

# December 2022 NEWSLETTER

## LA JOLLA COMMUNITY CENTER

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)

*Happy Holidays from the La Jolla Community Center!*

**Our priority is your safety and that of staff and guests.  
If you have Flu or COVID-19 symptoms, please stay home.**

### Holiday Celebration

Celebrate the Holidays with us! Get in the spirit and join us for a fun evening of shopping, live music, dinner and drinks. Come early to visit with friends and shop for gifts for the Holidays from fantastic vendors (including handcrafted goods), bid on our silent auction and participate in raffles.



#### Event Program

5:00-8:00pm Silent Auction  
5-8pm Vendor Holiday Shopping  
5:30-7:30pm Live Entertainment with Gizeh  
5:30-7:30pm Dinner by Taquizas Guadarrama  
6:00pm & 7:00pm Raffles  
Complimentary Valet Parking

**Friday, December 9. 5-8pm.**

**Free/Sustaining Members\*, \$10/M, \$25/NM.**

**Reservations required by December 7.**

**\*Sustaining Membership level begins at \$250 annually.**

### Music Appreciation

#### Expressions of Christmas, Hanukkah & Winter Wonder

This hour will feature Christmas music from the Ancient, Medieval and Renaissance Music Eras. Historical context will enrich these wonderful selections. This program will also feature music, poetry and wisdom from the Hanukkah tradition and its celebration of light. And we'll conclude with surprise musical treats!



**Tuesday, December 6. 1-2pm. Free/All.**

### Opera Wednesdays

#### Every Second Wednesday of the Month!

Listen to Southern California's Top Opera Singers! Artists consist of past and present Metropolitan Opera Competition Winners, active SD Opera performers and guest artists who have sung all over the world.



**Wednesday, December 14, 7:00-8:30pm.**

**\$10-20 suggested donation. 100% of donations go directly to artists. Snacks and refreshments available for purchase.**

### City Ballet presents The Nutcracker Full Length Ballet Classic

**A message from Glen Rasmussen, LJCC Board Chairman...**



**Why You Should Join Us For This Season's "The Nutcracker"**

When did you last attend a professional ballet company production of the Nutcracker?

City Ballet's annual production of The Nutcracker is the best San Diego has to offer. City Ballet of San Diego commits to the same high standards for performances, artistic achievement and ballet education as other renowned ballet companies throughout the world; they are also the major presenter of George Balanchine ballet in Southern California with 19 of his ballets in repertoire. Seats offered are premium in this premiere facility, which you should experience!

The La Jolla Community Center is offering this performance experience at our cost for our members. 20 of us will go, dress up warmly and have a thrilling traditional Holiday Performance Event together!! Please come and we hope to see you there!

**Thursday, December 22. 7:30pm.  
\$75/M, \$100/NM.**

#### Event Details

- Cost includes Premium Seating Tickets (normally \$95) PLUS Round trip Transportation.
- Production runs 120 minutes.
- Cookies and Eggnog served at LJCC at 6pm.
- Bus Shuttle Departs from LJCC at 6:15pm, Returns 10:15pm.
- Venue: California Center for the Arts, Escondido.
- Registration deadline is December 11.

### Spanish 2

If your goal is to communicate in Spanish using authentic structures and a broad vocabulary, this is the program for you! Book used for class: *The Ultimate Spanish 101: Complete First-Year Course.*

**Wednesdays, 10-11:30am.**

**Drop-Ins \$17.50/M, \$20/NM per class.**



**Reservations required. All programs are subject to change or cancelation based on attendance.**

# American Mahjong Beginners

## 6 Week Course

Learn the basics and fundamental rules of Mahjong. Classes include instruction, handouts and gameplay. Mahjong is a way to have fun with new friends that combine luck, skill, and strategy. It originated in China and was brought to the United States in the 1930's. Studies have shown that mahjong is a great game for keeping the mind sharp and it is recommended as a means of keeping your brain in good health.



**Thursday, January 5, 12, 19, 26, 29. February 2, 9.**

**10:00am-12:30pm. \$165/M, \$190/NM. Includes the 2023 Mahjong Card (\$15 value). Minimum 4 students.**

A tradition of excellence from local artists since 1918



The La Jolla Community Center is home of the La Jolla Art Association

## LJAA Art Demonstrations

### Every Fourth Thursday of the Month

The La Jolla Art Association membership includes local artists representing a variety of media from oil to watercolor, acrylic, digital, and more. Learn more about the artists through monthly art demonstrations.



