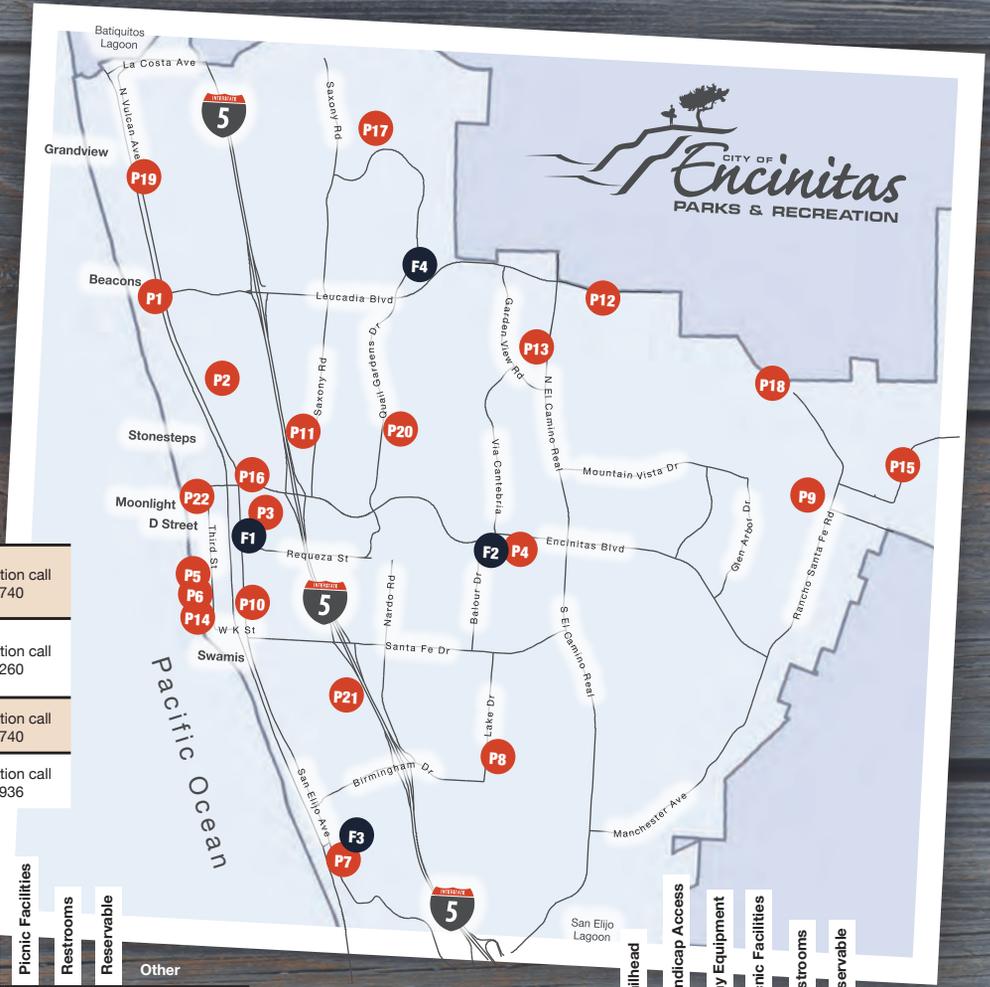
# MY PARX

Search for Parks that Interest You •  
Quality Information You Can Trust • All City of Encinitas  
Parks, Beaches and Major Trail Access Points

DOWNLOAD THE *Free!* APP TO YOUR IPHONE OR ANDROID DEVICE

[WWW.MYPARX.COM](http://WWW.MYPARX.COM)

# CITY OF ENCINITAS PARKS *and* RECREATION FACILITIES



## RECREATION FACILITIES

Site	Name	Location	Info
F1	City of Encinitas Parks & Recreation Dept. Office	505 S Vulcan Ave	For information call (760) 633-2740
F2	Encinitas Community & Senior Center	1140 Oakcrest Park Dr	For information call (760) 943-2260
F3	Scout House Day Camp Bldg.	2149 Orinda in Glen Park	For information call (760) 633-2740
F4	Encinitas Ranch Golf Course	1275 Quail Gardens Drive	For information call (760) 944-1936

## CITY PARKS

Site	Name	Location	Trailhead	Handicap Access	Play Equipment	Picnic Facilities	Restrooms	Reservable	Other
P1	Leucadia Roadside Park	860 North Coast Hwy 101	-	-	-	-	-	-	-
P2	Orpheus Park	482 Orpheus Ave	-	X	X	X	-	-	Off leash hours
P3	Encinitas Viewpoint Park*	Cornish Dr & D St	-	X	X	X	-	X	Off leash hours
P4	Oakcrest Park	1219 Encinitas Blvd	X	X	X	X	X	X	Bocce, Horseshoes
P5	H Street Viewpoint	498 H Street	-	-	-	X	-	-	Ocean View
P6	I Street Viewpoint	498 I Street	-	-	-	X	-	-	Ocean View
P7	Glen Park	2149 Orinda Dr	-	X	X	X	X	-	Basketball, Tennis, V-ball, Horseshoes
P8	Cardiff Sports Park	1661 Lake Dr (8am - 9pm)	X	X	X	X	X	-	Baseball, Soccer
P9	Wiro Park	2232 El Camino Del Norte	X	X	X	X	-	-	-
P10	Mildred MacPherson	1045 South Vulcan Ave	X	X	X	-	-	-	Basketball
P11	Paul Ecker Sports Park	278 Saxony Rd (8am - 11pm)	-	-	-	X	X	-	Baseball, Soccer

Site	Name	Location	Trailhead	Handicap Access	Play Equipment	Picnic Facilities	Restrooms	Reservable	Other
P12	Scott Valley Park	1602 Willowhaven Rd	X	X	X	X	-	-	Basketball, V-ball
P13	Leo Mullen Sports Park	951 Via Cantebría	X	X	X	X	X	-	Baseball, Soccer, Basketball
P14	J Street Viewpoint*	398 J Street	-	X	-	X	-	X	Ocean View
P15	Little Oaks Equestrian Park	2879 Lone Jack Rd	X	X	-	X	-	-	Equestrian Coral
P16	Cottonwood Creek Park	95 N Vulcan Ave	X	X	X	X	X	-	Basketball, Tennis
P17	Hawk View Park	1309 Blue Heron Ave	X	X	X	X	-	-	-
P18	Sun Vista Park	2011 Avenida La Posta	X	X	X	X	-	-	Off-leash hours, East Side
P19	Leucadia Oaks Park	1511 N Vulcan Ave	-	X	X	X	-	-	Skate Feature, V-ball, Basketball
P20	Las Verdes Park	1390 Paseo De Las Verdes	X	X	X	X	X	-	-
P21	Encinitas Community Park	425 Santa Fe Dr	-	X	X	X	X	-	Dog Park, Skate Park, Sports Fields
P22	Moonlight Beach	400 B St	-	X	X	X	X	X	V-ball, Tennis, Dog Park, Skate Park, Sports Fields

\* Available for special ceremonies only.

