

LA JOLLA COMMUNITY CENTER

MAY 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

Mother's Day Tea IN PERSON

It's Mother's Day, It's Mothers Day, We have a treat for you, We would like to thank you, For everything you do! Please join us for tea to celebrate moms in our community! Enjoy tea and bites with a special gift sponsored by Arosa Home Care.

Friday, May 6. 12:00-2:00pm. Free/M, \$20/NM.



Wednesday Connect VIRTUAL

Hand Me Down Blues; Do you Have Them?

Mary Cipriani, Licensed Marriage and Family Therapist.

Depression goes beyond Prozac. Our families can affect our emotional health in powerful ways and can play a crucial role in the development and recovery from depression. Parents can introduce their children to various life experiences and children typically learn to interpret the life events in the same way as their parents. Learn about depression and the many techniques to overcome it.

Wednesday, May 4. 10:00-11:00am. Free/All.



Day Trip: Academy Museum of Motion Pictures

"And the Academy Award goes to..."

Visit the brand new Academy Museum of Motion Pictures, the largest institution in the U.S. devoted to exploring the art and science of movies and moviemaking. With 50,000 square feet of gallery space filled with immersive exhibitions, this museum is a must-visit destination for anyone with a love of film. Explore the core exhibit, *Stories of Cinema*, and wander through the history of film through archival costumes, objects, and film encompassing three floors of galleries. You'll also have access to temporary exhibitions *Hayao Miyazaki*, *Backdrop: An Invisible Art*, *The Path to Cinema: Highlights from the Richard Balzer Collection*, and *The Pixar Toy Story 3D Zoetrope*. Don't forget to stop by the Dolby Family Terrace with its amazing view of Los Angeles. Lunch will be on your own in the museum's cafe or at another nearby eatery. **RESERVATIONS REQUIRED BY MAY 6.**

Wednesday, May 25. Depart 8:00am, Return 7:00pm.

\$109/M/\$129/NM. Limited Availability.



Fourth Friday Jazz Series IN-PERSON

Rose Mallett, Sarah Vaughan Tribute

Vocalist Rose Mallett will be joined by Rob Thorsen, Richard Sellers and Mikan Zlatkovich. Rose has captured the essence of vocal delivery that many say reminds them of the range and texture of Sarah Vaughan; the joy and playfulness of Ella Fitzgerald; the foreboding pain of Billie Holiday; and the regal articulation of Lena Horne. Her voice is simply beautiful. Light refreshments & free valet parking included.

Friday, May 27. Reception 7:00pm, Concert 8:00-9:15pm. Pre-purchase: \$22/M, \$25/NM. Door \$30/person.



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, May 11. 7:00-8:30pm. \$10-20 suggested donation. 100% of donations go directly to artists.

A Journey in Classical Singing IN-PERSON

From Schütz to Strauss: An Entertaining and Educational Romp Through the History of Classical Singing

Join mezzo-soprano Karin Wilcox and pianist Jessica Nilles Kressin for a lively evening as they share their joy of making music. This entertaining and educational musical curation will guide you through the tradition of classical singing in Western Europe, starting with Heinrich Schütz (1585-1672) and ending with Richard Strauss (1864-1949).

Wednesday, May 25. 7:00-8:00pm. Doors open at 6:45pm. \$25/person. Reservations required.



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, May 19-June 23. 6 Wk. Course. 10:00am-12:30pm. \$175/M, \$200/NM.



**IN HONOR OF MEMORIAL DAY,
WE WILL BE CLOSED MONDAY, MAY 30**

NEW CLASSES & SPECIAL EVENTS

Investment Club VIRTUAL

Every First 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. Lead by John Weinstein, certified financial planner.

Thursday, May 5. 2:00-3:00pm. Free/All.



Spanish 2 - 8 Week Course IN-PERSON

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*.

Wednesday, May 11-June 29. 10-11:30am. \$140/M, \$160/NM.



iPhone/iPad for Beginners, Part 1

6 Week Course IN-PERSON

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, April 13, 20, 27, May 4, 11, 18. 12:30-1:30pm.

Free/M, \$90/NM. Drop-in \$20/NM.



iPhone/iPad for Beginners, Part 2

6 Week Course IN-PERSON

Wednesday, May 25, June 1, 8, 15, 22 (no class 6/29), July 6.

Free/M, \$90/NM. Drop-in \$20/NM.