**No Demo in December.**

**January Artist: Valerie Saiag**

**Thursday, January 26. 4:00-6:00pm. Free/All.**

## LJAA Exhibition & Reception

The La Jolla Art Association presents a new exhibition from December 5 - January 27. The media featured will include watercolor, photography, oils, digital art and acrylics.

**Reception: Thursday, December 15. 4-6pm.**

**To view the art, please call in advance as some galleries may not be available.**

## Watercolor with Wine Tuesdays

### 3 Week Course

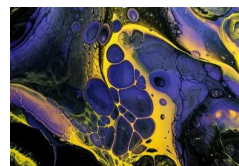
Practicing art is just like learning a new language: you must practice every day. Art is a journey, not a destination! Come to experiment, explore, challenge yourself! Play, learn, gain understanding and confidence as you play & paint. All levels welcome. Instructor: Minnie Valero.



**December 6, 13, 20. 3:00-6:00pm. \$79/M, \$99/NM. Material List available on the website.**

## Acrylic Pour Workshop

Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok. There are endless creative possibilities thanks to different ways to combine acrylic paints.



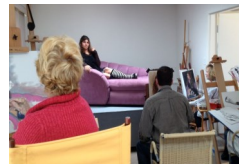
**Monday, December 19. 6:00-7:30pm. \$20/M, \$30/NM.**

**Friday, December 16. 2:00-3:30pm. \$20/M, \$30/NM.**

**Beverages available for sale. Materials included. \*painting will be wet after class. Pick up is available during the week.**

## 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. No matter what your level of experience, you're welcome to join and experience the thrill of painting directly from a live person posing for you.



**Fridays, 10:00am-1:00pm. RESERVATIONS REQUIRED to secure your spot: Dottie Stanley at [dottieartist@gmail.com](mailto:dottieartist@gmail.com) Free/M, \$5/NM. Participants split the model fee.**

## Please Consider An End of Year Gift

Dear Members and Patrons,

As 2022 comes to an end, I want to take a moment to thank you for your support, which enabled us to have a successful year. Returning from a pandemic made this a momentous year for the La Jolla Community Center, and none of it would be possible without the generosity of patrons like you! **Each year our end of year fundraising efforts generate critical funding needed to ensure that we will kick off 2023 with the strongest possible impact, and we need your support.**

**Did you know that less than 3% of charitable giving nationwide is directed toward programs for senior citizens or Senior Centers?** How can this be when the senior demographic is the fastest growing in the nation? By 2030, our region will be home to almost one million people over the age of 60. The dramatic increase of older adults in San Diego County is happening now, and we must take action to provide the resources and support they need. **This is why supporting your local Senior Center is so important.**

Your donation made by December 31 will help the La Jolla Community Center continue to provide a place in the community where adults and seniors can continue to connect, engage, and learn through our offerings. Many of our events and classes are offered free or at a nominal price, including *How to Use Your iPhone/iPad*, *Chair Yoga & Meditation*, *Language & Conversation Classes*, *Zumba*, *Kundalini Yoga*, *Lecture Series*, *Art Demos & Receptions*, *fabulous Concerts* and so much more. **Offering affordable programs allows all adults and seniors to be able to participate, no matter their financial situation.**

**Your 100% tax-deductible year-end contribution** helps us continue to expand our programming and ensure the La Jolla Community Center remains an essential part of your life and of the community.

**Please consider making a gift today.** Donations can be made in person, at [ljcommunitycenter.org/donate](http://ljcommunitycenter.org/donate), or by contacting us at (858) 459-0831. No gift is too small, and every gift is appreciated.

Happy Holidays,

**Nancy Walters**  
**Executive Director**



## SAVE THE DATE

### Better Bridge by Farr Spring 10 Week Courses

**Beginning:** Mondays, Feb 13-Apr 17. 10:30am-12:30pm.

**Intermediate:** Mondays, Feb 13-Apr 17. 2:00-4:00pm.

**Advanced:** Tuesdays, Feb 14-Apr 18. 2:00-4:00pm.

**\$225/M, \$250/NM, per course, per person.**

# 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 | (858) 459-0831 | info@ljcommunitycenter.org**

### Zumba with Ruth Karhu

Focuses on Latin rhythms and very easy-to-follow moves. The benefits are that it tones, enhances bone density, strength and flexibility, boosts metabolism and improves cognitive functions.

