

LA JOLLA COMMUNITY CENTER

May 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

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

Fourth Friday Jazz Series

Peter Sprague presents Beatles Jazz

Accompanied by Rebecca Jade on vocals, jazz guitarist, Peter Sprague, will lead his group - and the audience - on a magical mystery tour of Fab Four classics with his unique jazzified arrangements. They'll start with familiar Beatle's tunes, and then sonically travel to new frontiers of jazz and improvisation. Melt when the intro guitar figure for "Let It Be" kicks in, tap your toe to the funky vibe that "Day Tripper" takes, and sing along to the chorus of psychedelized "Lucy in the Sky With Diamonds."



Friday, May 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.

Peer Learning Collaborative

Criminal Justice

The San Diego County criminal justice system will be the focus, in collaboration with the League of Women Voters. Here is a chance to learn how the county is working to address the related problems of homelessness and mental health as well and the additional mental health challenges our law enforcement officers face every day.



Thursdays, May 7, 14, 21. 3-4 pm.

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

Mother's Day Tea & Happy Hour: Sip & Celebrate

Enjoy a light selection of tea sandwiches, scones, and sweet treats, along with wine, prosecco, or tea. Mingle and connect in a festive spring setting featuring a mini bouquet bar, where you can create a small arrangement to take home, and a charming photo booth to capture the moment with friends and loved ones. **Friday, May 8. 3-5pm. FREE/M, \$20/NM.**



Local Day Trips

Balboa Park + Optional Lunch at The Prado

Enjoy a relaxing day exploring the beauty and culture of Balboa Park. Stroll through lush gardens, admire historic architecture, and take in the vibrant atmosphere at your own pace. Outing takes place on the Third Tuesday, when several museums offer free admission for SD residents with valid ID. After exploring, join us for an optional group lunch at NOON at The Prado at Balboa Park, a beautiful and popular restaurant located in the heart of the park. **Tuesday, May 19. 10am-2pm. \$10/M, \$20/NM. Lunch not included.**



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, May 13. 7-8:30pm.

\$10-20 suggested donation.

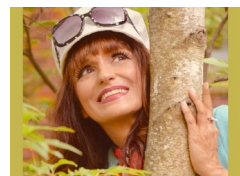
100% of donations go directly to artists.



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, May 1. 12-1pm. A Tribute to Bossa Nova Masters: Vanessa Falabella Duo.

Friday, May 15. 12-1pm. Music of Jazz Greats: Rob Thorsen and Josh Moore.



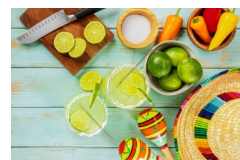
Please note, entrance to Concerts in the Courtyard is FREE, but donations are welcome and greatly appreciated.

More info online.

Cinco de Mayo Happy Hour

Enjoy margaritas and light bites with a Mexican-inspired twist. Stop by, sip, and socialize! **Tuesday, May 5. 2-3:30pm.**

Free/M, \$10/NM.



Silk Scarf Dyeing Class

Create your own wearable work of art in this fun and hands-on silk scarf dyeing workshop. Using simple techniques and vibrant dyes, you'll design a beautiful, one-of-a-kind scarf to take home. No experience is necessary. All materials are provided.

Wednesday, May 27. 3-4pm. \$25/M, \$30/NM. Participants can make 1 additional scarf for \$15.



Movie Night: Weapons

When a group of children mysteriously vanish at the same moment, a quiet community is drawn into a web of secrets, suspicion, and unexpected connections. *Weapons* is a smart, suspenseful thriller that blends intrigue with emotional depth, keeping you guessing as each piece of the story unfolds. Awards: Academy Award winner for Best Supporting Actress (Amy Madigan) (2025, 128 mins). **Monday, May 11. 4pm. Free/M, \$10/NM.**



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, May 20. 2:15-3:15pm. \$15/M, \$20/NM.

Brain Health Course Returns!

Lifestyle Strategies to Enhance Memory and Prevent Dementia

This engaging 8-week course explores science-backed lifestyle strategies to support brain health, improve memory, and reduce the risk of cognitive decline. Learn how factors like nutrition, movement, sleep, and stress management play a vital role in maintaining mental sharpness and overall well-being.



Presented by Jeanne Rawdin.

Mondays, May 11, 18, June 1, 8, 15, 22, 29, July 6. 11am-12pm. \$100/M, \$140/NM. Drop-in: \$15/M, \$20/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, May 20. 2-3pm. Free, open to all.