# ENCINITAS COMMUNITY CENTER

## YOUR PLACE TO LEARN AND GROW!

**GATHERING PLACES** - With spectacular mountain views to the east and sweeping ocean views to the west, the beautiful Encinitas Community Center is the perfect place to meet up with friends. Enjoy new furnishings and free wifi throughout. The Community Center rents rooms for your next gathering.

**PROGRAMS** - "The Center" is jamming with activity. Be sure to come by and take a look at the local artwork on display throughout the Center, there's always something new to see.

**GET ACTIVE** - Have a passion for sports? How about getting in some basketball, volleyball, pickleball, badminton, or take a hike outside and enjoy the natural open space, home to a wide variety of native plants.

There's something for everyone at the City of Encinitas Community Center.

We'll see you soon!

City of Encinitas Community & Senior Center -  
Community Center (760) 943-2260  
Senior Center (760) 943-2250

1140 Oakcrest Park Drive  
Encinitas, CA 92024

Community Center Facility  
Rental Information - (760) 943-2279

## #@thecenter

Be a part of the conversation. Use this hashtag to share pictures, tweets and posts about all of the cool things you do at the Community Center this year. We love to see your pics and to hear your stories.



[www.encinitasca.gov/socialmedia](http://www.encinitasca.gov/socialmedia)

## VISIT YOUR CITY OF ENCINITAS SENIOR CENTER

All Senior Center programs are offered for those 50 years of age and up, unless otherwise noted. Classes are subject to change and may be cancelled if minimum participation is not met. Fee-based classes for the session require payment in full at the time of enrollment. You may register online, by mail, or in person.

### SENIOR CENTER PHONE NUMBERS

Front Counter: (760) 943-2250

Lunch Reservations: (760) 943-2258

Out and About Transportation: (760) 943-2256

### SENIOR CENTER HOURS OF OPERATION:

Monday – Friday, 8:00a.m. – 4:00p.m.

**Closed May 25**

## ARTS AND CRAFTS

### SITTIN' AND KNITTIN'

Olga Keeler

Knitters of all skill levels are invited to bring their yarn/needles and work on projects with others who share their interest. No fee. Ongoing throughout the year.

*4th Tuesday of every month.*

*Location: Arts and Crafts Room 140 at Encinitas Community Center*

*Fee: Free*

*Tue; 10:00a.m. to Noon*

## COMPUTERS

### COMPUTER LAB

The City of Encinitas is proud to offer a computer lab that allows participants an opportunity to use a computer in order to surf the Internet and utilize Windows Office software. In order to have access to the Senior Center Computer Lab, users must register annually at the Senior Center Office and must read, sign and abide by the City of Encinitas Senior Center Computer Lab Rules of Conduct. Monday-Friday, 8:00a.m. to 3:45p.m.

*Location: Computer Lab at Encinitas Senior Center*

*Fee: Free*

*8a.m. to 3:45p.m.*

*Closed Monday, May 25, 2015*

*Course #4347*

## COMPUTER TUTORING

Volunteers will aid you with a working knowledge of computer applications such as computer start up/shut down, email attachments, word processing, spreadsheets and Internet services. Tutors will also teach you how to register for classes online. You can work with Microsoft Word, Excel and Windows programs. This is offered on a first-come, first-served basis. This program is ongoing throughout the year.

*Location: Computer Lab at Encinitas Senior Center*

*Fee: Free*

*Mondays, March 2, 2015 - May 18, 2015*

*9a.m. to 11:00a.m.*

*Tutor: Linda Melikian*

*Tuesdays, March 3, 2015 - May 26, 2015*

*10a.m. to 11:30a.m.*

*Tutor: Judy Gura*

*Wednesdays, March 4, 2015 - May 27, 2015*

*9:30a.m. to 11:30a.m.*

*Tutor: Tony Taussig*

*Thursdays, March 5, 2015 - May 28, 2015*

*9:30a.m. to 11a.m.*

*Tutor: Kris Stewart*

*Thursdays, March 5, 2015 - May 28, 2015*

*1p.m. to 3p.m.*

*Tutor: Tom Tindel*

*Fridays, March 6, 2015 - May 29, 2015*

*1p.m. to 3p.m.*

*Tutor: Jugesh Saxena*

## DANCE AND MOVEMENT

### SOCIAL DANCE

It is time to strike up the band and dance to the classic melodies of yesteryear! Couples and singles are welcome. Singles can look forward to "mixers" and "waterfalls". Light refreshments are provided during intermission. There is a free opportunity drawing at every dance. Admission is \$5, payable at the door.

*Location: Kitchen 144 at Encinitas Community Center*

*3rd Friday of the month*

*2p.m. to 4p.m.*

**Fri, March 20, 2015 - Billy Harper Band**

**Fri, April 17, 2015 - Sundance Band**

**Fri, May 15, 2015 - The Pier Group**

## BALLROOM DANCE

Sandy Schroeder

Come dance with us with or without a partner. Ballroom Dancing is fun and good for your health. It will improve your posture, coordination, balance, timing and concentration. You will learn the basic steps, how to lead and how to follow. This is a beginner/intermediate class.

*Location: Dance/Exercise Room 117 at Encinitas Community Center  
1:30p.m. to 2:30p.m.*

### Tango

*Course #4408; Mon, March 2 - Mon, March 30*

*Fee: Resident: \$26.00, Non-resident: \$29.00*

### Salsa

*Course #4409; Mon, April 13 - Mon, April 27*

*Fee: Resident: \$16.00, Non-resident: \$19.00*

### Jitterbug/Swing

*Course #4410; Mon, May 4 - Mon, May 18*

*Fee: Resident: \$16.00, Non-resident: \$19.00*

## LINE DANCING

Lois Spaulding

Form lines and dance to popular music while doing vines, jazz boxes and shuffles. No partner required. Some basic knowledge of beginning steps required.

