

ACTIVE ADULTS ENRICHMENT SEMINARS

MAGDALENA ECKE FAMILY YMCA
FALL 2009 TO WINTER 2010

The following unique & fascinating programs are offered onsite, just for your special interests.

Unless otherwise noted, these details apply to the following:

12:30-1:30 pm

Conference Room C

Free, no registration required

ATTENTION MYSTERY LOVERS

Please join our Mystery Book Club to discuss mysteries and thrillers from the classics to the latest Edgar winners. Club meets monthly for a lively discussion and the pleasure of meeting people with a common interest in reading great mysteries.

First Tuesday of each month

12:30-2:00 pm

Conference Room D

Note: Must call ext. 1436 to register.

NEW! GAME DAY

Are you interested in playing Scrabble, Chinese Checkers, Othello, Monopoly? Let's have a game day! Please call ext. 1429 or 1436 to have your name added to an "interest list."

KNITTING CLUB

Liz Knapp teaches cast on, bind off, knit stitch, purl stitch, increasing, decreasing, assembly, yarn labels and pattern reading. Group meets twice a month as determined by the participants. Call ext. 1429 or 1436 to join us.

FREE HEARING TESTS

Max Hargis, of The Maxwell Group's Hearing Services, will give you a free evaluation. Registration required.

Tuesday, September 8

9:30 am-1:00 pm

Sign-up sheet by Studio 1 or call ext. 1436

Conference Room C

"LEARN THE TOOLS TO HAVING A POSITIVE MINDSET"

Learn how to change your thoughts so you attract more of what you want into your life. Presented by Joyce Hyam, MPA, Certified Law Of Attraction Trainer.

Wednesday, September 9



ACTIVE ADULTS PATRIOT'S DAY HOEDOWN

Barbecue buffet, square dancing, line dancing, souvenir photos, chili cook-off, caricature artist and more. Wear your country western apparel.

Friday, September 11

4:30-7:00 pm

FEE: \$15

Pre-registration required in person at the YMCA or call (760) 635-3050!

YMCA Corral

"CARE OF THE HEART WORKSHOP"

Learn about the underlying fitness causes of heart disease and how to address these issues from a naturopathic, nutritional and non-invasive approach. Dr. Anna Walden; N.D., Functional Nutritionist, Carolyn Schropp, BS, CNC and Dennis Maness, PhD, MS Neuro-Biology and Neuroscience.

Wednesday, September 16

Studio 3

ARE YOU A SUGAR ADDICT?

Presented by Dr. Natasha Wolf, N.D., Vitalia Naturopathic. Did you know that the average American consumes 20+ teaspoons of sugar per day? Excessive sugar intake can negatively affect your health in many ways. Come learn about ways to eliminate your sugar cravings and improve your health.

Wednesday, September 23

STOCK MARKET

Chet Atlas, Certified Financial Planner, will demystify the stock market.

Wednesday, September 30

For more information, contact

Toni Friedman,

Active Adults Director, at (760) 942-9622, ext. 1436 or June Green at ext. 1429.

MAGDALENA ECKE FAMILY YMCA
IT'S FOR EVERYBODY
We build strong kids, strong families, strong communities.



MEMBERSHIP APPRECIATION DAY

Sponsored by our Ambassador volunteer organization, come by and enjoy complimentary healthy snacks. Learn about volunteering at your YMCA.

October TBD

8:30 am-11:00 am

Lobby 1

"MANAGING YOUR NEEDS WHILE ASSISTING SOMEONE YOU CARE FOR"

Presenter Kurt Buske, Associate Director of Education for Southern Caregiver Resource Center, will address needs of caregivers, such as coping with anger and guilt, family relationships and communication. Learn how to take care of and replenish yourself during the process of caregiving.

Monday, October 5

MOVIE DAY, "FISH CALLED WANDA"

Enjoy this very funny movie, popcorn and a raffle. Plot synopsis: Archie Leach is a repressed English barrister whose life is thrown into upheaval when he meets Wanda, a sexy American thief who needs his help in order for her band of thieves to pull off the heist of the century. Absolute hilarity ensues. Pick up a flyer at the YMCA. **Must register at ext. 1436 or 1429.**

Wednesday, October 14

12:30-2:30 pm

Free

Studio 3

"GOOD HEALTH FOR YOUR DOG AND CAT FROM THE INSIDE OUT: SUPPLEMENTS AND NUTRITION FOR YOUR PET"

Come find out what supplements your pet needs for good health and energy. Presentation by Dr. Drake and Dr. Moore from The Drake Center for Veterinary Care.

Thursday, October 15

Subject to change.

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INSIDE THE WORLD OF ERNEST AND JULIO GALLO

As **V.P. of Advertising and Marketing of the E&J Gallo Winery**, **Wally Bregman** worked with the Gallo brothers on a daily basis and has intimate knowledge of the family's inner workings. Hear this warm and humorous view inside the world of America's most successful and reclusive wine makers.

