

# LA JOLLA COMMUNITY CENTER

## July 2025 Newsletter

Our mission is to promote lifelong learning, wellness and friendship.

6811 La Jolla Blvd. La Jolla, CA 92037 | (858) 459-0831 | [www.ljcommunitycenter.org](http://www.ljcommunitycenter.org) | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)

### Fourth Friday Jazz Series

#### Brian Levy: John Coltrane Tribute

Experience the power, spirituality, and innovation of John Coltrane's music in this electrifying tribute led by acclaimed saxophonist Dr. Brian Levy, Assistant Professor and Director of Jazz Studies at San Diego State University. Making his series debut, Dr. Levy brings deep scholarship and passionate performance to the stage, joined by the dynamic rhythm section of bassist Lucca Alemanno and drummer Tyler Kreutel.

**Friday, July 25. 8-9:15pm. Doors 7pm. Concert 8-9:15pm.**  
**No intermission. Complimentary valet parking. Pre-purchase: \$25/M, \$30/NM. Door \$35/person. Refreshments for sale.**

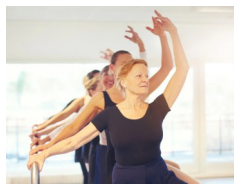


### NEW CLASS: Stretch Ballet

Gracefully lengthen and strengthen your body in this gentle ballet-inspired class. Designed for all levels, Camille guides you through flowing movements that enhance flexibility, posture, and poise. No prior ballet experience required—just a willingness to move and stretch with elegance.

**Class taught by Camille de Baranoff.**

**Thursdays, 1:30-2:30pm. Free/M, \$10/NM.**



### NEW CLASS: Tai Chi

Tai chi is a low-impact, noncompetitive martial art that involves a series of slow, flowing, and gentle movements, often described as "meditation in motion". Practicing tai chi can improve balance, flexibility, muscle strength, reduce stress and depression, lower blood pressure, and boost your immune system. In this class, you will practice some qi gong exercises and learn the first third of the tai chi form in the yang style. All levels are welcome.

**Thursdays, starting August 14. 11:45am-12:45pm.**

**Free/M, \$10/NM.**



### Movie Night: Nonnas (2025)

Join us for a feel-good screening of a heart-warming new film starring Vince Vaughn alongside an all-star cast including Susan Sarandon, Lorraine Bracco, and Joe Manganiello. Inspired by a true story, *Nonnas* follows a man who opens an Italian restaurant staffed by grandmothers—"nonnas"—to honor his late mother. At 94 minutes, this touching and humorous film is a celebration of food, family, and the power of tradition.

**Wednesday, July 23. 4pm. Free/M. \$10/NM.**



### Opera Wednesdays

#### Every Second Wednesday of the month

Listen to Southern California's Top Opera Singers! Artists consist of Metropolitan Opera Competition Winners, SD Opera and guest artists. **Wednesday, July 9. 7-8:30pm. \$10-20 suggested donation. 100% of donations go directly to artists.**



### Concerts in the Courtyard

#### Every first and third Friday of the month!

Featuring local artists from genres including jazz, opera, classical, world music and more. Doors open at 11:45am. Earlier entry and seating is not available.



#### NO CONCERT FRIDAY, JULY 4.

**Friday, July 18. 12-1pm. Nightshade Navarro: Tribute to the Roaring 20s.**

**Please note, entrance to Concerts in the Courtyard is FREE, but donations are welcome and greatly appreciated. [More info online.](#)**



### Red, White & Brew – Summer Happy Hour

Although the Fourth has passed, we're still in a patriotic mood—come keep the celebration going at Red, White & Brew! Join us for a spirited summer Happy Hour featuring light bites, festive drinks, and good company. We'll have games, raffle prizes, and an optional red-white-and-blue attire theme—because why not?

**Thursday, July 17. 3-5pm. Free/M, \$25/NM.**



### Sip & Sparkle: DIY Necklace Night

Unleash your inner artist in this fun, hands-on class where you'll learn to design and create your very own custom necklace. Led by local artist Beverly Brock, this laid-back evening is perfect for beginners and creatives alike. All materials are included—just bring your imagination! Wine available for purchase to sip while you string. Come for the sparkle, stay for the good vibes.

