LA JOLLA COMMUNITY CENTER

Our mission is to promote lifelong learning, wellness and friendship.

NOVEMBER 2026
Monthly Newsletter

6811 La Jolla Blvd. | (858) 459-0831 | ljcommunitycenter.org

FRIENDSGIVING POTLUCK



Celebrate community, gratitude, and friendship at our annual Friendsgiving Potluck! Bring a favorite side, salad, or dessert to share as we gather for a warm, gratitude filled dinner with friends old and new. We'll provide the turkey, gravy, and beverages.

Bring: Serving utensil + ingredient card.

Thursday, November 19. 4-6 PM.
Members Free with dish; $10 without a dish.
Non-Members $10 with dish; $30 without a dish. Dish or fee is required per person. **RSVP required by Nov 13.**

HOLIDAY WINE GLASS PAINTING



Design and paint your own festive wine glass using colorful paints and seasonal inspiration. No experience necessary. All materials provided.
Tuesday, November 24. 3-4:30 PM. Free/M, $15/NM. Please RSVP.
Create a second wine glass for just $5 to make a matching pair.

SOUNDBATH HEALING



This session incorporates body scan meditation, intention setting, and the use of vibrations such as crystal bowls, chimes, Native American Pueblo drum and more to create the perfect environment to relax your mind and body.
Wednesday, November 18. 2:15-3:15 PM. $15/M, $20/NM. Please RSVP.



Thanksgiving Movie Matinee: Planes, Trains and Automobiles

Get ready for laughs with this beloved Thanksgiving comedy starring Steve Martin and John Candy! **Monday, November 23. 3 PM. (1987, 93 mins) Free/All. Popcorn and light refreshments provided.**

DAY TRIP: JAPANESE FRIENDSHIP GARDEN



Join us for a relaxing day at beautiful Balboa Park! Enjoy a leisurely stroll through picturesque landscapes featuring koi ponds, waterfalls, and traditional Japanese garden design. Afterward, explore Balboa Park at your own pace or join the group for optional lunch at 11:45 AM.

Tuesday, November 17. 10 AM–2 PM.

Depart 10 AM.
Return at 2 PM.
$10/M, $20/NM.

Space is limited. Advance registration required.

Fee covers transportation only. Admission and lunch are not included. Admission is free for eligible San Diego residents with proof of residency.

Día de Muertos Celebration & Community Ofrenda



Join us for a special Dia de Muertos gathering honoring and remembering loved ones who have passed. Members are invited to bring a photo of a loved one to add to the display. Enjoy pan de muerto, coffee and Mexican hot chocolate, music and time together as we celebrate the memories of those who remain in our hearts.

Monday, November 2. 3-5 PM. Free/M, $15/NM.

SAVE THE DATE

HOLIDAY CELEBRATION

Friday, December 11 • 5-8 PM

Dinner, live music, silent auction and more.
RSVP by December 4

MUSIC, ART & LEARNING



OPERA WEDNESDAYS

Southern California opera singers perform. Donations go directly to artists. **Wednesday, November 11. 7-8:30 PM.**
$10-20 suggested donation.



PEER LEARNING COLLABORATIVE: BONES AND BREASTS

Nov 5: Osteoporosis - Bone health, fracture prevention and treatment.
Nov 12: Breast Cancer, A Risk For Men And Women. Dr. Jane Relden leads both talks.
Thursdays, November 5 & 12. 3-4 PM. Free/M, $20/NM.



BOOK CLUB

Whistler by Ann Patchett.
Wednesday, Nov 18. 1-2:30 PM. Free/All.



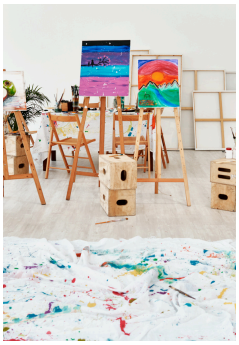
COOKING DEMO

Chef Nikki will introduce Holiday Entertaining: Festive Dishes to Share.
Tuesday, December 1. 2-4 PM. $35/M, $48/NM.



KNIT & CROCHET CLUB

Bring your current knitting or crochet project and enjoy work-ing alongside others in a relaxed, social setting.
Tuesdays, November 3 & 10. 1-3 PM. Free/All.