Wednesday Connect VIRTUAL

Growing Cacti & Succulents 101 with Jennifer Greene

While often described as the easiest plants to grow, many gardeners still struggle with cacti and succulents. These plants are still prone to under watering, sunburn, and many of the difficulties posed by growing foliage plants, but it tends to be more of a challenge to spot a struggling succulent. This talk will walk you through the basics of succulent cultivation, common beginner mistakes, as well as tips and tricks for a yard or potted collection that will make your neighbors drool with envy.

Wednesday, May 18. 10:00-11:00am. Free/All.

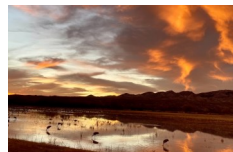


iPhoneography IN PERSON

Use the camera you have with you all the time!

With your iPhone you can create spectacular photographs everywhere you go. You can easily practice and add to your visual memory and storytelling – every single day. This two-hour class will help you with the nuts and bolts: how to take a great shot on your iPhone, how to organize and edit photos on your phone, and tips on how to share photos. Please bring your charged iPhone, Apple user ID and password with you for this hands-on class.

Wednesday, June 8. 10:00am-Noon. \$15/M, \$20/NM.



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 our monthly art demonstrations. May Artist: Dan Kilgore, Watercolor Landscape.

Thursday, May 26. 4-6pm. Light refreshments served. Free/All.

Watercolor with Wine Wednesdays IN-PERSON

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. See materials list online. All levels welcome. Instructor: Minnie Valero.

4 Week Course. Wednesday, May 4, 18, 25 and Tuesday, May 10. 4:00-6:00pm. \$49/M, \$59/NM.

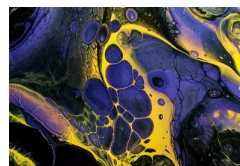
Supplemented by the Marilyn Nass Creative Arts Fund.



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 and there's something so satisfying about watching it spill across a surface.

Friday, May 20. 2-3:30pm. \$10/M, \$20/NM. Materials included. Please dress in clothes you don't mind getting pain on. Supplemented by the Marilyn Nass Creative Arts Fund.



Digital Art Creation Using iPhone/iPad IN-PERSON

Bring your device and photos to class to learn how to merge 2-3 images into 1, using the elements of each picture that you love! Come to class with 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.**

Thursday, May 26. 1:00-2:30pm. \$10/M, \$20/NM.

Supplemented by the Marilyn Nass Creative Arts Fund.



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 expertise (or lack thereof), Dottie Stanley welcomes you to join us where other professional artists, as well as beginners, 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.

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.

"A Sight for Sore Eyes" by Ruth Randel

Wednesday, May 18, 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.

Save the Dates! Coming Up In June and July...

A Night In Sevilla IN PERSON

Featuring Flamenco Sur Dance Company
Music by Reyes Barrios and Kambiz

Celebrate the sultry and passionate Spanish culture with a night of Flamenco music and dance. Ticket includes show, light refreshments and valet parking. Generously sponsored by The Cove at La Jolla.

Friday, June 3. 7:00-9:30pm.

Doors open at 7:00pm. Music and show: 8:00pm.

\$35/M, \$40/NM.



The J. Riley Cain Jazz Trio IN PERSON

Enjoy a musical gumbo of melodic Jazz, Blues & Bossa Nova with a spicy dash of New Orleans Juj! Noted pianist/singer and former San Diegan J. Riley Cain (aka John Cain) returns from his new hometown, New Orleans, the birthplace of jazz, to perform with his fabulous jazz trio. Grant Clarkson, bass and Marly Waak, drums, round out the Trio.

Friday, June 17. 7:00-9:30pm.

Doors open at 6:30pm. Music starts 7-9:30pm. \$25/person.



Day Trip: The Huntington IN PERSON

Library, Art Museum, and Botanical Gardens

Travel with us to the magnificent Huntington Art Museum and Botanical Gardens located in San Marino. This expansive estate features majestic galleries housing one of a kind paintings and statues and 130 acres of one of the world's finest botanical gardens. Explore the museum's fabulous exhibits, then take a stroll through lush gardens full of vibrant flowers, colorful cacti, and other spectacular flora. Settle into the peacefulness of the Japanese Garden and relax in the tranquility of the Chinese "Garden of Flowering Fragrance," featuring a 1.5-acre lake bordered by Taihu rocks, hand-carved stone bridges, a stream, and a canyon waterfall. Lunch is on your own at one of the Huntington's three eateries.

