

LA JOLLA COMMUNITY CENTER

February 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 | info@ljcommunitycenter.org

Fourth Friday Jazz Series

jVAYA! Latin Jazz Night with Irving Flores

Opening the series with fiery energy is Irving Flores! The accomplished pianist, composer, arranger and music producer has performed with Bill Watrous, Charles McPherson, Poncho Sanchez, Spanish Harlem Orchestra, and Alex Acuna, to name a few. The Latin Jazz music maestro has been a force manning the keyboard chair and serving as Music Director in the Gilbert Castellanos New Latin Jazz Quintet for many years. Get ready - this trio will have you shaking in your seat with well-known Latin and Modern Jazz tunes, as well as outstanding originals! Irving is accompanied by Julian Esparza on double bass and Fernando Gomez on drums.

Friday, February 27. 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

Buddhism

Join our Peer Learning Collaborative Group for a dynamic, discussion-based learning experience where curiosity meets community. Connect with fellow learners, share perspectives, and explore meaningful topics together in a welcoming, supportive space.

Led by Dr. Ron Davidson, who brings deep knowledge and insight into Buddhist philosophy and practice.

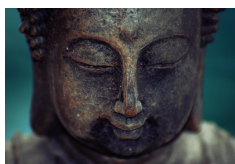
Feb 5: Who Was Buddha?

Feb 12: Dharma: What Is the Message of Buddha?

Feb 19: What Is the Buddhist Community?

Thursdays, February 5, 12, 19. 3-4 pm.

Free/M, \$20/NM for the full series. Registration required.



Cooking Demo with Chef Nikki

A Taste of Sicily

Travel to the sun-soaked island of Sicily without leaving La Jolla! Join Chef Nikki for a delicious and informative cooking demonstration inspired by the bold, fresh flavors of Sicilian cuisine. Known for its vibrant ingredients and rich cultural influences, Sicilian cooking blends Mediterranean simplicity with centuries of tradition. BYOB—feel free to bring your favorite drink to enjoy with the meal.

Tuesday, February 24. 2-4pm. \$35/M, \$48/NM.



**PLEASE NOTE THE CENTER WILL BE CLOSED
FEBRUARY 16, 2026.**

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, February 11. 7-8:30pm.

\$10-20 suggested donation.

100% of donations go directly to artists.



Local Day Trip: Old Town San Diego

Step back in time and enjoy a fun, casual day exploring Old Town San Diego, the birthplace of California! This self-guided outing is a great opportunity to stroll at your own pace, browse unique shops, enjoy authentic Mexican cuisine, and soak in the lively atmosphere filled with history, music, and culture. Visit historic buildings, wander through artisan markets, or relax with lunch at one of the many charming restaurants. Whether you love history, shopping, or simply getting out and about, Old Town offers something for everyone.

This is not a guided tour — participants are free to explore independently or with friends, making it a perfect low-pressure outing for a fun day out.

Wednesday, February 25. 10am-2pm. \$15/M. \$30/NM.

Lunch on your own. Check-in 9:45am.



Valentine's Happy Hour: Sip, Snack & Socialize

Celebrate Valentine's Day with friends, laughter, and light refreshments! Join us for a relaxed happy hour featuring wine, sparkling drinks, and sweet & savory bites. Mingle with fellow members, enjoy easy conversation starters, and soak up the festive atmosphere.

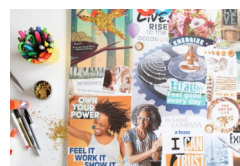
Friday, February 13. 2:30-4:30pm. Free/M. \$15/NM.



Craft Days: No experience Necessary

Vision Board: Create vision boards and set intentions for 2026 using magazines, photos, markers, and more. **Tuesday, February 10. 3-4pm. Free/M. \$10/NM.**

Necklace Making: Join us for a fun, hands-on craft session where you'll choose beads, colors, and styles to create a one-of-a-kind piece to take home. **Tuesday, February 17. 3-4:30pm. Free/M. \$10/NM.**



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.

Wednesday, February 25. 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.

Movie Nights

Thursday, February 12. 5pm. Chocolat (2000, 121 mins)

Monday, February 23. 3pm. Mamma Mia! (2008, 108 mins)

Light Refreshments served. Free/M. \$10/NM PER DAY.

Coming In April

Bridge 8 Week Course

Intermediate: Tuesday, April 14. 2-4pm.

Advanced: Tuesday, April 14. 11:30am-1:30pm.

\$225/M. \$250/NM. Register (858) 459-0831.

American Mahjong for Beginners: 6-Week Course

Thursdays, April 9. 10am-12:30pm & 1:30-4pm.

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

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, February 18. 2-3pm. Free, open to all.

Afternoon Bingo

Enjoy great company, lighthearted competition, and plenty of laughs—no cash prizes, just good times. Everyone's a winner with fun and friendly games!



Thursday, February 26. 2-3pm.

Free, open to all.

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

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 January 1 - March 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.**

Reception: Saturday, March 7. 3-5pm. Free, open to all.

More info: 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. 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, February 6, 2-3pm.

Friday, February 27, 2-3pm.

\$20/M, \$30/NM per class, Create a second canvas for \$15.

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

Collage Art with Peggy Hinaekian

Unleash your creativity in this hands-on collage-making class! Explore different techniques, textures, and materials to create your own unique artwork. See supply list online.

Wednesday, February 18. 4-6pm. \$25/M, \$35/NM.

Fourth Friday Jazz Series Returns! Save the Dates!



Irving Flores
FEBRUARY 27



Steph Johnson
MARCH 27



Joshua White
APRIL 24



Peter Sprague
MAY 22



Rose Mallett
JUNE 26



Brian Levy
JULY 24



Holly Hofmann
AUGUST 28



Gilbert Castellanos
SEPTEMBER 25



Kristin Korb
OCTOBER 23

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 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.

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, 11am- 2pm. 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

Mon	Tue	Wed	Thu	Fri
EVERY MONDAY 11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español	EVERY TUESDAY 10am Zumba Gold 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation 1pm Movie Club	EVERY WEDNESDAY 10am Spanish Beginners 3 11am Deep Yoga Flow 1pm Strength & Balance	EVERY THURSDAY 10:30am Gentle Hatha Yoga 11:45am Tai Chi	EVERY FRIDAY 9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model
2	3	4	5 10am American Mahjong for Beginners 3pm Peer Learning Collaborative: Buddhism	6 2pm Acrylic Pour Workshop
9	10 3pm Craft Day: Vision Board	11 7pm Opera Wednesdays	12 10am American Mahjong for Beginners 3pm Peer Learning Collaborative: Buddhism 5pm Movie Night: Chocolat	13 12pm Kiwanis 2:30pm Valentine's Happy Hour: Sip, Snack & Socialize
16 CENTER CLOSED Washington's Birthday	17 3pm Craft Day: Jewelry Making: Necklaces	18 2pm Mexican Train Dominoes 4pm Collage Art Class	19 10am American Mahjong for Beginners 3pm Peer Learning Collaborative: Buddhism	20 7:30pm Center for World Music Concert
23 3pm Movie Night: Mama Mia!	24 2pm Cooking Demo with Chef Nikki: Sicilian Cooking	25 10am Day Trip: Old Town San Diego 2:15pm Sound Bath Healing	26 2pm Afternoon Bingo	27 12pm Kiwanis 2pm Acrylic Pour Workshop 8pm Fourth Friday Jazz Series featuring Irving Flores

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