

# LA JOLLA COMMUNITY CENTER

## August 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

#### Rose Mallett: Standards Exuding Peace & Joy

Acclaimed jazz vocalist Rose Mallett returns, bringing her signature warmth and elegance to timeless jazz standards. A seasoned performer with roots at Motown and stages from Las Vegas to Palm Springs, Rose's rich vocals and soulful presence promise an evening of music that truly exudes peace and joy. Acc Melonie Grinnell, piano, Rob Thorsen, bass, and Richard Sellers, drums.



**Friday, August 22. 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.**

### 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. 6:30-8pm. Free/M. \$25/NM. Register by 8/21. Doors 6pm. Reception following event.**

### 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: Singin' in the Rain (1952)

Step into Hollywood's golden age with one of the most beloved musicals of all time. This Technicolor classic stars Gene Kelly, Debbie Reynolds, and Donald O'Connor in a joyful, toe-tapping romp through the transition from silent films to "talkies." With iconic dance numbers—including the unforgettable rain-soaked title scene—and a witty, feel-good storyline, this film has charmed generations. Runtime: 103 minutes.



**Wednesday, August 27. 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, August 13. 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.

**Friday, August 1. 12-1pm. Robin Henkel & Al Schneider: Robin Henkel Blues**

**Friday, August 15. 12-1pm. Rob Thorsen & Holly Hofmann: Flutes & Bass**

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



### Ice Cream Social & Bingo

Cool down this summer with a sweet afternoon of ice cream and classic bingo fun! Build your own sundae at our ice cream bar, then settle in for a few lively rounds of bingo with prizes. Bring a friend and join us for a delightful mix of treats, laughs, and friendly competition!



**Tuesday, August 19. 1-3pm. Free/M, \$10/NM.**

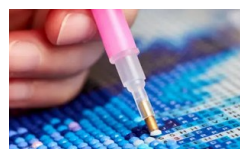
### 24 Corde Ensemble – West Coast Tour 2025

Prepare to be captivated as the internationally acclaimed 24 Corde Ensemble, a trailblazing classical guitar quartet from Italy, brings their unforgettable sound to San Diego for one night only! Founded in 2006, this all-European ensemble—Valentina Fortunati, Luca Guidi, Carmen Martinez, and Mikhail Pazi—features virtuoso musicians trained in Europe's most prestigious music institutions. With deep classical roots and genre-crossing flair, their performances blend elegance, fire, and innovation. **Tuesday, August 19. 7:30-9pm. Tickets available at Eventbrite.**



### Diamond Painting

Create a shimmering masterpiece with this fun craft! **Monday, August 18. 2-3pm. Free/M. \$10/NM.**



Reservations are required for new classes & events. All programs are subject to change or cancelation 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, August 27. 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, September 18-October 23. 10am-12:30pm. \$165/M, \$190/NM.**

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 Assistance: Open Forum

Bring your iPhone or iPad questions to this supportive, open forum. We'll cover as many general questions as possible in a group setting. Topics often include: adjusting settings, managing calls and contacts, silent mode and volume, texting basics, voicemail, and accessibility tips.



This is not a one-on-one tech support session. Each participant may ask one general question to start, and we'll group similar questions for discussion. Time permitting, we'll return for follow-ups. Instructor: Hollie Berry.

**REQUIRED: Apple ID and password.**

**Wednesdays, August 13 and 27. 12-1pm. Free/M, \$20/NM per class.**

## 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, August 25. 6-7:30pm. \$35/M, \$45/NM.**

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, August 22. 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

### Korean BBQ

Join us for a sizzling Korean BBQ cooking demonstration! Learn how to prepare classic dishes like bulgogi, flavorful marinades, and savory sides in this fun and interactive class. Enjoy the bold flavors of Korean cuisine and take home new skills to spice up your cooking routine. BYOB—feel free to bring your favorite drink to enjoy with the meal. **Tuesday, August 26. 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. Please note, this program is uninstructed.

**Wednesday, August 20. 2-3pm. Free, open to all.**



## 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.**



## Planned Giving

Please consider the La Jolla Community Center when planning your estate! Your legacy gift will help ensure that future generations continue to benefit from lifelong learning, wellness, and community connection.

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



# 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 Brock Fisher**

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*.

**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<br>1pm Spanish Beginners 1<br>2:30pm Café Español | 10am Zumba Gold<br>10:30am French Conversation<br>11am Social Mahjong<br>11:30am Chair Yoga & Meditation<br>1pm Movie Club | 10am Spanish Beginners 3<br>11am Deep Yoga Flow<br>1pm Strength & Balance  | 10:30am Gentle Hatha Yoga<br>10:30am Tai Chi: Virtual<br>1:30pm NEW CLASS! Ballet Stretch | 9am Zumba Gold & Tone<br>10am Kundalini Yoga<br>10am Painting from the Model   |
| Jul-28  | Jul-29   | Jul-30   | Jul-31  | 1  |
| 6pm Sip & Sparkle: DIY<br>Necklace Night                              | 2pm Diamond Painting   |  | 10am American Mahjong for Beginners   | 12pm Concerts in the Courtyard<br>Featuring Robin Henkel   |
| 4   | 5  | 6  | 7   | 8  |
|   |  |  | 10am American Mahjong for Beginners   | 12pm Kiwanis Meeting   |
| 11  | 12   | 13   | 14  | 15   |
|   |  | 12pm iPhone/iPad Assistance:<br>Open Forum<br><br>7pm Opera Wednesdays   | 10am American Mahjong for Beginners<br><br>11:45am NEW CLASS! Tai Chi                     | 12pm Concerts in the Courtyard<br>Featuring Rob Thorsen and Holly<br>Hofmann   |
| 18  | 19   | 20   | 21  | 22   |
| 2pm Diamond Painting  | 1pm Ice Cream Social & Bingo<br><br>7:30pm 24 Corde Ensemble   | 2pm Mexican Train Dominoes   | 10am American Mahjong for Beginners<br><br>11:45am NEW CLASS! Tai Chi                     | 12pm Kiwanis Meeting<br><br>2pm Acrylic Pour Workshop<br><br>8pm Fourth Friday Jazz Series<br>Featuring Rose Mallett |
| 25  | 26   | 27   | 28  | 29   |
| 6pm Sip & Sparkle: DIY<br>Necklace Night                              | 2pm Cooking Demo with Chef Nikki:<br>Korean BBQ  | 12pm iPhone/iPad Assistance:<br>Open Forum<br><br>2:15pm Sound Bath Healing<br><br>4pm Movie Night: Singin' in the<br>Rain | 10am American Mahjong for Beginners<br><br>11:45am NEW CLASS! Tai Chi                     | 6pm Two Poets Laureate   |

**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