Spring 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, May 28. 2-3pm.

Free, open to all.

Brain Boost & Games Hour

Keep your mind sharp while enjoying a fun and social hour of games and friendly competition. Join us for a mix of board games, cards, puzzles, and brain teasers designed to stimulate memory, strategy, and problem-solving skills. Whether you're a seasoned player or just looking to learn something new, this relaxed, drop-in style program offers a welcoming space to connect with others, challenge your mind, and have a great time.



Wednesday, May 13. 2-3pm. Free/all.

Please note: LJCC will be closed on May 25 in observance of Memorial Day.

To support our programs, please consider making a tax-deductible contribution!
www.ljcommunitycenter.org/donate

A tradition of excellence from local artists since 1918



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

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, May 22. 2-3pm. \$20/M, \$30/NM. Create a second canvas for \$15.

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

Paint & Sip: Paint by Numbers

Unwind and get creative at this relaxed Paint & Sip featuring easy-to-follow paint-by-numbers designs—perfect for beginners and seasoned artists alike. Each participant will receive a pre-outlined canvas, making it simple and enjoyable to create a beautiful finished piece step by step. BYOB—feel free to bring your favorite drink to enjoy in a laid-back, no-pressure atmosphere. It's a fun and approachable way to explore your creativity and leave with artwork you'll be proud to display.



Monday, May 18. 3-4:30pm. Free/M. \$15/NM.

Opera Night with Anna Belaya

Accompanied by Michele Scanlon, piano

Join us for an elegant evening of operatic and vocal artistry with soprano Anna Belaya, accompanied by pianist Michele Scanlon. This special program features a rich and expressive repertoire spanning beloved opera arias, timeless classical art songs, and vibrant Mexican and Ukrainian popular songs. Experience the beauty, emotion, and cultural depth of these works in an intimate concert setting. **Saturday, May 16. 6-7:30pm.**



Includes 1 intermission. General Admission \$60 per person.

Ageing Safely & Supported in 2026

An Elevated Wellness Workshop for Seniors

Join us for a workshop focused on practical, everyday strategies to support safe and confident aging. This session brings together home safety guidance and gentle movement techniques to help improve balance, prevent falls, and maintain independence. Designed with an approachable pace and real-life application, you'll leave with simple tools you can use right away. Presented by Interim Healthcare of La Jolla and Renew Health. **Thursday, May 21. 1:30pm. Free/all.**



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 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**

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
Apr-27 1pm Ice Cream Social	Apr-28 11:30am Bridge: Beginner 2pm Bridge: Intermediate	Apr-29 2pm Craft Day: Diamond Painting: Coasters	Apr-30 10am American Mahjong for Beginners 1:30pm American Mahjong for Beginners	1 12pm Concerts in the Courtyard featuring Vanessa Falabella
4	5 11:30am Bridge: Beginner 2pm Bridge: Intermediate 2pm Cinco de Mayo Happy Hour	6	7 10am American Mahjong for Beginners 1:30pm American Mahjong for Beginners 3pm Peer Learning Collaborative: Criminal Justice	8 12pm Kiwanis Meeting 3pm Mother's Day Tea & Happy Hour
11 11am Brain Health Course 4pm Movie Night: Weapons	12 11:30am Bridge: Beginner 2pm Bridge: Intermediate	13 2pm Brain Boost Game Hour 7pm Opera Wednesdays	14 10am American Mahjong for Beginners 1:30pm American Mahjong for Beginners 3pm Peer Learning Collaborative: Criminal Justice	15 12pm Concerts in the Courtyard featuring Rob Thorsen
18 11am Brain Health Course 3pm Paint & Sip	19 10am Day Trip: Balboa Park 11:30am Bridge: Beginner 2pm Bridge: Intermediate	20 2pm Mexican Train Dominoes 2:15pm Sound Bath Healing	21 1:30pm Aging Safely & Supported in 2026 An Elevated Wellness Workshop for Seniors 3pm Peer Learning Collaborative: Criminal Justice	22 12pm Kiwanis Meeting 2pm Acrylic Pour Workshop 8pm Fourth Friday Jazz Series featuring Peter Sprague
25 CENTER CLOSED MEMORIAL DAY	26 11:30am Bridge: Beginner 2pm Bridge: Intermediate	27 3pm Silk Scarf Dyeing Class	28 2pm Spring Bingo	29

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