Tuesday, October 27

"SECOND TIME AROUND" USED BOOK SALE

Sponsored by our Active Adults Council, come by and peruse the gently used books. Purchases benefit YMCA programs.

November TBD

Lobby 2

"IS LIFE INSURANCE A SCAM, ESPECIALLY IN THIS ECONOMY?"

The insurance industry is getting more than its share of news coverage these days and none of it is positive. **Insurance expert, Allan Galgut**, gives an honest and timely assessment of the industry and answers your questions.

Wednesday, November 4

"WHEN AN ITCH ISN'T JUST AN ITCH. DOES YOUR DOG OR CAT KEEP YOU UP AT NIGHT LICKING AND SCRATCHING?"

Join us as two local veterinarians discuss causes and treatments for skin conditions. Bring your questions and concerns to **Dr. Drake and Dr. Boehme from The Drake Center for Veterinary Care**.

Thursday, November 12

"AT OUR AGE - STAY FIRE SMART!"

A video, "**At Our Age**," with **Tom Bosley**, covers seniors preventing fires and falls. This will tie in with Fire Prevention Week 2009. Presented by **Anita Puppig, Sr. Deputy Fire Marshal**, Encinitas Fire Department.

Thursday, November 19

ACTIVE ADULTS HOLIDAY POTLUCK

Come join us for this festive and entertaining annual event. Everyone brings a potluck dish to share!

Tuesday, December 15

12:00-2:00 pm

Mega Studio

Sign up sheet by Studio 1 in November

"HEALTHY LIVING TO 100"

John Condon, M.D., explains proper methods of combining appropriate food groups to help attain maximum longevity.

Tuesday, January 12

GOING HEALTHY AND GREEN WITH YOUR DIET

Presented by **HealthWalk's Dr. Anna Walden, N.D., Carolyn Shropp, and Dennis Maness, PhD, MS Neuro-Biology and Neuroscience**. Learn how and why eating more plant-based foods is good for your health and will also reduce your carbon footprint.

Tuesday, January 19

"LEARN ABOUT OPTIONS DURING DIFFICULT HEALTH CHALLENGES"

This presentation is about the quality of our life—and the people we care about. **San Diego Hospice** will discuss promoting quality of life at every stage of life.

Monday, January 25

HEALTHY HORMONES

Balancing hormones for longevity, health, and symptom relief is one of the most important things you can do for your health. **Dr. Rabia Barkins, D.C.**, specializes in women's healthcare and will share self-help tips and the keys to hormone balance.

Friday, January 29

FALL INJURY PREVENTION WORKSHOP: "TIPS, TACTICS AND TECHNIQUES FOR REDUCING FALL RELATED INJURIES"

Presented by **Joanne Price, committee member and past chair for the AIS Fall Prevention Task Force**. Includes information for participants to take home on all the topics, including a medication management, home safety checklist, balance and exercise information and valuable community resources.

Tuesday, February 2

ANATOMY OF A HEADACHE

The anatomy of a headache and how to resolve it. Presented by **Solana Beach Chiropractic**.

Tuesday, February 9

"REBUILDING YOUR PORTFOLIO"

Timothy Schneider, Morgan Stanley Global Wealth Management Group, covers financial planning strategies for rebuilding your portfolio.

Wednesday, February 17



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<http://ecke.ymca.org>

Subject to change.

"LIVING A BRAIN HEALTHY LIFESTYLE"

Laura Printy, of the Alzheimer's Association, leads an informative and engaging workshop. Many foods have been linked to maintaining and sustaining a healthy brain. This class will help participants identify and prepare brain healthy foods. Participants will identify why certain foods are more "brain healthy" than others.

Monday, February 22

Studio 3

"THE GOOD NEWS ABOUT CANCER"

YMCA member, Michael Wohlfeld, states that this will be entertaining and informative. Find out what cancer is and isn't and the best way to stay Cancer FREE for life!

Monday, March 8

"SOMETHING GREEN" SALE

Celebrate **St. Patrick's Day** with green snacks, sponsored by the Active Adults' Council.

Wednesday, March 17

8:00 am-12:00 pm

Main Lobby

"MIDLIFE BULGE"

Do you gain weight around the abdomen and other body parts for no apparent reason? Do you feel like you are shape shifting and it's out of control? **Dr. Rabia Barkins, DC**, will share the secrets of changing your metabolism and taking back control of your shape and your health with holistic health methods.

Friday, March 19

"FUR SHUI: FIND OUT WHAT YOUR PETS ARE "TALKING" ABOUT!"

An Introduction to "**Animal Feng Shui**," **Paula Brown** will be talking about how your pet is "talking" or expressing its unconditional love 24 / 7 to you...get an introduction to animal communications as well as **basic Feng Shui (now known as "Fur Shui")** from an animal's point of view. Talk and demonstration, so [bring a photo of your fur friend to the event!](#)

Friday, March 26

"WORKING WITH THE STARS"

A hilarious series of incidents starring Peter Ustinov, Wally Cox, Raquel Welch, Alice Faye and others, as recounted by **Wally Bregman**.

Friday, April 1

For more information, contact
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