

LA JOLLA COMMUNITY CENTER

February 2023 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

Melissa Morgan featuring Sam Hirsh The Great American Songbook

Downbeat Magazine Rising Star Melissa Morgan returns to kick off our series with a celebration of the Great American Songbook. Known for her soft and sultry tone, you'll hear the influence of Billie Holiday, as well as Nancy Wilson and Dinah Washington. Morgan was a semi-finalist in the Thelonious Monk International Jazz Competition in Washington D.C., hosted by Billy Dee Williams and Herbie Hancock. Morgan will be accompanied by Sam Hirsh on piano.



Friday, February 24. 7-9:15pm. Reception 7pm, Concert 8-9:15pm. No intermission. Free valet parking. Pre-purchase: \$25/M, \$30/NM. Door \$35/person. Snacks and refreshments available for sale. 9 Concert Series (February - October): \$200/M, \$250/NM.

Opera Wednesdays

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, February 8, 7-8:30pm. \$10-20 suggested donation. 100% of donations go directly to artists. Snacks and refreshments available for purchase.

Music Appreciation Series

Fabulous Women Composers

Despite all the obstacles, and they have been formidable, women have composed absolutely memorable, magical, and enduring music. This hour is dedicated to women's unique and special contributions to "classical" music. Led by Chris Burns.



Tuesday, February 21. 1-2pm. Free/M. \$10/NM.

Day Trip: San Diego Zoo Safari Park, Escondido

Seniors age 65 + get free admission to the San Diego Zoo Safari Park—including the Africa Tram (subject to availability). Additional experiences (Safaris/Treks) are extra and must be booked on your own. Lunch is on your own at one of the various eateries in the park. Paper bag lunches are allowed. See website for restrictions regarding food and pets.



Tuesday, February 28. Depart 8:30am. Return 1:30pm. \$10/M, \$20/NM. Lunch not included. Maximum 16 spots.

Valentine's Day Ice Cream (and a movie) Social

All you need is love. But a little ice cream doesn't hurt! Join us after lunch for an ice cream social followed by one of the most romantic films, Casablanca.



Tuesday, February 14. Reception 1-2pm. Film 2-4pm. Free/M, \$10/NM.

We love what we do, because of you!
Happy Valentine's Day!



Better Bridge by Farr

10 Week Courses

Beginning: This class covers Rules of Bridge, Scoring, Basic Hand Evaluation, Basic Bidding Guidelines, Basic Playing Guidelines



Mondays, Feb 13-Apr 17. 10:30am-12:30pm.

Intermediate: This class covers No Trump Opening Bids, Stayman & Transfer Bids, Weak 2 Opening Bids, Preemptive Bids, 2 Clubs Opening Bids, Slam Bidding Convention

Mondays, Feb 13-Apr 17. 2-4pm.

Advanced: This class covers Review of Intermediate, Hand Reevaluation, Competitive Bidding, Overcalls & Doubles, Intervening Bids

Tuesdays, Feb 14-Apr 18. 2-4pm.

\$225/M, \$250/NM, per course, per person.

American Mahjong Beginners

6 Week Course

Learn the basics and fundamental rules of Mahjong. Classes include instruction, handouts and gameplay. Mahjong is a way to have fun with new friends that combine luck, skill, and strategy.



Thursday, February 23 - March 30. 10:00am-12:30pm. \$165/M, \$190/NM. Includes the 2022 Mahjong Card (\$10 value).

Ukulele Classes with James Clarkston

Basic Music Theory, Technique and Music History will be part of each class. Students will learn to strum and sing Classic Rock, Pop, Folk, Country, Latin Jazz, and Hawaiian Songs. Beginners-Advanced playing levels are welcome. All music and charts will be emailed.



Friday, February 3, 10, 17, 24. 10-11am. \$100/M. \$120/NM per month (4 sessions).

Reservations required. All programs are subject to change or cancelation based on attendance.

Spanish 3

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*.

Wednesdays, 10-11:30am.

Drop-Ins \$17.50/M, \$20/NM per class.