*Location: Dance/Exercise Room 117 at Encinitas Community Center*

### Beginning - Level 1, Monday, 9a.m. to 10a.m.

*Course #4421; Mon, March 2 - Mon, March 30*

*Fee: Resident: \$16.00, Non-resident: \$19.00*

*Course #4422; Mon, April 6 - Mon, April 27*

*Fee: Resident: \$13.00, Non-resident: \$16.00*

*Course #4423; Mon, May 4 - Mon, May 18*

*Fee: Resident: \$10.00, Non-resident: \$13.00*

### Beginning - Level 2, Friday, 9a.m. to 10a.m.

*Course #4483; Fri, March 6 - Fri, March 27*

*Fee: Resident: \$13.00, Non-resident: \$16.00*

*Course #4484; Fri, April 3 - Fri, April 24*

*Fee: Resident: \$13.00, Non-resident: \$16.00*

*Course #4485; Fri, May 1 - Fri, May 29*

*Fee: Resident: \$16.00, Non-resident: \$19.00*

### Line Dancing - Intermediate, Friday, 10:15a.m. to 11:15a.m.

*Course #4418; Fri, March 6 - Fri, March 27*

*Fee: Resident: \$13.00, Non-resident: \$16.00*

*Course #4419; Fri, April 3 - Fri, April 24*

*Fee: Resident: \$13.00, Non-resident: \$16.00*

*Course #4420; Fri, May 1 - Fri, May 29*

*Fee: Resident: \$16.00, Non-resident: \$19.00*



## FITNESS

### CHAIR YOGA

Lynda Light

You will practice breathing exercises, meditation, gentle chair yoga poses while sitting on a chair or standing, utilizing the chair for support. Chair yoga improves joint mobility, reduces aches and pains of arthritis, and brightens your day. Bring a yoga mat and small pillow for relaxation or relax while sitting on the chair.

*Location: Dance/Exercise Room 117 at Encinitas Community Center  
10 a.m. to 11 a.m..*

*Course #4465; Wed, March 4 - Wed, March 25*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4466; Wed, April 1 - Wed, April 29*

*Fee: Resident: \$26.00, Non-resident: \$29.00*

*Course #4467; Wed, May 6 - Wed, May 27*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

### EXERCISE WITH CARL

Carl Grubbs

Participate in synchronized fitness, stretching, strengthening, balance and coordination exercises. Exercise to music and build strength using elastic stretch bands. All fitness levels welcome (exercises may be performed while seated).

*Location: Gymnasium at Encinitas Community Center  
10:30a.m. to 11:30a.m.*

*Course #4459; Mon, March 2 - Mon, March 30*

*Fee: Resident: \$16.00, Non-resident: \$19.00*

*Course #4460; Mon, April 6 - Mon, April 27*

*Fee: Resident: \$13.00, Non-resident: \$16.00*

*Course #4461; Mon, May 4 - Mon, May 18*

*Fee: Resident: \$10.00, Non-resident: \$13.00*

## FUN SWAY

Charla Thomas

This class is designed for those who love to “dance to the music.” Low impact movements with original upbeat songs from the 40s, 50s, and 60s for a cardio workout that’s “fun with fitness” for all active adult ages and dance ability.

Location: Dance/Exercise Room 117 at Encinitas Community Center  
10a.m. to 11a.m.

### Tuesday, 9a.m. to 10a.m.

Course #4456; Tue, March 3 - Tue, March 31  
Fee: Resident: \$26.00, Non-resident: \$29.00

Course #4457; Tue, April 7 - Tue, April 28  
Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4458; Tue, May 5 - Tue, May 26  
Fee: Resident: \$21.00, Non-resident: \$24.00

### Thursday, 10a.m. to 11a.m.

Course #4508; Thu, March 5 - Thu, March 26  
Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4509; Thu, April 2 - Thu, April 30  
Fee: Resident: \$26.00, Non-resident: \$29.00

Course #4510; Thu, May 7 - Thu, May 28  
Fee: Resident: \$21.00, Non-resident: \$24.00

## GENTLE YOGA

Julia Tanner

Move with your breath! Customized poses may improve joint mobility, increase muscle tone, improve circulation, increase balance, release tension, and improve the quality of your sleep. Regain bountiful energy and a spring in your step! Appropriate for Beginner-Intermediate levels. Please bring a yoga mat.

Location: Meeting Room 120 at Encinitas Community Center

### Monday, 10a.m. to 11a.m.

Course #4424; Mon, March 2 - Mon, March 30  
Fee: Resident: \$26.00, Non-resident: \$29.00

Course #4425; Mon, April 6 - Mon, April 27  
Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4426; Mon, May 4 - Mon, May 18  
Fee: Resident: \$16.00, Non-resident: \$19.00

### Wednesday, 8:30 a.m. to 9:30 a.m.

Course #4427; Wed, March 4 - Wed, March 25  
Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4428; Wed, April 1 - Wed, April 29  
Fee: Resident: \$26.00, Non-resident: \$29.00

Course #4429; Wed, May 6 - Wed, May 27  
Fee: Resident: \$21.00, Non-resident: \$24.00



## HEALTH BARRE

Lori Massey

Health Barre is an effective total-body conditioning program. Improve your posture, muscle-tone and strength with basic pilates and ballet movements. You will work your entire body using light weights, bands, ballet barre and your own body weight as well as other methods of resistance to promote lean muscle. Please bring a mat, 1 or 2 lb. hand weights, water and a towel.

Location: Dance/Exercise Room 117 at Encinitas Community Center

### Monday, 10:30a.m. to 11:30a.m.

Course #4431; Mon, March 2 - Mon, March 30  
Fee: Resident: \$26.00, Non-resident: \$29.00

Course #4432; Mon, April 6 - Mon, April 27  
Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4433; Mon, May 4 - Mon, May 18  
Fee: Resident: \$16.00, Non-resident: \$19.00

### Thursday, 8:30a.m. to 9:30a.m.

Course #4434; Thu, March 5 - Thu, March 26  
Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4435; Thu, April 2 - Thu, April 30  
Fee: Resident: \$26.00, Non-resident: \$29.00

Course #4436; Thu, May 7 - Thu, May 28  
Fee: Resident: \$21.00, Non-resident: \$24.00

## PICKLEBALL OPEN PLAY

Come practice your skills. Please check the gym calendar at [www.encinitasparksandrec.com](http://www.encinitasparksandrec.com). Please sign the Release of Liability waiver before playing.

Location: Gymnasium at Encinitas Community Center

Mondays, 8:00a.m. to 10a.m.