**Monday, July 28. 6-7:30pm. \$35/M, \$45/NM.**



### Diamond Painting

Create a shimmering masterpiece with this fun craft! **Tuesday, July 29. 2-3pm. Free/M. \$10/NM.**



**WE ARE CLOSED ON JULY 4 IN OBSERVANCE OF INDEPENDENCE DAY.**

**Reservations are required for new classes & events. All programs are subject to change or cancellation based on attendance.**

## Sound Bath Healing

This sound healing bath session incorporates body scan meditation, intention setting, and the use of vibrations such as crystal bowls, chimes, Native American Pueblo drum and Shamanic Amazon flute and Shiwido to create the perfect environment to relax your mind and body. Benefits include restful sleep and mindfulness awakening. Taught by Sofia Puerta Webber Wellness Consultant & Founder Shiwido™



**Wednesday, July 23. 2:15-3:15pm. \$15/M, \$20/NM.**

**Advanced Registration Required.**

## Brain Health Lecture - ONLINE COURSE

Discover science-backed strategies to protect your brain, enhance memory, and reduce dementia risk in this engaging online course. Based on cutting-edge research and over a century of Alzheimer's studies, the course offers ten concise, practical lectures that explore how daily habits—like nutrition, exercise, sleep, stress management, and more—can preserve and even improve cognitive health.



**ONLINE COURSE AVAILABLE NOW. 10-part series. \$62/M, \$80/NM. Link for course will be emailed after purchase.**

## American Mahjong for Beginners: 6-Week Course

Learn the basics and fundamental rules of Mahjong. Classes will include handouts and time for gameplay.

**Thursdays, July 24-August 28. 10am-12:30pm. \$165/M, \$190/NM. SOLD OUT.**

Please note: A 2025 Mahjong card is required (not included) and can be ordered online from the National Mahjong League. The large card is recommended and costs \$15.



## iPhone/iPad for Beginners, Part 1

### 6-Week Beginner Course

Join the online world using your iPad & iPhone. Technology can bring many potential advantages to seniors such as enhancing communication, bonding with family and friends, and reducing loneliness. Learn the basic functions, applications, & other fun features.



**REQUIRED: Apple ID and password.** Instructor: Hollie Berry

**Wednesdays, July 2, 9, 16. 12-1pm. (Course began June 11)**

**Free/M, \$100/NM. Drop-In: \$20/NM per class.**

## Support Our Summer Fundraiser!

### Why Your Help Matters

For over 15 years, the La Jolla Community Center has been dedicated to providing programs and services for adults and seniors that promote lifelong learning, wellness and friendship - and we have seen firsthand the profound impact of our work.

**Your Support Makes A Difference! Donate Today!**  
**[www.ljcommunitycenter.org/donate](http://www.ljcommunitycenter.org/donate) · (858) 459-0831**

A tradition of excellence from local artists since 1918

LA JOLLA  
art  
ASSOCIATION

The La Jolla Art Association  
exhibits their work at the  
La Jolla Community Center

## LJAA Exhibition

Visit the new exhibition from July 14 - September 30\* Art featured will include watercolor, photography, oils, digital art and acrylics. **\*To view the art during the week, please call in advance as some galleries may not be available.**

**More info: [www.lajollaartassociation.org](http://www.lajollaartassociation.org)**

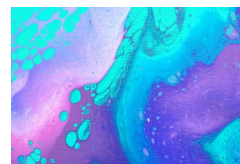
## Painting from the Model, Uninstructed

Test your figure drawing or painting skills in this uninstructed painting session. Models vary and will be costumed or nude.

**Participants split the model fee. All levels welcome. Fridays, 10am-1pm. Secure your spot: Email [dottieartist@gmail.com](mailto:dottieartist@gmail.com). Free/M, \$5/NM.**

## Acrylic Pour Workshop with Beverly Brock

Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok. **Friday, July 25. 2-3pm. \$20/M, \$30/NM. Create a second canvas for \$15. \*painting pick up is available during the week.**



## Cooking Demo with Chef Nikki

### Stir Fry

Join us for a sizzling cooking demonstration and learn to master the art of stir fry! Learn how to create vibrant, healthy, and flavor-packed dishes using fresh ingredients, simple techniques, and a hot wok. Chef Nikki will guide you step-by-step through the process, from chopping vegetables to balancing sauces, while sharing tips to help you bring Asian-inspired flavors into your own kitchen.