Wednesday, June 29. Depart 8am, Return 7pm.

\$119/M/\$139/NM. Limited Availability.



Estate Planning Seminar IN PERSON

Join an informational estate planning seminar led by Kristina Hess, PC, and Managing Attorney at KR Hess Law.

Tuesday, June 14. 6:00-7:30pm. Free/All.



Member & Guest Survey

We want your input!

Please tell us how we can improve on the programs and services that we offer.

We value your suggestions—from classes, to lectures & events.

Please scan the QR Code to start!



Thank you in advance for taking the time to complete it!

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 four classic films this Summer! Film introduction by Leonard Maltin (via Zoom) begins at 7pm. Q&A with Leonard follows the film.



Singin' in the Rain

July 21, 2022, 7:00pm. Film runs 103 minutes.

Some Like it Hot

July 28, 2022, 7:00pm. Film runs 120 minutes.

Double Indemnity

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

Rear Window

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

Thursdays, July 21 - August 11. Start time 7pm.

\$100/Series Pass (4 films). \$30/Individual Ticket.

Snacks and drinks available for purchase.

About Leonard Maltin: Leonard is one of the world's most respected film critics and historians. He is best known for his widely-used reference work Leonard Maltin's Movie Guide and its companion volume Leonard Maltin's Classic Movie Guide, now in its third edition, as well as his thirty-year run on television's Entertainment Tonight.

MOSAIC An Exploration of Color in Music IN PERSON

Soprano Michelle Law and pianist Phillip Dannels present a recital program exploring the vibrant palette of colors and textures used in classical music. Both musicians are synesthetes & experience music as both an aural & visual phenomenon, connecting music with color in the mind's eye. This recital explores their unique sensory experience of classical music for voice & piano. Composers of works performed include Debussy, Duparc, Grainger, Head, Korngold, Liszt, Verdi, & Wagner.



Wednesday, June 22. 7pm. \$30/person.

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

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
2	3	4	5	6
10:30am Bridge Beginners Wk 9 2pm Bridge Intermediate Wk 9	12:30pm Italian for Beginners Wk 2 2pm Bridge Advanced Wk 9	10am Spanish Beginners 2 Wk 8 10am Wednesday Connect VIRTUAL 12:30pm iPad/iPhone Beginners 1 Wk 4 4pm Watercolor with Wine Wednesdays	10am American Mahjong Beginners Wk 6 2pm Investment Club VIRTUAL	12pm Mother's Day Tea
9	10	11	12	13
10:30am Bridge Beginners Wk 10 2pm Bridge Intermediate Wk 10	12:30pm Italian for Beginners Wk 3 2pm Bridge Advanced Wk 10 4pm Watercolor with Wine Wednesdays	10am Spanish Beginners 2 Wk 1 12:30pm iPad/iPhone Beginners 1 Wk 5 7pm Opera Wednesdays		
16	17	18	19	20
	12:30pm Italian for Beginners Wk 4	10am Wednesday Connect VIRTUAL 10am Spanish Beginners 2 Wk 2 12:30pm iPad/iPhone Beginners 1 Wk 6 1:30pm Book Club: "A Sight for Sore Eyes" by Ruth Randel 4pm Watercolor with Wine Wednesdays	10am American Mahjong Beginners Wk 1	2pm Acrylic Pour Workshop
23	24	25	26	27
		8am Day Trip: Academy Museum of Motion Pictures 10am Spanish Beginners 2 Wk 3 12:30pm iPad/iPhone Beginners 2 Wk 1 4pm Watercolor with Wine Wednesdays 7pm Concert: A Journey In Classical Singing	10am American Mahjong Beginners Wk 2 1pm Digital Art Creation for Beginners 4pm LJAA Artist Demonstration: Dan Kilgore, Watercolor Landscape	7pm Fourth Friday Jazz Series featuring Rose Mallett, Sarah Vaughan Tribute
30	31	Jun-1	Jun-2	Jun-3
CENTER CLOSED IN HONOR OF MEMORIAL DAY		10am Spanish Beginners 2 Wk 4 12:30pm iPad/iPhone Beginners 2 Wk 2	10am American Mahjong Beginners Wk 3	7pm A Night In Sevilla

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