

LA JOLLA COMMUNITY CENTER

August 2022 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 | info@ljcommunitycenter.org

REQUIREMENTS FOR IN-PERSON ATTENDANCE

- **Advance registration for ALL classes and events (no walk-ins)**
- **Proof of complete COVID-19 vaccination**
- **Masks must be worn at all times when entering and exiting the Center and in common areas**

Fourth Friday Jazz Series IN-PERSON

Rhythm In A Riff: The Music of Billy Eckstine Christopher Hollyday Trio

A dynamic, bop-informed alto saxophonist, Christopher Hollyday plays with a warm, bright tone and frenetic style in the tradition of artists like Charlie Parker, Jackie McLean, and Phil Woods. Hollyday initially gained fame in his teens as one of the rising "Young Lions" of the late '80s, earning accolades for his early albums like 1989's *Christopher Hollyday*, 1990's *On Course*, and 1992's *And I'll Sing Once More* before pulling back from the spotlight. Following an extended period working as a music educator, he returned to regular performing with 2018's *Telepathy*. Hollyday is joined by Rob Thorsen on bass and Melonie Grinnell on piano.

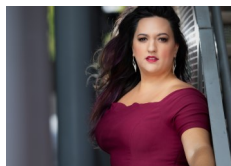


Friday, August 26. Reception 7:00pm, Concert 8:00-9:15pm.
Pre-purchase: \$22/M, \$25/NM. Door \$30/person.
Light refreshments served. Complimentary valet parking.

Opera Wednesdays IN-PERSON

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 San Diego Opera performers and guest artists who have sung all over the world.



Wednesday, August 10. 7:00-8:30pm. \$10-20 suggested donation. 100% of donations go directly to artists.
Snacks and refreshments available for purchase.

Doowop Concert with the Skylarks IN-PERSON

Skylarks take you back to the early days of Rock & Roll with their original arrangements of Girl Group and Doo Wop hits of the 50s, 60s and beyond. A 'mostly a cappella' quartet of women, Skylarks took their name from the Buick Skylark, a classic American car of the era. Remember the Everly Brothers, Little Eva, Elvis Presley, The Chiffons, the Supremes & the Marvelettes? Well, put on your saddle shoes & step back in time to the days of early Rock & Roll.



Friday, August 19. Doors Open at 6:00pm.
Music 6:30-7:30pm. \$15/M, \$20/NM.
Snacks and refreshments available for purchase.

Classic Film Series IN-PERSON

Hosted by Leonard Maltin In Association with the Cinema Society of San Diego

Join Iconic Film Critic and Historian Leonard Maltin as he introduces and discusses classic films this Summer! Film introduction by Leonard (via Zoom) begins at 7pm. Q&A follows the film.



Double Indemnity

August 4, 2022, 7:00pm. Film runs 107 minutes.

Rear Window

August 11, 2022, 7:00pm. Film runs 112 minutes.

Thursdays, August 4 & 11. Start time 7:00pm.

Doors open 6:30pm. \$30/Film/Per Person

Snacks and refreshments available for purchase.

***Please note, Leonard Maltin will be joining us via Zoom**

American Mahjong Beginners IN-PERSON

Learn the basics and fundamental rules of Mahjong. Classes include instruction, handouts and gameplay. The 2022 Mahjong Card (required) may be purchased online from the National Mahjong League.



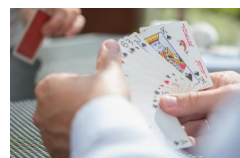
Thursday, September 8 - October 13.

6 Week Course. 10:00am-12:30pm.

\$165/M, \$190/NM.

Better Bridge by Farr 10 Week Courses IN-PERSON

COMPLETE COVID Vaccination required to attend. For questions about the class content, please email: spoggi@san.rr.com



Beginning: Rules of Bridge, Scoring, Basic Hand, Evaluation, Basic Bidding Guidelines, Basic Playing Guidelines

Mondays, Sep 12-Nov 14. 10:30am-12:30pm.

Intermediate: No Trump Opening Bids, Stayman & Transfer Bids, Weak 2 Opening Bids, Preemptive Bids, 2 Clubs Opening Bids, Slam Bidding Convention

Mondays, Sep 12-Nov 14. 2:00-4:00pm.

Advanced: Review of Intermediate, Hand Reevaluation, Competitive Bidding, Overcalls & Doubles, Intervening Bids

Tuesdays, Sep 13-Nov 15. 2:00-4:00pm.

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

NEW CLASSES & SPECIAL EVENTS

PLEASE SEE REQUIREMENTS FOR IN-PERSON ATTENDANCE ON PAGE 1

Investment Club VIRTUAL

Every THIRD Thursday of the month

Gain insight and discuss all things financial. Topics covered vary monthly and will include stock statistics; the importance of working with fiduciaries versus commissioned brokers; bond overview; diversification and minimizing market risk; and more.

Led by John Weinstein, certified financial planner.

Thursday, August 18. 2:00-3:00pm. Free/All.



iPhone/iPad for Beginners, Part 1 IN-PERSON

6 Week Course

You are never too old to learn something new! 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.

This class is designed for beginners.

Wednesday, August 3, 10, 17, 24, 31. 12:30-1:30pm.

Drop-ins welcome! Free/M, \$20/NM.

***1-on-1 sessions available by appointment.**



Distinguished Speaker Series VIRTUAL

Prevention Is Better Than the Cure

Dr. Abisola Olulade

Tune in to a comprehensive presentation about preventing chronic illness. included is information about general health screenings – when to get these screenings and what screenings to get. Some questions answered will include: How often should you see your doctor? How can you prevent the most common deadly conditions including stroke heart attack and cancer? Can you prevent dementia and what are the warning signs you should know about? Plus so much more.