A tradition of excellence from local artists since 1918



The La Jolla Community Center is home of the La Jolla Art Association

LJAA Art Demonstrations

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.

February Artist: Kathryn Stephens

Thursday, February 23. 3-5pm. Free/All.



Canasta 101

6 Week Course

Learn how to play the popular game, Canasta! Canasta combines elements of Bridge and Rummy. This game is easy to learn, especially for players of these games, but no experience is necessary. The object of the game is to score points by making as many melds as possible, especially canastas. A meld is three or more cards of the same rank, regardless of suit.



Thursdays, February 23 - March 30. 1-3pm.

\$135/M, \$150/NM.

Follow Your Bliss: The Wisdom of Joseph Campbell

Lecture, Lunch & Tour at Vi at La Jolla Village

Simply put, Joseph Campbell (1904-1987) changed the conversation we were all having about religion, mythology, and art. With his groundbreaking 1949 book *The Hero With a Thousand Faces* and everything that was to follow, Campbell took the study of mythology down from its dusty shelf and thrust it into the middle of our popular consciousness. By revisiting these ancient tales Campbell showed us that their relevance is more vibrant than ever. And with his clarion call to "follow your bliss" Campbell helps us tap into even deeper questions about the intersections between our essential nature and the nature of the cosmos itself. Join us for this overview of his life's work and its gracing relevance. Presented by Peter Boland, writer and professor.



Wednesday, March 1. Depart 10am. Return 1:30pm. Lecture 11am-12pm. Lunch and tour to follow. Maximum 16 spots.

SAVE THE DATES

Tuesday, March 7 - April 25: Italian Beginners 1

Wednesday, March 15 - April 19: iPhone/iPad Beginner Pt. 2

Wednesday, March 15: Distinguished Speaker Series featuring Councilmember Joe LaCava

Friday, March 17: St. Patrick's Day Celebration

Tuesday, March 21: Day Trip National Geographic Beyond King Tut: The Immersive Experience

Tuesday, March 21 - April 11: They're Playing Our Song: Music Appreciation Series with Jacquelyne Silver, pianist

Wednesday, March 22: Estate Planning Seminar

Friday, March 24: Fourth Friday Jazz Series featuring Dr. Marshall Hawkins and Joshua White

Tuesday, March 28: Music Appreciation: Composed in Ireland - A Historical View of Musical Diversity

Wednesday, March 29: Day Trip Sherman Gardens & Library

Wednesday, April 26: Day Trip Virginia Robinsons Garden

LJAA Exhibition & Reception

The La Jolla Art Association presents a new exhibition from February 6 - March 30. The media featured will include watercolor, photography, oils, digital art and acrylics.

Reception: Thursday, February 16. 4-6pm.

To view the art, please call in advance as some galleries may not be available.

Acrylic Pour Workshop

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.

Friday, February 24. 2-3:30pm. \$20/M, \$30/NM.

Monday, February 27. 6-7:30pm. \$20/M, \$30/NM.

Beverages available for sale. Materials included. *painting will be wet after class. Pick up is available during the week.



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. No matter what your level of experience, you're welcome to join and experience the thrill of painting directly from a live person posing for you.

Fridays, 10am-1pm. RESERVATIONS REQUIRED to secure your spot: Dottie Stanley at dottieartist@gmail.com Free/M, \$5/NM. Participants split the model fee.



Watercolor Workshop 2

4 Week Course

This class invites you to come to experiment, explore, and challenge yourself. Taught by award-winning artist, Minnie Valero, students gain confidence and an understanding of watercolor as they play and paint. Material list is available on the website.

Thursdays, February 23, March 2, 9, 16. 3-5pm. \$79/M, \$109/NM.



Planned Giving

Please consider the La Jolla Community Center when planning your estate!

For more information, please contact
Nancy Walters, Executive Director
(858) 459-0831

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

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, \$10/NM.

Gentle Yoga with Bob Spindler.

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

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.

Qi Gong Style Tai Chi with Sherlie Miller 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.

NEW DAY: Strength & Balance Class Andrea Ogden

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.