**Tuesday, July 22. 2-4pm. \$35/M, \$48/NM.**



## Mexican Train Dominoes

Join us for a fun-filled afternoon! No experience necessary—just bring your enthusiasm and enjoy friendly competition, great company, and plenty of laughs. Come play, learn, and have a great time!

**Wednesday, July 16. 2-3pm. Free, open to all.**



## Afternoon Bingo

Enjoy great company, lighthearted competition, and plenty of laughs—no cash prizes, just good times. **Monday, July 21. 2:30-3:30pm. Free, open to all.**



## SAVE THE DATE: AUGUST 29 | 2 Poets Laureate

Spend an inspiring evening immersed in poetry with 2 Poets Laureate, featuring Paola Capó-García, current San Diego Poet Laureate, and Mary Ann McFadden, Poet Laureate of Ventura County. These celebrated poets will share selections of their work and reflect on the role of poetry in shaping community, identity, and cultural memory.

Enjoy a rare opportunity to hear from two powerful voices in California's literary landscape, followed by a Q&A and book signing.

**Friday, August 29. 6:00pm.**



# MEMBERSHIP & DONATION INFORMATION

## Become A Member!

Individual Membership: \$120 | Couple Membership: \$200

**Please consider making a contribution today and make a lasting investment in our future!**

- Your gift will help us carry out our mission for many years ahead
- Enjoy significant tax savings while providing for a cause that's meaningful to you

**The La Jolla Community Center is a 501(c)(3) Tax ID 20-8682354**

**For more information, please contact Nancy Walters, Executive Director, (858) 459-0831**

## ONGOING PROGRAMS

**Register now! Limited seating and registration required. To register:**  
**[www.ljcommunitycenter.org](http://www.ljcommunitycenter.org) | (858) 459-0831 | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)**

### Zumba Gold & Tone with Ruth Karhu

Focuses on Latin rhythms and easy-to-follow moves. Benefits include toning, enhanced bone density, strength & flexibility, boosted metabolism & improved cognitive functions.

**Zumba Gold: Tuesdays, 10-11am. Free/M, \$10/NM.**

**Zumba Gold & Tone: Fridays, 9-9:50am. Free/M, \$10/NM.**

### Gentle Hatha Yoga with Hollie Berry

A very gentle style of hatha yoga designed to meet the specific health concerns and challenges seniors face including balance, posture, breathing and stretching.

**Thursdays, 10:30-11:30am. \$5/M, \$10/NM.**

### Deep Yoga Flow with Anne Marie Welsh

Connects breath to movement, so the physical practice of yoga (asana) becomes a meditation in motion that fosters flexibility, strength, focus and clarity.

**Mondays & Wednesdays, 11am-12:15pm. \$5/M, \$10/NM.**

### Kundalini Yoga with Guru Amrit

Balances the body, mind, emotions and uplifts the spirit. Its practice produces a deep healing process and a relaxed experience of consciousness. Class focuses on breathing and meditation and involves stretching and cardiovascular exercises. **Fridays, 10-11am. Free/M, \$10/NM.**

### Strength & Balance Class with Taylor Newcomb

**Sponsored by Reneu Health**

Age is no barrier to exercise. At any age, you can see improvement in your strength, balance, stamina, flexibility and more importantly the mental health benefits of exercise should never be underestimated.

**Wednesdays, 1-2pm. Free/M, \$10/NM.**

### Chair Yoga & Meditation with Victor Nguyen

This gentle form of yoga is practiced sitting on a chair and is especially suitable for people with balance or coordination issues and disabilities. Increase flexibility, lung capacity, circulation and strength, improve balance, and relieves stress. Class incorporates breathing exercises, stretching, yoga postures, and final relaxation along with Meditation techniques.

**Tuesdays, 11:30am-12:30pm. Free/M, \$10/NM.**

### Qi Gong Style Tai Chi with Sherlie Miller VIRTUAL

Gentle exercise benefits any age person coping with arthritis in joints by using easy movement to lubricate joints, and lowering high blood pressure by natural calming and relaxation. **Thursdays, 10:30-11:15am. Free/All.**

### French Conversation Led by Mark Van Roode

Whether you're a native Francophone or not, conversation groups are a fantastic way to keep up your speaking and listening skills – plus you will make de bons amis.