**Tuesdays, 10-11am & Fridays, 9-9:50am, Free/M, \$10/NM.**

### Gentle Yoga w/ Bob Spindler. No Class 12/22, 29, 1/5.

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

### Deep Yoga Flow w/ Anne Marie Welsh No Class 12/26.

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.**

### Qi Gong Style Tai Chi 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.**

### Strength & Balance Class

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.

**Thursdays, 12:30-1:30pm. Free/M, \$10/NM.**

### Chair Yoga & Meditation

This gentle form of yoga is practiced sitting on a chair and is especially suitable for all ages, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves 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.**

### iPhone/iPad Assistance/Open Forum

Bring your questions and inquiries to this weekly open forum where your Instructor will get to as many general questions in 1 hour.

Level covered: Basics and General Settings.

*One-on-One lessons available by appointment for personalized questions.*

**REQUIRED: Apple ID and password.**

**Every Wednesday in December. Free/M, \$10/NM.**

### French Conversation

Whether you're a native Francophone or a proficient French speaker, 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 No Class 12/26.

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 "El Amante Japonés" by Isabel Allende.

**Mondays, 2:30pm. Free/M, \$5/NM.**

### LJCC Book Club

This book club is designed for people to be able to get together once a month to discuss good books. The goal of the book club is to have FUN, expand our horizons, and exchange ideas with other interesting people! With the LJCC Book Club, you can treat yourself and make sure that you are reading at least 1 good book a month. **December Book: "Captain Corelli's Mandolin" by Louis de Bernieres.**

**Wednesday, December 21, 1:30-3pm. Free/All.**

### Social Bridge Groups

Do you enjoy Bridge? Have a group that wants to play at the LJCC? Reserve a room during the week.


**Various days & times available. 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 2022 Mahjong card. Player level is mixed. There is no instruction given during the group play. If you have a set, please bring it.

**Tuesdays, 11:00 - 3:00PM. Free/M, \$5/NM.**



Mon	Tue	Wed	Thu	Fri
<b>EVERY MONDAY</b> 9am Body-Mind Movement and Dance: Virtual 11am Deep Yoga Flow 2:30pm Café Español	<b>EVERY TUESDAY</b> 10am Zumba 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	<b>EVERY WEDNESDAY</b> 11am Deep Yoga Flow	<b>EVERY THURSDAY</b> 10am Gentle Yoga 10:30am Tai Chi: Virtual 12:30pm Strength & Balance	<b>EVERY FRIDAY</b> 9am Zumba 10am Kundalini Yoga 10am Paint the Model
			1pm Canasta 101 Wk 7 <b>5:30pm Kiwanis Meeting</b>	<b>2</b>
<b>5</b>	<b>6</b> <b>1pm Music Appreciation: Expressions of Christmas, Hanukkah &amp; Winter Wonder</b>  3pm Watercolor with Wine Tuesdays Wk 1	<b>7</b> 10am Spanish Beginners 2 12:30pm iPad/iPhone Open Forum	<b>8</b> 1pm Canasta 101 Wk 8	<b>9</b> <b>12pm Kiwanis Lunch Meeting</b>  <b>5pm Holiday Celebration</b> 
<b>12</b>	<b>13</b>  3pm Watercolor with Wine Tuesdays Wk 2	<b>14</b> 10am Spanish Beginners 2 12:30pm iPad/iPhone Open Forum  <b>7pm Opera Wednesdays</b>	<b>15</b>  <b>4pm La Jolla Art Association Artist Reception</b>	<b>16</b>  <b>2pm Acrylic Pour Class</b>
<b>19</b>  <b>6pm Acrylic Pour Class</b>	<b>20</b>  3pm Watercolor with Wine Tuesdays Wk 3	<b>21</b> 10am Spanish Beginners 2 12:30pm iPad/iPhone Open Forum  <b>1:30pm LJCC Book Club "Captain Corelli's Mandolin" by Louis de Bernieres.</b>	<b>22</b>  <b>6pm Day Trip: City Ballet presents The Nutcracker</b>	<b>23</b>  <b>12pm Kiwanis Lunch Meeting</b>
<b>26</b>  <b>Christmas Holiday Observed Center Closed</b>	<b>27</b>	<b>28</b> 10am Spanish Beginners 2 12:30pm iPad/iPhone Open Forum	<b>29</b>	<b>30</b>  <b>12pm Kiwanis Lunch Meeting</b>

**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