Wednesdays, 8:30a.m. to 10:30a.m.

Fridays, 1:30p.m. to 3:00p.m.

No play April 6 and 8

Fee: Free

## PILATES MAT CLASS

Sandy Schroeder

Pilates is the perfect method of body conditioning. Pilates exercises focus on conditioning the whole body and strengthening the core and spinal muscles. Build a strong, supple, and toned body. Improve posture and flexibility while reducing stress. Class instruction will be modified to fit your physical abilities. Please wear comfortable clothing.

Location: Dance Room 117 at Encinitas Community Center

### **Monday, 12:15p.m. to 1:15p.m.**

Course #4437; Mon, March 2 - Mon, March 30

Fee: Resident: \$26.00, Non-resident: \$29.00

Course #4438; Mon, April 13 - Mon, April 27

Location: Dance Room 117 at Encinitas Community Center

Fee: Resident: \$16.00, Non-resident: \$19.00

Course #4439 Mon, May 4 - Mon, May 18

Fee: Resident: \$16.00, Non-resident: \$19.00

## QI GONG

Andrew Jones

Qi Gong is an ancient system developed in Asia for overall fitness and health. Participants will engage in simple, fluid motions that include standing, moving and sitting.

Location: Meeting Room 120 at Encinitas Community Center

### **Thursday, 8:30a.m. to 9:30a.m.**

Course #4412; Thu, March 5 - Thu, March 26

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4413; Thu, April 2 - Thu, April 30

Fee: Resident: \$26.00, Non-resident: \$29.00

Course #4414; Thu, May 7 - Thu, May 28

Fee: Resident: \$16.00, Non-resident: \$19.00

### **Monday, 8:30a.m. to 9:30a.m.**

Course #4415; Mon, March 2 - Mon, March 30

Fee: Resident: \$26.00, Non-resident: \$29.00

Course #4416; Mon, April 6 - Mon, April 27

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4417; Mon, May 4 - Mon, May 11

Fee: Resident: \$11.00, Non-resident: \$14.00

## SILVER AGE YOGA

Silver Age Yoga Volunteer

This is a 60-minute free yoga class open to all seniors. Enjoy the benefits of yoga from the comfort of your chair or the floor. All fitness levels can benefit from this class. Registration is required.

Location: Meeting Room 120 at Encinitas Community Center

Fee: Free

2p.m. to 3p.m.

Course #4241; Mon, March 2 - Mon, May 18

## T'AI CHI CHIH

T'ai Chi Chih's easy gentle movements cultivate health, serenity and longevity. It improves balance, reduces stiffness, regulates blood pressure, increases energy, promotes restful sleep, and relieves stress. Learn all 20 movements in the 3-month Beginning class, then refine them for greater benefit in the Intermediate class.

Location: Meeting Room 120 at Encinitas Community Center

### **Beginning (Fridays)**

Instructor: Pam Towne

Noon to 1p.m.

Course #4489; Fri, March 6 - Fri, March 27

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4490; Fri, April 3 - Fri, April 24

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4491; Fri, May 1 - Fri, May 29

Fee: Resident: \$26.00, Non-resident: \$29.00

### **Intermediate (Wednesdays)**

Instructor: Christina Tillotson

10:30a.m. to 11:30a.m.

Course #4468; Wed, March 4 - Wed, March 25

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4469; Wed, April 1 - Wed, April 29

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4470; Wed, May 6 - Wed, May 27

Fee: Resident: \$21.00, Non-resident: \$24.00

### **Intermediate (Fridays)**

Instructor: Pam Towne

10:30a.m. to 11:30a.m.

Course #4486; Fri, March 6 - Fri, March 27

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4487; Fri, April 3 - Fri, April 24

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4488; Fri, May 1 - Fri, May 29

Fee: Resident: \$26.00, Non-resident: \$29.00

## YOGA FOR EVERYBODY

Lynda Light

Re-vitalize your whole being with yoga. This class is designed to help strengthen and enhance flexibility in joints, organs, muscles and bones. Learn the principles of alignment while deepening your ability to enjoy life in each moment. Breath, poses, and balance are an integral part. Create stamina from the inside out and feel the difference. Please bring a yoga mat and a small blanket or towel.

Location: Meeting Room 120 at Encinitas Community Center

8:30a.m. to 9:30a.m.

Course #4477; Fri, March 6 - Fri, March 27

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4478; Fri, April 3 - Fri, April 24

Fee: Resident: \$21.00, Non-resident: \$24.00

Course #4479; Fri, May 1 - Fri, May 29

Fee: Resident: \$26.00, Non-resident: \$29.00

## YOGA FOR MEN

Lynda Light

A yoga class designed just for you MEN! Practice a work-out that builds stamina and flexibility. Learn to focus and enjoy life more.

*Location: Arts and Crafts Room 120 at Encinitas Community Center  
11:30a.m. to 12:30p.m.*

*Course #4443; Wed, March 4 - Wed, March 15*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4444; Wed, April 1 - Wed, April 29*

*Fee: Resident: \$26.00, Non-resident: \$29.00*

*Course #4445; Wed, May 6 - Wed, May 27*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

## YOGA FOR PEACE AND VITALITY

Dannette Rusnak

Access your body's greatest vitality and harmony in this gentle yoga practice. In this class we will emphasize moving, opening, and strengthening the body as we practice synchronizing our movements with our breath. The union of body and breath will connect us to that quiet place within that holds our highest vitality and health. This class is appropriate for all levels of ability and experience. Please bring a yoga mat and blanket or beach towel for extra support.

*Location: Meeting Room 120 at Encinitas Community Center*

### **Tuesday, 8:30a.m. to 9:30a.m.**

*Course #4449; Tue, March 3 - Tue, March 31*

*Fee: Resident: \$26.00, Non-resident: \$29.00*

*Course #4450; Tue, April 7 - Tue, April 28*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4451; Tue, May 5 - Tue, May 26*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

### **Tuesday, 10a.m. to 11a.m.**

*Course #4446; Tue, March 3 - Tue, March 31*

*Fee: Resident: \$26.00, Non-resident: \$29.00*

*Course #4447; Tue, April 7 - Tue, April 28*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4448;; Tue, May 5 - Tue, May 26*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

### **Thursday, 10a.m. to 11a.m.**

*Course #4452; Thu, March 5 - Thu, March 26*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4453; Thu, April 2 - Thu, April 30*

*Fee: Resident: \$26.00, Non-resident: \$29.00*

*Course #4454; Thu, May 7 - Thu, May 28*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

## ZUMBA GOLD

Lori Massey

Have you ever tried Zumba and felt overwhelmed? Try ZUMBA GOLD, especially designed for the active, over 50 crowd. Latin rhythms inspire moves to exercise the heart, brain, and all muscle groups. You'll have fun, dance, and get a cardio workout. Bring water, dress lightly and come party with us!