**Tuesdays, 10:30am. Free/M, \$5/NM.**

### Café Español Led by Olga Fabrick

Improve, learn and develop your Spanish conversation skills. Class lead by Olga Fabrick, native speaker and trained in Second Language Acquisition Methodology. Intermediate to Advanced Conversation levels. Currently reading **SOLITO by Javier Zamora. Mondays, 2:30pm. Free/M, \$5/NM.**

### Social Mahjong

Join a game of Mahjong! Players must know the basic rules, be able to identify tiles and have a 2023 Mahjong card. Player level is mixed. There is no instruction given during the group play. If you have a set, please bring it.

**Tuesdays, 11am- 2pm. Free/M, \$5/NM.**

### Movie Club

Enjoy fun and classic films. Check online for films being shown. **Every Tuesday. 1pm. Free/M, \$5/NM.**

### Spanish Beginner 3 with Olga Fabrick

This class focuses on intermediate conversational Spanish. If your goal is to communicate in Spanish using authentic structures and a broad vocabulary, this is for you! Book used for class: *The Ultimate Spanish 101: Complete First-Year Course*. **Wednesdays, 10-11:30am. \$17.50/M, \$20/NM/class.**

### Spanish Beginner 1 with Olga Fabrick

This course teaches basic vocabulary, conjugations and conversation skills. Key topics, including common verbs, present tense conjugations, negation, questions, greetings and much more. Book used for class: *The Ultimate Spanish 101: Complete First-Year Course*.

**NEW SESSION BEGINS JULY 7.**

**Mondays, 1-2:30pm. \$17.50/M, \$22/NM/class.**

**To support our programs,  
please consider making  
a tax-deductible contribution!  
[www.ljcommunitycenter.org/donate](http://www.ljcommunitycenter.org/donate)**

Mon	Tue	Wed	Thu	Fri
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español	10am Zumba Gold 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation 1pm Movie Club	10am Spanish Beginners 3 11am Deep Yoga Flow 1pm Strength & Balance	10:30am Gentle Hatha Yoga 10:30am Tai Chi: Virtual 1:30pm NEW CLASS! Ballet Stretch	9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model
Jun-30	1	2	3	4
	11:30am Beginning Bridge Review  2pm Intermediate Bridge Review	12pm iPhone/iPad for Beginners	10am American Mahjong for Beginners	CENTER CLOSED INDEPENDENCE DAY
7	8	9	10	11
1pm NEW SESSION! Spanish 1	11:30am Beginning Bridge Review  2pm Intermediate Bridge	12pm iPhone/iPad for Beginners  7pm Opera Wednesdays		12pm Kiwanis Meeting
14	15	16	17	18
	11:30am Beginning Bridge Review  2pm Intermediate Bridge	12pm iPhone/iPad for Beginners  2pm Mexican Train Dominoes	3pm Red, White & Brew – Summer Happy Hour	12pm Concerts in the Courtyard Featuring Nightshade Navarro and The Cloudmakers
21	22	23	24	25
2:30pm Afternoon Bingo	2pm Cooking Demo with Chef Nikki: Stir Fry	2:15pm Sound Bath Healing  4pm Movie Night: Nonnas	10am American Mahjong for Beginners	12pm Kiwanis Meeting  2pm Acrylic Pour Workshop  8pm Fourth Friday Jazz Series Featuring Brian Levy
28	29	30	31	Aug-1
6pm Sip & Sparkle: DIY Necklace Night	2pm Diamond Painting		10am American Mahjong for Beginners	12pm Concerts in the Courtyard Featuring Robin Henkel

**Interested in a program? Please Register (858) 459-0831**

Registration is required. Classes may be canceled if there is not a minimum number of participants registered for a program.

*\*Please see class descriptions for canceled classes*

Like us on Facebook! [www.facebook.com/ljcommunitycenter](http://www.facebook.com/ljcommunitycenter)



and review us on Yelp!



**Not a Member? Join today!**

Individuals \$120/year Dual/Couples \$200/year

Hours of Operation: Monday-Friday: 9am-5pm  
(858) 459-0831