Tuesday, September 20. 4:00-5:00pm - Virtual Presentation.



Planned Giving

Please consider the La Jolla Community Center when planning your estate!

If you haven't thought about the LJCC for a planned gift that can create a lasting investment in our future, please consider the following:

3 Reasons to Give

1. Your planned gift will help us carry out our mission for many years ahead
2. Enjoy significant tax benefits while supporting a cause that's meaningful to you
3. Among other plans, you can give a future gift through your estate or an immediate gift that returns income

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

A tradition of excellence from local artists since 1918

LA JOLLA
art
ASSOCIATION

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

LJAA Art Demonstrations IN-PERSON

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. These artists have been exhibiting their art and hosting receptions at the LJCC for nearly a decade. Learn more about the artists through monthly art demonstrations.

August Artist: Sherry Roper, Still Life using Oils

Thursday, August 25. 4-6pm. Light refreshments served. Free.



LJAA Exhibition & Reception IN-PERSON

The La Jolla Art Association presents a new exhibition from August 6 - October 10. The media featured will include watercolor, photography, oils, digital art and acrylics. Featured artists include Jose Luis Nunez, Dan Kilgore, Chris Conroe, Mark Sherman, Eileen Mandell and Beverly Brock.

Reception: Thursday, August 18. 4:00-6:00pm.

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



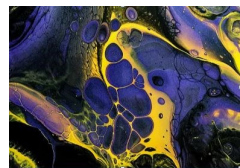
Acrylic Pour Workshop IN-PERSON

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.

Friday, August 26. 2:00-3:30pm. \$10/M, \$20/NM.

Materials included. *painting will be wet after class. Pick up of painting available during the week.

Supplemented by the Marilyn Nass Creative Arts Fund.



Digital Art Creation Using iPhone/iPad IN-PERSON

Bring your device and photos to learn how to merge 2-3 images into 1, using the elements of each picture that you love! Bring two pictures already in your photo gallery; 1) picture of the sky with clouds, 2) picture of a tree or your favorite picture.

***read necessary app requirements on our website.**

Tuesday, August 30. 1:00-2:30pm. \$10/M, \$20/NM.



Painting from the Model, Uninstructed IN-PERSON

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
Free/M, \$5/NM. Participants split the model fee.**



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 IN-PERSON

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, \$8/NM.

Gentle Yoga with Bob Spindler IN-PERSON

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 with Anne Marie Welsh IN-PERSON

Connects breath to movement, so the physical practice of yoga (asana) becomes a meditation in motion that fosters flexibility, strength, focus and clarity. **No class May 2.**

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

Kundalini Yoga with Guru Amrit IN-PERSON

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, \$8/NM.

Body Mind Dance Movement VIRTUAL

Offers a supportive, gently paced and low-impact class in expressive dance. Added benefits of enhancing flexibility, balance, energy, emotional connection and body confidence.

Mondays, 9-10am. \$10/M, \$15/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 IN PERSON

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, 2-3pm. Free/M, \$8/NM.

Chair Yoga & Meditation IN-PERSON

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. Instructor: Sasha Briskin

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

French Conversation IN-PERSON

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 IN-PERSON 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 IN-PERSON

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.

"Lessons in Chemistry" by Bonnie Garmus

Wednesday, August 17, 1:30-3pm. Free/All.

Social Bridge Groups IN-PERSON

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

Various days and times available.

Free/Members, \$5/Non-Members.

Social Mahjong IN-PERSON

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 - 3:00 PM.

Free/Member, \$5/Non-Member.

Activities Calendar August 2022

To Register or for Class Details
call (858) 459-0831 or visit
www.ljcommunitycenter.org

Mon	Tue	Wed	Thu	Fri
EVERY MONDAY 9am Body-Mind Movement and Dance: Virtual 11am Deep Yoga Flow 2:30pm Café Español	EVERY TUESDAY 10am Zumba 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	EVERY WEDNESDAY 11am Deep Yoga Flow 2pm Strength & Balance	EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual	EVERY FRIDAY 9am Zumba 10am Kundalini Yoga 10am Paint the Model
1	2	3 10am Spanish Beginners 2 Wk 3 12:30pm iPad/iPhone Beginners 1 Wk 2	4 7pm Classic Film Series: Double Indemnity	5
8		10 10am Spanish Beginners 2 Wk 4 12:30pm iPad/iPhone Beginners 2 Wk 3 7pm Opera Wednesdays	11 10am American Mahjong Beginners Wk 4 7pm Classic Film Series: Rear Window	12
15	16	17 10am Spanish Beginners 2 Wk 5 12:30pm iPad/iPhone Beginners 2 Wk 4 1:30pm LJCC Book Club "Lessons in Chemistry" by Bonnie Garmus	18 10am American Mahjong Beginners Wk 5 2pm Investment Club VIRTUAL 4pm LJAA Reception	19 6pm Doowop Concert with The Skylarks
22	23	24 10am Spanish Beginners 2 Wk 6 12:30pm iPad/iPhone Beginners 2 Wk 5	25 10am American Mahjong Beginners Wk 6 4pm LJAA Artist Demonstration: Sherry Roper, Oils	26 2pm Acrylic Pour Workshop 7pm Fourth Friday Jazz Series featuring Christopher Hollyday
29	30 1pm Digital Art Creation Using Your iPhone	31 10am Spanish Beginners 2 Wk 7 12:30pm iPad/iPhone Beginners 1 Wk 6	Sep-1	Sep-2

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



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