*Location: Dance/Exercise Room 117 at Encinitas Community Center  
10:30a.m. to 11:30a.m.*

*Course #4462 Tue, March 3 - Tue, March 31*

*Fee: Resident: \$26.00, Non-resident: \$29.00*

*Course #4463; Tue, April 7 - Tue, April 28*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4464; Tue, May 5 - Tue, May 26*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

## GAMES

### DUPLICATE BRIDGE PLAY

Director: Ida Burcham

Improve your skill level, concentration and memory by playing the challenging game of ACBL sanctioned Duplicate Bridge. This is a weekly ongoing program, so you may participate at any time throughout the year. Cost is \$41 for a book of 8 play coupons/play sessions. No expiration date for coupon books. No refunds or exchanges.

*Location: Banquet Hall 142B at Encinitas Community Center*

*Fee: \$41.00*

*Thursdays, 12:30p.m. to 3:30p.m.*

### MAH JONG

We look forward to your participation in this relaxed environment, where all levels of play are welcome.

*Every Thursday*

*Location: Meeting Room 120A at Encinitas Community Center*

*Fee: Free*

*12:30p.m. to 3:30p.m.*

### PARTY BRIDGE

We look forward to your participation in this relaxed environment, where all levels of friendly competition are welcome.

*Every Thursday*

*Location: Meeting Room 120B at Encinitas Community Center*

*Fee: Free*

*12:30p.m. to 3:30p.m.*

## 8 BALL QUARTERLY NO HANDICAP POOL TOURNAMENT

Each quarter, the Encinitas Senior Center hosts an 8 Ball, no-handicap tournament. Pre-tournament practice starts at 10a.m. Tournament winner will have their name added to the winner placard and receive an award from the tournament sponsor. Break and run pins will also be awarded at the tournament.

*Location: Game Room 137SC at Encinitas Senior Center*

*Fee: Free*

*April 16, 2015*

*11a.m. to 4p.m. (pre tournament practice starts at 10a.m.)*

## BALL NO HANDICAP WEEKLY TOURNAMENTS

*Every Thursday from 12 to 3:45p.m. (Except April 16, 2015)*

*Location: Game Room 137 at Encinitas Senior Center*

## 9 BALL WEEKLY HANDICAP POOL TOURNAMENTS

*Every Tuesday from 12 to 3:45p.m.*

## POOL OPEN PLAY

*Mondays; 2p.m. to 4p.m.*

*Tuesdays; 8a.m. to 11a.m.*

*Wednesdays; 8a.m. to 4p.m.*

*Thursdays; 8a.m. to 11a.m.*

*Fridays; 8a.m. to 10a.m. and 12 to 4p.m.*

## MUSIC

### SING FOR JOY

Dawn Burcham

If you love to sing, come join us. Uplifting music, great company and all around fun. No experience necessary.

*Location: Game Room 137SC at Encinitas Senior Center*

*Fridays; 10:30a.m. to 11:30a.m.*

*Course #4480; Fri, March 6 - Fri, March 27*

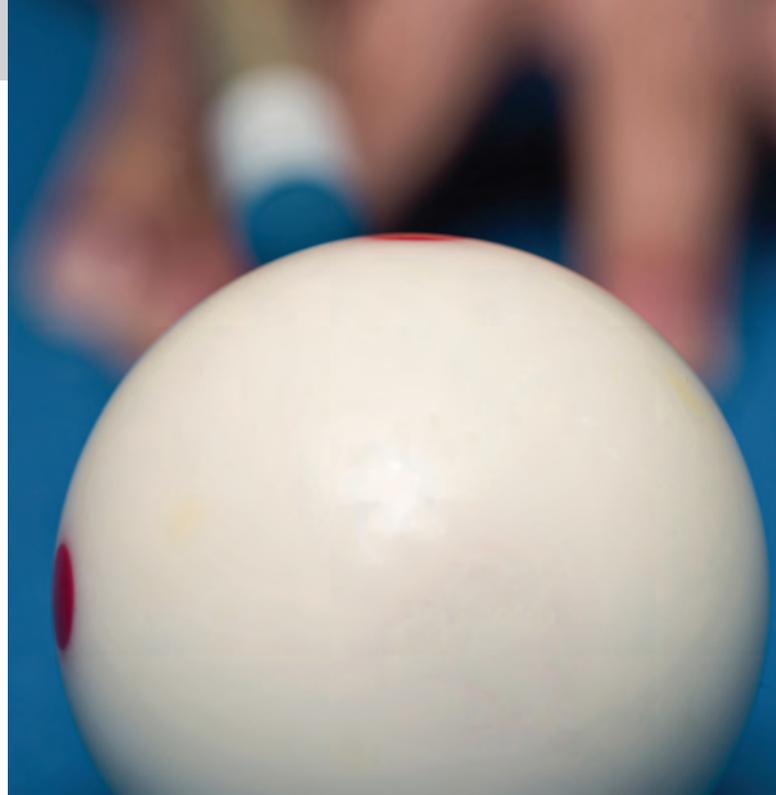
*Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4481; Fri, April 3 - Fri, April 24*

*Fee: Resident: \$16.00, Non-resident: \$19.00*

*Course #4482; Fri, May 1 - Fri, May 29*

*Fee: Resident: \$26.00, Non-resident: \$29.00*



## UKULELE - BEGINNING

Gerry Rahill

This class will introduce you to this easy-to-play little instrument that's having a great resurgence in popularity around the world. Even if you've never played a musical instrument before, you'll be playing a song by the end of the first class. Bring your ukulele and join us!

*Location: Arts and Crafts 140 at Encinitas Senior Center  
1p.m. to 2p.m.*

*Course #4471; Wed, March 4 - Wed, March 25*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4472; Wed, April 1 - Wed, April 29*

*Fee: Resident: \$26.00, Non-resident: \$29.00*

*Course #4473; Wed, May 6 - Wed, May 27*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

## UKULELE - INTERMEDIATE

Gerry Rahill

If you have an ukulele and can play some chords but would like to learn more this class is for you. We'll learn different strums and rhythms, more advanced chords, and how to read tablature. We'll use these to play many popular songs, traditional and contemporary.