Fridays, 12:30-1:30pm. Free/M, \$10/NM.

Chair Yoga & Meditation with Sasha Briskin

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.

Tuesdays, 11:30am-12:30pm. Free/M, \$10/NM.

French Conversation Led by Mark Van Roode

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 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 "El Amante Japonés" by Isabel Allende.

Mondays, 2:30pm. Free/M, \$5/NM.

LJCC Book Club

This book club is designed for people to be able to get together once a month to discuss good books.

February: "Talking to Strangers" by Malcolm Gladwell. A book about the impossibility of truly understanding a stranger. By breaking down some of the most famous events in recent human history, best-selling author Malcolm Gladwell shows us the strategies we often use when dealing with people we don't know—and how deeply flawed those strategies are.

Wednesday, February 15. 1:30-3pm. Free/All.

Social Bridge Groups

Do you enjoy Bridge? Have a group that wants to play at the LJCC? Reserve a room during the week.

Various days & times available. Free/M, \$5/NM.

Social Mahjong

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, 11am- 3pm. Free/M, \$5/NM.

NEW CLASS: Functional Training with Nomi Berger

Free trial class only on the first class: February 15, 2023

Training with a purpose. The practical application of functional training is to make daily activities easier to perform. The majority of functional training movements are multijoint, which means moving forward and backward, side to side, and incorporating rotational movements using free weights and body weight.

Wednesdays, 10-10:45am. \$10/M, \$15/NM.

Mon	Tue	Wed	Thu	Fri
EVERY MONDAY 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	EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual	EVERY FRIDAY 9am Zumba 10am Kundalini Yoga 10am Paint the Model 12:30pm Strength & Balance
		10am Spanish Beginners 3 12:30pm iPad/iPhone for Beginners, Part 1	10am American Mahjong Beginners 1:30pm American Mahjong Beyond the Basics 5:30pm Kiwanis Meeting	10am Ukulele Class 3pm Watercolor with Wine
6	7	8 10am Spanish Beginners 3 12:30pm iPad/iPhone for Beginners, Part 1 7pm Opera Wednesdays	9 10am American Mahjong Beginners 1:30pm American Mahjong Beyond the Basics	10 10am Ukulele Class 12pm Kiwanis Lunch Meeting
13 10:30am Bridge Beginning 2pm Bridge Intermediate	14 1pm Valentine's Day Ice Cream (and a movie) Social 2pm Bridge Advanced	15 10am NEW CLASS Functional Training 10am Spanish Beginners 3 12:30pm iPad/iPhone for Beginners, Part 1 1:30pm LJCC Book Club "Talking to Strangers" by Malcolm Gladwell 5:30pm Kiwanis Meeting	16 4pm LJAA Reception	17 10am Ukulele Class
20 CENTER CLOSED President's Day	21 1pm Music Appreciation Series: Fabulous Women Composers 2pm Bridge Advanced	22 10am Functional Training 10am Spanish Beginners 3 12:30pm iPad/iPhone for Beginners, Part 1	23 10am American Mahjong Beginners 1pm Canasta 101 3pm Watercolor Workshop 2 3pm LJAA Art Demonstration	24 10am Ukulele Class 2pm Acrylic Pour Class 12pm Kiwanis Lunch Meeting 7pm Fourth Friday Jazz Series
27 10:30am Bridge Beginning 2pm Bridge Intermediate 6pm Acrylic Pour Class	28 8:30am Day trip: San Diego Zoo Safari Park 2pm Bridge Advanced	Mar -1 10am Follow Your Bliss 10am Functional Training 10am Spanish Beginners 3 12:30pm iPad/iPhone for Beginners, Part 1	Mar -2 10am American Mahjong Beginners 1pm Canasta 101 3pm Watercolor Workshop 2 5:30pm Kiwanis Meeting	Mar -3 10am Ukulele 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! 

Not a Member? Join today!
Individuals \$120/year Dual/Couples \$200/year
Hours of Operation: Monday-Friday: 9am-5pm
(858) 459-0831