

# LA JOLLA COMMUNITY CENTER

## April 2026 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)

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

### Fourth Friday Jazz Series

**Joshua White, Luke Little, Tyler Kreutel  
Duke Ellington & Billy Strayhorn**

Joshua White returns to the series with his trio, and a dynamism rare in the modern jazz scene. Not just a pianist – he's a sonic explorer, a musical alchemist. Hailed as a "musical prodigy" by Herbie Hancock himself, White is proving himself more than just a virtuoso; he's pushing the boundaries of improvisation, blurring the lines between tradition and innovation.

Expect a high-octane jazz odyssey blending the rich tapestry of classic jazz with White's insightful, contemporary approach.

**Friday, April 24. 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.**



### Peer Learning Collaborative

**The Past, Present, and Future of Balboa Park**

**Thursday, April 9: The Foundation & History of Balboa Park.** Join historian Nancy Carol Carter for a back-in-time look at the early days that shaped the foundation of SD's crown jewel.

**Thursday, April 16: Balboa Park Today.** Jackie Higgins, Vice President of Planning at Forever Balboa Park, brings us into the present day, sharing what it really takes to operate, maintain, and care for the Park.

**Thursday, April 23: The Vision & What's Ahead.** Looking forward, Katy McDonald - President and CEO of Forever Balboa Park, will reveal what's on the horizon.

**Thursdays, April 9, 16, 23. 3-4 pm. Free/M, \$20/NM for the full series. Registration required.**



### Lunch&Learn: Assessing Your Options for Senior Care

Join us for an informative and approachable presentation designed to help take the mystery out of navigating senior care options. Led by Gus Fernandez, PharmD, this non-promotional talk will provide a clear overview of available choices and considerations, offering guidance for individuals and families exploring next steps. **Wednesday, April 22. Enjoy a light lunch from 12:00-12:30 PM, followed by the presentation from 12:30-1:30 PM. Free and open to all.**



### Mastering Your Digital World

Build confidence using your smartphone and staying safe online.

**Digital Safety & Scam Prevention:** Learn how to identify phishing emails, spot common online scams, and keep your personal information secure. **April 15, 3-4pm. Free/M, \$15/NM.**



### Opera Wednesdays

#### 12 Year Anniversary Concert

#### 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, April 8. 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, April 3. 12-1pm. Chiara Capobianco: Viaggio in Italia**

**Friday, April 17. 12-1pm. Robin Henkel & Al Schneider: Blues**

**Please note, entrance to Concerts in the Courtyard is FREE, but donations are welcome and greatly appreciated.**

**More info online.**



### Better Bridge by Farr: 8-Week Course

#### Courses Taught by Scott Farr

##### Beginning

Tuesdays, April 14, 21, 28, May 5, 12, 19, 26, June 2. 11:30am-1:30pm. \$225/M, \$250/NM.

##### Intermediate

Tuesdays, April 14, 21, 28, May 5, 12, 19, 26, June 2. 2-4pm. \$225/M, \$250/NM.



### Local Day Trips

#### Carlsbad Flower Fields

Experience the beauty of spring at the Carlsbad Flower Fields, where vibrant rows of blooming ranunculus stretch across the hills in a spectacular display of color. Enjoy a relaxing, self-guided visit as you stroll the pathways, take photos, and soak in the fresh air and coastal scenery at your own pace. Admission and transportation are included.

**Thursday, April 16. 10am-2pm. Check-in at 9:45am. \$30/M, \$45/NM. Reservations required by April 13.**



## 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.

**Wednesday, April 22. 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.**



## Craft Days: Beaded Bracelets & Keychains

Design your own beaded bracelet or keychain using a colorful assortment of beads and simple materials. All materials are provided. **Monday, April 13. 2-3pm. Free/M, \$10/NM. RSVP by April 9.**



## American Mahjong for Beginners: 6-Week Course

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

**Thursdays, April 9, 16, 23, 30, May 7, 14. 10am-12:30pm & 1:30-4pm.**

**\$165/M, \$190/NM. JOIN THE WAITLIST. (858) 459-0831.**

Please note: A 2026 Mahjong card is required (not included) and can be ordered online from the National Mahjong League. The large card is recommended and costs \$15.