*Location: Arts and Crafts 140 at Encinitas Senior Center  
2:30p.m. to 3:30p.m.*

*Course #4474; Wed, March 4 - Wed, March 25*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4475; Wed, April 1 - Wed, April 29*

*Fee: Resident: \$26.00, Non-resident: \$29.00*

*Course #4476; Wed, May 6 - Wed, May 27*

*Fee: Resident: \$21.00, Non-resident: \$24.00*

# NUTRITION

## LITTLE OAKS CAFE

Nutrition Coordinator: Lynda Smith and Carol Hamilton

Come enjoy a delicious meal served in the Banquet Hall. Reservations are required and can be made up until 8:00a.m. of the day you would like to have lunch, by calling (760) 943-2258. Although reservations are required for a guaranteed meal, extras may be available on a first-come-first-served basis for those without a reservation. Check the menus available at the Senior Center for daily meal options. This program is supported by donations, the Older Americans Act with funds awarded to the City of Encinitas by the County of San Diego Aging and Independence Services, and the City of Encinitas. Seniors 60+ suggested donation of \$4. No eligible person shall be denied a meal because of failure or inability to contribute. Under 60 there is a mandatory fee of \$6.

Location: Banquet Hall 142A at Encinitas Community Center

## NUTRITION PROJECT COUNCIL

The most effective way to ensure that the Nutrition Program is addressing the needs of the senior community is to have a participant advisory body, the Nutrition Project Council. It is the purpose of this Council to advise the contractor's Nutrition Coordinator on matters relating to the provision of nutrition. Everyone is welcome to attend.

2nd Friday of every other month

Fri; March 13; 9:30a.m. to 10:30a.m.

Fri; May 8; 9:30a.m. to 10:30a.m.

Location: Banquet Hall 142A at Encinitas Community Center

Fee: Free

# OUTREACH SERVICES

## AARP SMART DRIVER COURSE

This is the Nation's first and largest 8-hour classroom refresher course designed especially for drivers 55+. Insurance companies offer discounts to graduates of the program. Cost is \$15 with an AARP card and \$20 for general public per person. Fee must be paid in class by check made payable to AARP only. Be sure to bring your AARP card to class. Call (760) 943-2250 to reserve a spot.

Location: Arts and Crafts Room 140 at Encinitas Community Center

Fee: \$15 with an AARP card and \$20 for general public per person

Tuesday; March 10 and March 17

Tue; 12:30p.m. to 4:30p.m. May 12 (One day refresher)

**FOLLOW US!**   

Keep up with the latest in city news and happenings by following us on social media, including Facebook, Twitter and Instagram. You can find direct links to all of our feeds by visiting [www.encinitasca.gov/socialmedia](http://www.encinitasca.gov/socialmedia).

## BEREAVEMENT SUPPORT GROUP

Volunteer Facilitator: Jodi Varner

"As they participate, they remember; as they remember, they grieve, as they grieve, they heal." For those looking to find help and healing from the loss of a loved-one, come and participate in this ongoing grief support group, led by Bereavement Counselors from Hospice By the Sea. Each session will provide participants with space to share their stories as well as exercises and instruction related to navigating their grief and loss processes.

1st and 3rd Monday of the month.

Location: Arts and Crafts Room 140 at Encinitas Community Center

Fee: Free

Mon; 2:30p.m. to 3:30p.m.

## BLOOD PRESSURE CLINIC

An EMT from American Medical Response is available to check your blood pressure.

1st Friday and 3rd Thursday of the month

Location: Lunch Room at Encinitas Community Center

Fee: Free

10:30a.m. to 12:30p.m.

## ELDER LAW AND ADVOCACY

Attorney : Karin Schumacher

An attorney can help you with legal services such as wills, family issues, fraud, neglect, power of attorney and other legal issues. Appointments required; call (800) 434-0222.

4th Thursday of every month.

Location: Conference Room A 119 at Encinitas Community Center

Fee: Free

Thu, 10a.m. to 2p.m.

## HEARING SCREENING AND HEARING AID CLEANING

Do you have hearing loss? Make an appointment for a free hearing screening and/or 11-step professional hearing aid cleaning by Carole Van Straten from Seacoast Hearing Care. Call the Encinitas Senior Center front counter at (760) 943-2250 for an appointment.

Last Friday of the month

Location: Outreach Office at Encinitas Senior Center

Fee: Free

Fri; 9:30a.m. to 2:30p.m.

## HICAP COUNSELING

Volunteer: Facilitator: Joanne Fink

HICAP stands for Health Insurance Counseling & Advocacy Program. Ask a counselor about Medicare, supplemental insurance, HMO options and medical bills. By appointment only; call (800) 434-0222. Ages: 60 and up.

First Friday of the month

Location: Conference Room B 116 at Encinitas Community Center

Fee: Free

9:30a.m. to 12:30p.m.

## PROJECT C.A.R.E.

Project C.A.R.E. is a FREE "Safety Net" program of services for Encinitas seniors. If you live alone, this is a great resource. Services include: Vial of Life, Home Safety Check and information and referrals. Call (760) 943-2250 for more information.

*Location: Encinitas Senior Center*

## THE ANGEL'S DEPOT PROGRAM

The Encinitas Senior Center has partnered with Angel's Depot, a nonprofit, charitable agency that packs nonperishable, nutritionally balanced boxes of food for low income senior citizens. The FREE food boxes from Angel's Depot are delivered to the Center monthly and distributed at the Senior Center. The program is for Encinitas residents ages 60+ or 55+ with a disability who meet the income qualifications. Please call (760) 599-7093 for additional eligibility requirements and an application.

*Location: Outreach Office at Encinitas Senior Center*

## AARP TAX ASSISTANCE

AARP will be offering walk-in, first come, first serve assistance.

*Every Thursday until April 9*

*Location: Arts and Crafts Room 140 at Encinitas Community Center*

*Fee: Free*

*8:30a.m. to 12:00p.m.*

## VOLUNTEER OPPORTUNITIES

Volunteers are vital to the Senior Center. Volunteers assist with Senior Dances, the Nutrition Program, Out and About Transportation, Instructional Classes and much more. Please pick up an application from the Senior Center if any of the above opportunities interest you and you have some time to give.

## SPECIAL INTEREST

### 50+ SINGLES CLUB

*Volunteer Facilitator: Lucille Brown*

Get involved and socialize with other seniors in the community. The Senior Singles Club meets the last Wednesday of every month to plan group gatherings to community events, leisure walks, dinner, and much more.