ART CLASSES

Silk Scarf Dyeing
Friday, December 4. 3-4 PM. $25/M, $30/NM.

Acrylic Pour Workshop
Wednesday, December 2. 2-3 PM. $25/M, $30/NM.

ACOUSTIC EVENINGS WITH JEFFERSON JAY



Fridays, November 6, 13, 20

An intimate concert series celebrating San Diego's acoustic music community. Each evening brings multiple artists together for live music and storytelling in a relaxed, up-close setting. Hosted by San Diego Music Hall of Fame founder Jefferson Jay.

Doors open at 7 PM. Music 7:30PM.
$20/Members, $25/Non-Members. Door $30 per concert.



NOVEMBER 6 – Tim Flannery, Jefferson Jay, Steve Bulman

Friday, November 6 • 7:30 PM



NOVEMBER 13 – Fred Benedetti, Gayle Skidmore, Rob Deez

Friday, November 13 • 7:30 PM



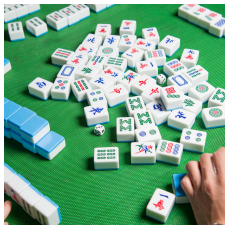
NOVEMBER 20 – Lisa Sanders and Brown Sugar, Ashley E Norton, Cathryn Beeks

Friday, November 20 • 7:30 PM



BRAIN HEALTH: LIFESTYLE STRATEGIES TO ENHANCE MEMORY AND PREVENT DEMENTIA

Discover the science-backed lifestyle strategies to protect your brain, enhance your memory and safeguard against dementia in this comprehensive and engaging course.
Mondays, November 16-December 14. 11 AM - 12 PM. $15/M, $20/NM per class.



INTERMEDIATE AMERICAN MAHJONG

Time to 'UP' Your Game? This class will teach you the more advanced strategies of playing American Mahjong according to the NMJL Rules and Guidelines. **Monday, November 9. 9:30 AM - 12:30 PM. $80/Members, $90/Non-Members.**

LJAA WINTER EXHIBITION & RECEPTION

Featuring the artwork of Rose Rezaei in her first solo exhibition in the Great Room, along with works by featured artists in the Las Patronas Room and surrounding galleries. Enjoy an afternoon of art and creativity, including a special live demonstration by Rose from 3–4 PM. **Saturday, November 21. 2–5 PM. Free/All.**

WELLNESS & MOVEMENT

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: Tue, 10-11 AM; Zumba Gold & Tone Fri 9-9:50 AM. Free/M, $10/NM.

Strength & Balance 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. **Wed, 1-2 PM. Free/M, $10/NM.**

Line Dancing with Sylvia Castelluzo
This beginner-friendly line dancing class is a great way to stay active, improve balance and coordination, and enjoy music in a welcoming, social atmosphere. No partner or pre-vious dance experience is needed—just bring comfortable shoes and a smile.
Mon, 1-2 PM. $5/M, $10/NM.

Tai Chi with Victor Nguyen
Tai chi is a low-impact, noncompetitive martial art that in-volves 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. **Thu, 11:45 AM - 12:45 PM. Free/M, $10/NM.**

Deep Yoga Flow with Anne Marie Welsh
Connects breath to movement, so the physical practice of yoga (asana) becomes a meditation.
Mon & Wed, 11 AM - 12:15 PM. $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.
Fri, 10-11 AM. 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, cir-culation and strength, improve balance, and relieves stress. Class incorporates breathing exercises, stretching, yoga pos-tures, and final relaxation along with Meditation techniques.
Tue, 11:30 AM - 12:30 PM. 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.
Thu, 10:30-11:30 AM. $5/M, $10/NM.

LANGUAGE, GAMES & ENRICHMENT



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 lis-tening skills – plus you will make de bons amis.
Tue, 10:30 AM-12 PM. 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 La Casa De Los Angeles Rotos by Luis Alberto Urrea. **Mon, 2:30-4 PM. Free/M, $5/NM.**



Spanish Beginners 1 with Olga Fabrick
These classes teach basic vocabulary, conjugations and conversation skills. Key topics, including common verbs, present tense conjugations, negation, questions, greetings and much more. Book used for classes: The Ultimate Spanish 101: Complete First-Year Course.
Mon, 1-2:30 PM. $17.50/M, $22/NM.

