

LA JOLLA COMMUNITY CENTER

JUNE 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

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, White Sands La Jolla, Arosa Home Care, Atria La Jolla.

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

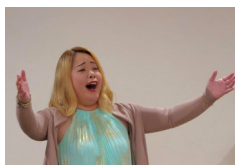
Doors open at 7:00pm. Music and show: 8:00pm.

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

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



Wednesday, June 8. 7:00-8:30pm. \$10-20

suggested donation. 100% of donations go directly to artists.

The Truth About Estate Planning IN PERSON

Everyone needs an Estate Plan, it's vital for any individual, couple, or family that owns a home and has assets. It's time to make sure your Estate Planning is in good order. This seminar will provide you with proven strategies to save fees, taxes, and provide asset protection and security for you and your loved ones.



Presented by KR Hess Law, P.C. Light refreshments served.

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

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.

Fourth Friday Jazz Series IN-PERSON

Lori Bell, The Music of Joe Henderson,
The Modern Line

Flutist, Lori Bell will be joined by Josh Nelson, piano, Rob Thorsen, bass, and Kevin Kock, drums. Brooklyn native Lori Bell is a flutist and composer of admirable depth and broad musical sympathies. A resident of San Diego, she has contributed to the development of higher standards of performance while earning acclaim from both peers and critics for her artistry on stage and in recordings.



Friday, June 24. Reception 7:00pm, Concert 8:00-9:15pm.

Pre-purchase: \$22/M, \$25/NM. Door \$30/person.

Memory Loss and Staying in Control of Your Finances Presented by Monarch Cottage IN PERSON

Join an exclusive group of panelists committed to educating you on the "dos and don'ts" before and during a loved one's cognitive decline and how to ensure their assets are secure and protected. The panelists include Alzheimer's San Diego's Senior Clinical Care Coach, Estate Planning Attorney at Buchalter, Lorenz Private Trustee and Pacific Western Bank. The panelists are experts in their fields and have supported many of their clients before and after a cognitive decline. Monarch Cottage has brought this panel together to share their knowledge and answer questions regarding strategy, planning, and execution to keep assets secure.



Entertainment and heavy hors d'oeuvres provided.

Wednesday, June 15. Reception 5:30pm. Panel Presentation 6:00-7:30pm. Free/All. Reservations required (619) 990-1307.

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 Juju! 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.

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, June 2. 2:00-3:00pm. Free/All.



Wednesday Connect VIRTUAL

Travel Packing Tips and Tricks with Suzie Piegza

World traveler, adventure travel company owner, and La Jolla resident, Susie Piegza, will discuss tips for packing. From what to bring on the airplane for maximum comfort, to figuring out a flexible travel wardrobe to learning how to fit a week's worth of clothes into a carry-on bag, this session is a must-see for anyone planning to travel.

Wednesday, June 15. 10:00-11:00am. Free/All.



Wednesday Connect VIRTUAL

Understanding Financial Scams to Protect You and Your Loved Ones with David Lutomski, Private Client Banker.

This presentation will address banking security issues on topics including: How to protect your credit and bank accounts, What to watch out for when receiving calls from individuals who say they are from financial institutions, Best practices when it comes to online fraud and financial caregiving.

Wednesday, June 22. 10:00-11:00am. Free/All.



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, June 9 - July 14. 6 Wk. Course. 10:00am-12:30pm. \$175/M, \$200/NM.



Better Bridge by Farr 4 Week Review Course IN-PERSON COMPLETE COVID Vaccination required to attend.

Beginning

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

Monday: June 20, 27, Tuesday: July 5,

Monday: July 11. 10:30am - 12:30pm. \$90/M, \$100/NM.



Intermediate

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

Monday: June 20, 27, Tuesday: July 5, Monday: July 11.

2:00 - 4:00pm. \$90/M, \$100/NM.

SAVE THE DATE: Classic Film Series: Hosted by Leonard Maltin, In Association with the Cinema Society of San Diego
Thursdays, July 21 - August 11. Start time 7pm.

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

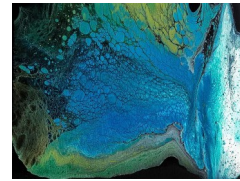
LJAA Art Demonstrations IN-PERSON

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.

June Artist: Beverly Brock, Acrylic Pour.

Thursday, June 23. 4-6pm. Light refreshments served. Free.



LJAA New Exhibition Reception IN-PERSON

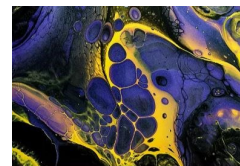
The La Jolla Art Association presents a new exhibition from June 6 - August 5. The exhibit will feature a mixture of mediums including acrylic, oil, digital media, and photography. Paintings feature landscapes, abstracts, still life and digital art. All paintings are for sale. A portion of all sales benefit the LJCC. Info at www.lajollaartassociation.org

Thursday, June 16. 4-6pm. Light refreshments served. Free/All.

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, June 24. 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, June 23. 2:00-3:30pm. \$10/M, \$20/NM.

Supplemented by the Marilyn Nass Creative Arts Fund.

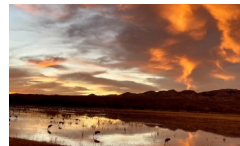


iPhoneography IN PERSON

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.



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. No Class 6/8 & 15.

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.

"The Lacuna" by Barbara Kingsolver

Wednesday, June 22, 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.

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 (No class 6/8, 15)	EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual	EVERY FRIDAY 9am Zumba 10am Kundalini Yoga 10am Paint the Model
		10am Spanish Beginners 2 Wk 5 12:30pm iPad/iPhone Beginners 2 Wk 2	2pm Investment Club VIRTUAL	7pm A Night In Sevilla
6 10:30am Bridge Beginners Wk 10 2pm Bridge Intermediate Wk 10	7	8 10am iPhoneography 10am Spanish Beginners 2 Wk 6 12:30pm iPad/iPhone Beginners 2 Wk 3 7pm Opera Wednesdays	9 10am American Mahjong Beginners Wk 1	10
13	14 6pm The Truth About Estate Planning Seminar	15 10am Wednesday Connect VIRTUAL 10am Spanish Beginners 2 Wk 7 12:30pm iPad/iPhone Beginners 2 Wk 4 5:30pm Memory Loss and Staying in Control of Your Finances	16 10am American Mahjong Beginners Wk 2 4pm LJAA Artist Reception	17 6:30pm The J. Riley Cain Jazz trio
20 10:30am Bridge Beginners Wk 1 2pm Bridge Intermediate Wk 1	21	22 10am Wednesday Connect VIRTUAL 10am Spanish Beginners 2 Wk 8 12:30pm iPad/iPhone Beginners 2 Wk 5 1:30pm LJCC Book Club "The Lacuna" 7pm Concert: MOSAIC: An Exploration of Color in Music	23 10am American Mahjong Beginners Wk 3 2pm Digital Art Creation for Beginners 4pm LJAA Artist Demonstration: Beverly Brock, Acrylic Pour	24 2pm Acrylic Pour Workshop 7pm Fourth Friday Jazz Series featuring Lori Bell, The Music of Joe Henderson
27 10:30am Bridge Beginners Wk 2 2pm Bridge Intermediate Wk 2	28	29	30 10am American Mahjong Beginners Wk 4	Jul-1

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