*Last Wed of every month*

*Location: Arts and Crafts Room 140 at Encinitas Community Center*

*Fee: Free*

*Wed, 10:30a.m. to 11:30a.m.*

### BOOK CLUB

*Volunteer Facilitator: Carole Joyce*

The Book Club explores a wide variety of books ranging from fiction to nonfiction. Book selection is determined jointly by the facilitator and the group.

*3rd Wednesday of the month*

*Location: Meeting Room 120 at Encinitas Community Center*

*Fee: Free*

*Wed; 1p.m. to 2:30p.m.*

## CURRENT EVENTS

Discussion of current events presented in a round table format offers individuals the opportunity to share their opinions and learn from each other. If you like to discuss news, topics on C-SPAN, or talk radio, this is for you.

*Every Tuesday*

*Location: Meeting Room 120 at Encinitas Community Center*

*Fee: Free*

*Tue, 1:30p.m. to 3p.m.*

## ITALIAN CONVERSATION

*Volunteer Facilitator: Donald Cifarelli*

Speak, read and write Italian with others who enjoy the language and want to improve their skills. All levels are welcome to attend, although some basic Italian is desired.

*Every Thursday*

*Location: Arts and Crafts Room 140 at Encinitas Community Center*

*Fee: Free*

*Thu, 1p.m. to 3p.m.*

## MOVIE CLASSICS

*Volunteer Facilitator: Tom Tindel*

Are you interested in how literary classics have been portrayed on the big screen? This monthly program will look at how movie versions of famous and popular novels are described, contrasted, and discussed. Movie suggestions are welcomed and encouraged. Please call (760) 943-2250 for each month's movie showing.

*2nd Wednesday of the month*

*Location: Meeting Room 120 at Encinitas Community Center*

*Fee: Free*

*Wed, 1p.m. to 4p.m.*

## SENIOR COMMISSION MEETING

The Senior Commission meets the 3rd Tuesday of every month at 2:00p.m. in Council Chambers at Encinitas City Hall. Please note that they are dark in July, August and December. The public is welcome to attend the meetings.

*3rd Tuesday of the month*

*Location: Encinitas City Hall Council Chambers*

*Fee: Free*

*Tue, 2p.m. to 3p.m.*

## STAMP CLUB

*Volunteer Facilitator: Lucy Skerrett*

The Stamp Club brings together stamp collecting enthusiasts who are looking to share individual and unusual stamp stories, trade stamps, and discuss upcoming meeting topics. If you have stamps or stamp supplies that you no longer need and want to donate them, please contact the volunteer facilitator.

*1st Wednesday of the month*

*Location: Arts and Crafts Room 140 at Encinitas Senior Center*

*Fee: Free*

*Wed, 10:00a.m. to 11:30a.m.*

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“The Writing For Life Workshop provides a platform for individuals to write about their lives, as well as process some of the most compelling aspects of their experiences. Whether it’s an essay, a chapter, or an entire memoir, students give voice to events and meaning that have impacted them most.”

- ROSALIE CUSHMAN,  
INSTRUCTOR & FREELANCE WRITER

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## WRITING FOR LIFE WORKSHOP

Rosalie Cushman

Students will draft essays, chapters or short pieces between class sessions to be copied and read for feedback by participants during each class. The course is designed with flexibility to include the first-time writer and/or those interested in creating a larger body of work or book, such as a collection of essays, memoir or biography. Some one-on-one development can be included at the beginning of the session if a student wishes direction on focus or topics.

*Location: Arts and Crafts Room 140 at Encinitas Senior Center  
1p.m. to 2p.m.*

*Course #4440; Mon, March 2 - Mon, March 30  
Fee: Resident: \$26.00, Non-resident: \$29.00*

*Course #4441; Mon, April 6 - Mon, April 27  
Fee: Resident: \$21.00, Non-resident: \$24.00*

*Course #4442; Mon, May 4 - Mon, May 18  
Fee: Resident: \$16.00, Non-resident: \$19.00*

## TRANSPORTATION

### LIFT

Lift offers curb-to-curb transportation for ADA certified passengers. For an application call (877) 232-7433. To schedule a ride call (760) 726-1111.

### ENCINITAS SENIOR CENTER LUNCH TRANSPORTATION

The Lunch Transportation Program is designed to transport eligible senior citizens to and from the Senior Center for lunches Monday through Friday. If you or someone you know is interested in rides to the lunches, call (760) 943-2257 to request an application. Suggested \$2 donation per round-trip van ride. Suggested \$4 donation per round-trip LIFT ride.

*Van Drivers: Benny Andaya and Leslie Cothran*

### NCTD BREEZE

For public bus service call (760) 966-6500.

### NCTD FLEX 374

On demand, curb to curb service. Your new ride to shopping, community centers, libraries, the beach and more! For reservations call (855) 844-1454.

### OUT AND ABOUT ENCINITAS-GET ON BOARD!

Are you an Encinitas senior citizen resident with no means of transportation? If so, you may be eligible to become a passenger. Volunteer drivers will take you to the grocery store, doctor appointments, pharmacy, Senior Center and many other locations in Encinitas. Call Gail Dupler, Transportation Coordinator at (760) 943-2256 to request an application. There is no charge. At the present time, approved Out and About Passengers are being put on a wait list. When additional drivers become available, passengers will be notified in the order the applications were received.

### OUT AND ABOUT VOLUNTEER DRIVER OPPORTUNITY

The Senior Center is always seeking more volunteer drivers to keep up with the Out and About passenger demand. If you would like to volunteer a few hours a week and receive mileage reimbursement, please notify Gail Dupler, Transportation Coordinator at (760) 943-2256.

### RIDEFACT

This new senior dial a ride service provides general purpose trips for seniors 60+ 7 days a week. For reservations call (888) 924-3228.





# CONCERTS

at the Encinitas Library

## MUSIC BY THE SEA CONCERT SERIES

### FEATURING THE BEVERLY HILLS NATIONAL AUDITION WINNERS

"A much-sought-after opportunity for performers... the talent level is extremely high."

- Los Angeles Times

Talented rising artists from around the world are selected at the Beverly Hills National Auditions and presented monthly in concert in the intimate and acoustically superb Encinitas Library Community Room, with an expansive view of the Pacific Ocean. Concerts also take place in Torrance and Beverly Hills.



### TICKETS & INFO

[www.Encinitasca.gov/Concerts](http://www.Encinitasca.gov/Concerts)

Tickets: \$13

PURCHASE TICKETS ONLINE : [www.encinitas.tix.com](http://www.encinitas.tix.com)  
(Tix.com fee \$1.50 per ticket.)