Spanish Beginners 3 with Olga Fabrick
Wed, 10-11:30 AM. $17.50/M, $22/NM.



Social Mahjong Uninstructed
Join a game of Mahjong! Players must know the basic rules, be able to identify tiles and have a 2026 Mahjong card. Player level is mixed. No instruction. If you have a set, please bring it.
Tue, 10 AM-1 PM. Free/M, $5/NM.



Movie Club
Join our movie club as we delve into the rich tapestry of classic films, from Hitchcock's spine-tingling suspense to Chaplin's heartfelt comedy. Enjoy fun and classic films.
Every Tue, Films begin at 1 PM. Free/Member, $5/Non-Member.

Registration & Refund Policy

Early registration for all programs is encouraged, as space may be limited and programs may be canceled due to low enrollment.

Registration is available online, by phone, or in person. No refunds unless a program is canceled by LJCC.

To register: www.ljcommunitycenter.org | (858) 459-0831 | info@ljcommunitycenter.org



MEMBERSHIP & DONATION INFORMATION

BECOME A MEMBER • SUPPORT OUR COMMUNITY

Individual Membership $120/year | Couples Membership $200/year

Please consider making anend of year gift and make a lasting investment in our future!
Your gift will help us carry out our mission for many years ahead while you enjoy significant rax savings while providing for a cause that is meaningful to you!

The La Jolla Community Center is a 501(c)(3) Tax ID 20-8682354.
For more information, visit our website www.ljcommunitycenter.org/donate

LA JOLLA COMMUNITY CENTER

Activities Calendar November 2026

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

Mon	Tue	Wed	Thu	Fri
EVERY MONDAY 11am Deep Yoga Flow 1pm Spanish Beginners 1 1pm Line Dancing 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 **11am Brain Health Course**	**3** **1pm NEW! Knit & Crochet Social Club**	**4** **6pm American Mahjong for Beginners**	**5** **10am American Mahjong for Beginners** **3pm Peer Learning Collaborative: Bones & Breasts: Osteoporosis**	**6** **7:30pm Acoustic Evenings: Tim Flannery, Jefferson Jay, Steve Bulman**
9 **9:30am Intermediate American Mahjong**	**10** **1pm NEW! Knit & Crochet Social Club**	**11** **7pm Opera Wednesdays**	**12** **10am American Mahjong for Beginners** **3pm Peer Learning Collaborative: Bones & Breasts: Breast Cancer, A Risk for Men and Women**	**13** **12pm Kiwanis Club of LJ Meeting** **7:30pm Acoustic Evenings: Fred Benedetti, Gayle Skidmore, Rob Deez**
16 **11am Brain Health Course**	**17** **10am Daytrip: Japanese Friendship Garden & Balboa Park**	**18** **1pm Book Club: *Whistler* by Ann Patchett** **2pm Mexican Train Dominoes** **2:15pm Sound Bath Healing**	**19** **10am American Mahjong for Beginners** **4pm Friendsgiving Potluck**	**20** **7:30pm Acoustic Evenings: Lisa Sanders and Brown Sugar, Ashley E Norton, Cathryn Beeks**
23 **11am Brain Health Course** **3pm Thanksgiving Movie Matinee: Planes, Trains and Automobiles**	**24** **3pm Craft Hour: Holiday Wine Glass Painting**	**25**	**26** **CENTER CLOSED** **HAPPY THANKSGIVING!**	**27** **CENTER CLOSED**
30 **11am Brain Health Course**	**Dec-1** **2pm Cooking Demo with Chef Nikki: Holiday Entertaining: Festive Dishes to Share**	**Dec-2** **2pm Acrylic Pour Workshop**	**Dec-3** **10am American Mahjong for Beginners**	**Dec-4** **3pm Silk Scarf Dyeing Class**

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!** yelp

Not a Member? Join today!
Individuals $120/year Dual/Couples $200/year

Hours of Operation: Monday-Friday: 9am-5pm
(858) 459-0831