## 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, April 15. 2-3pm. Free, open to all.**



## Movie Nights

### Enchanted April (1991, 95 mins)

Escape to the Italian countryside with this charming and uplifting springtime film that follows four women who leave behind their routines in England for a month-long retreat at a sun-drenched villa. **Monday, April 20. 4pm**



### Finding Your Feet (2017, 111 mins)

Enjoy a charming British comedy about friendship, resilience, and second chances. When a woman is forced to start over later in life, she discovers an unexpected new community through a lively dance class. **Monday, April 6. 4pm.**

**Light Refreshments served. Free/M. \$10/NM per film.**

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 April 5 - June 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, April 24. 2-3pm. \$20/M, \$30/NM. Create a second canvas for \$15.**

**\*painting pick up is available during the week.**



## Craft Days: Diamond Painting Coasters

Diamond painting is a fun and easy craft where tiny, colorful "gems" are placed onto a design to create a sparkling, mosaic-style pattern. In this session, you'll decorate your own set of coasters—perfect for your home or as a thoughtful handmade gift. All materials are provided.

**Wednesday, April 29. 2-3pm. Free/M, \$10/NM. Reservations required by April 24.**



## Cooking Demo with Chef Nikki

### Dumplings

Learn how to prepare flavorful fillings, fold dumplings with ease, and pick up tips for cooking them to perfection. This relaxed and informative class includes samples to enjoy along the way. Come hungry and ready to learn .BYOB—feel free to bring your favorite drink to enjoy with the meal.

**Tuesday, April 21. 2-4pm. \$35/M, \$48/NM.**



## Spring Social & Sip

Celebrate the arrival of spring with a cheerful afternoon of light refreshments, music, and conversation. Enjoy sparkling spritzers, sweet treats, and a relaxed social atmosphere as we welcome the new season together.

**Wednesday, April 1. 3-5pm. Free/M, \$15/NM.**



## Ice Cream Social

Celebrate the sweet side of spring! Join us for a relaxed and cheerful afternoon featuring a variety of ice cream flavors and toppings—build your own sundae just the way you like it. It's the perfect opportunity to cool off, connect with friends, and enjoy a little nostalgic fun.

**Monday, April 27. 1-2:30pm. Free/M, \$5/NM.**



# 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 Kia Garcia

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.**

### Social Mahjong

Join a game of Mahjong! Players must know the basic rules, be able to identify tiles and have a 2025 Mahjong card. Player level is mixed. There is no instruction given during the group play. If you have a set, please bring it.

**Tuesdays, 10am- 1pm. Free/M, \$5/NM.**

### 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.**

### 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.**

### Tai Chi with Victor Nguyen

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.

**Thursdays, 11:45am-12:45pm. Free/M, \$10/NM.**

### Movie Club

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

**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
<b>EVERY MONDAY</b> 11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español	<b>EVERY TUESDAY</b> 10am Zumba Gold 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation 1pm Movie Club	<b>EVERY WEDNESDAY</b> 10am Spanish Beginners 3 11am Deep Yoga Flow 1pm Strength & Balance	<b>EVERY THURSDAY</b> 10:30am Gentle Hatha Yoga 11:45am Tai Chi	<b>EVERY FRIDAY</b> 9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model
		1 3pm Spring Social & Sip	2	3 12pm Concerts in the Courtyard featuring Chiara Capobianco
6 4pm Movie Night: Finding Your Feet	7	8 7pm Opera Wednesdays	9 10am American Mahjong for Beginners 1:30pm American Mahjong for Beginners 3pm Peer Learning Collaborative: Balboa Park: Past, Present, Future	10 12pm Kiwanis Meeting
13 2pm Craft Day: Bracelet or Keychain making	14 11:30am Bridge: Beginner 2pm Bridge: Intermediate	15 2pm Mexican Train Dominoes 3pm Digital Safety & Scam Prevention	16 10am Day Trip: Carlsbad Flower Fields 10am American Mahjong for Beginners 1:30pm American Mahjong for Beginners 3pm Peer Learning Collaborative: Balboa Park: Past, Present, Future	17 12pm Concerts in the Courtyard featuring Robin Henkel
20 4pm Movie Night: Enchanted April	21 11:30am Bridge: Beginner 2pm Bridge: Intermediate 2pm Cooking Demo with Chef Nikki: Dumplings	22 12pm Lunch & Learn: Assessing Your Options for Senior Care 2:15pm Sound Bath Healing	23 10am American Mahjong for Beginners 1:30pm American Mahjong for Beginners 3pm Peer Learning Collaborative: Balboa Park: Past, Present, Future	24 12pm Kiwanis Meeting 2pm Acrylic Pour Workshop 8pm Fourth Friday Jazz Series featuring Joshua White
27 1pm Ice Cream Social	28 11:30am Bridge: Beginner 2pm Bridge: Intermediate	29 2pm Craft Day: Diamond Painting: Coasters	30 10am American Mahjong for Beginners 1:30pm American Mahjong for Beginners	May-1 12pm Concerts in the Courtyard featuring Vanessa Falabella

**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*

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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