BY PHONE: (800) 595-4849 (Tix.com fee \$3.50 per ticket.) Visa, Master Card, Discover and American Express charge cards are accepted.

You may also purchase tickets at the door. Tickets will be held at Will Call.

### WEDNESDAYS@NOON, FREE LUNCHTIME CONCERTS AT THE ENCINITAS LIBRARY

Now in its 4th year, the City's weekly series presents outstanding musicians from throughout southern California performing all styles of music. You are invited to bring lunch or purchase from the coffee cart. Seating for 170 only—we hope to see you often! For info on this week's concert, visit: [www.encinitasca.gov/wednoon](http://www.encinitasca.gov/wednoon).

### MÜHLFELD TRIO

Friday, March 20, 7:30pm. Tickets: \$13

**BENJAMIN MITCHELL**, clarinet, **MICHAEL KAUFMAN**, cello, **BRENDAN WHITE**, piano. The Los Angeles-based trio is quickly establishing itself on the forefront of new chamber music ensembles. The Trio takes its name in honor of clarinetist Richard Mühlfeld (1856-1907), whose playing inspired Johannes Brahms. Equally dedicated to commissioning new works as performing the masterworks from the past, Mühlfeld Trio's 2014-2015 season will include premieres by noted composers Magnus Lindberg, Matthias Müller, Chris Rogerson, and Daniel Silliman, among others. [www.benjaminmitchellclarinet.com](http://www.benjaminmitchellclarinet.com).



Mühlfeld Trio

### ALMA QUARTET

Friday, April 17, 7:30pm. Tickets: \$13

**EDUARDO RIOS**, violin, **MADELEINE VAILLANCOURT**, violin, **BENJAMIN MANIS**, cello, **TANNER MENEES**, viola. The Alma Quartet was formed at the Colburn School in the spring of 2013, where it has given numerous performances including the Brahms G Major Sextet with noted past Tokyo Quartet members and current Colburn Conservatory faculty Martin Beaver, viola and Clive Greensmith, cello as part of the Colburn Chamber Music Series. The Amber Quartet has worked intensively at the Colburn School with the famed Quatuor Ebène and in summer 2014 at the Norfolk Chamber Music Festival with members of the Tokyo and Emerson Quartets.



Alma Quartet



Lunchtime Concerts

## HANS KRISTIAN GOLDSTEIN

Friday, May 15, 7:30pm. Tickets: \$13

**HANS KRISTIAN GOLDSTEIN, cello.** First-Prize Winner, 2013 Schmidbauer International Young Artist Competition. Born in Drammen, Norway in 1988, he made his orchestral solo debut with the Milwaukee Symphony Orchestra after winning their concerto competition at age sixteen. He was named "New Artist of the Month" by Musical America, and his solo recital was cited in the ten top by the Baltimore Sun. Hans has performed worldwide including the Weill at Carnegie Hall, Merkin Concert Hall, and Steinway Hall in Manhattan NY. As a soloist with orchestras in the U.S. and Europe, and has been the principal cellist at Peabody and USC. [http://www.classicalconnect.com/Hans\\_Kristian\\_Goldstein/7664](http://www.classicalconnect.com/Hans_Kristian_Goldstein/7664).



Hans Kristian Goldstein

## THE WHYMAN PROJECT

Friday, June 19, 7:30pm. Tickets: \$13

**Genre-Bending Chamber Music.** The Whyman Project is a unique collaboration of four string players and a rhythm section. Each accomplished in their own right, these musicians are based in Los Angeles and came together to play original music and arrangements by Ryan Whyman. Crossing genres between classical, jazz, pop, rock, and film music, Ryan brings his own unique twist to everything, redefining and expanding the piano quintet and jazz genres. [www.thewhymanproject.com](http://www.thewhymanproject.com).



The Whyman Project

## BALLET FOLKLORICO DE SAN DIEGUITO - NEW!

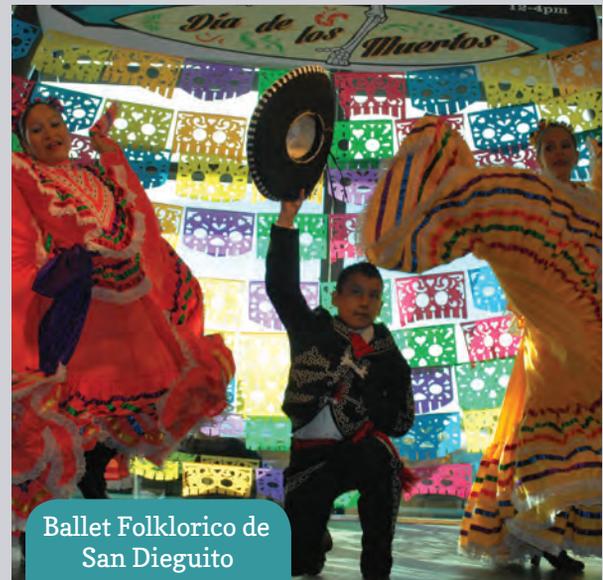
The Arts Division, in partnership with Encinitas Friends of the Arts, has started a new dance instruction program for children and youth, led by Nadia Arambula. The program will teach the traditional dances of Mexico and offer performance opportunities in the community. And, it is great exercise and fun! Classes are held on Saturdays in the Dance Studio at the Encinitas Community Center, 1140 Oakcrest Park Drive, Encinitas, CA 92024. Cost: \$5 per class, scholarships are available. All dancewear and outfits are provided.



**Class 1: Saturdays, 1:00-2:30pm, for children ages 7-11.**

**Class 2: Saturdays, 2:30-4:00pm, for youth ages 12-16.**

To enroll, contact Nadia Arambula at (619) 446-7283, or [narambula@baysidecc.org](mailto:narambula@baysidecc.org)



Ballet Folklórico de San Dieguito

**For more info, contact the City of Encinitas Arts Administrator Jim Gilliam at (760) 633-2746 OR [jgilliam@EncinitasCA.gov](mailto:jgilliam@EncinitasCA.gov).**



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# WE LIKE TO BE FOLLOWED!



Keep up with the latest in city news and happenings by following us on social media, including Facebook, Twitter and Instagram. You can find direct links to all of our feeds by visiting [WWW.ENCINITASCA.GOV/SOCIALMEDIA](http://WWW.ENCINITASCA.GOV/SOCIALMEDIA).

