

# November 2023 NEWSLETTER

## LA JOLLA COMMUNITY CENTER

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

6811 La Jolla Blvd. La Jolla, CA 92037 | (858) 459-0831 | [www.ljcommunitycenter.org](http://www.ljcommunitycenter.org) | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)

### Opera Wednesdays

#### Every Second Wednesday of the Month!

Listen to Southern California's Top Opera Singers! Artists consist of Metropolitan Opera Competition Winners, active San Diego Opera performers and guest artists who have sung all over the world.



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

### Afternoon Movies

Monday, November 6: You've Got Mail (1998, 119 mins)  
Monday, November 13: Grumpy Old Men (1993, 103 mins)  
Monday, November 20: The Humans (2021, 106 mins, Rated R)  
Monday, November 27: Curley Sue (1991, 101 mins)  
**Films start at 2:30pm. Doors open at 2:00pm. Free/All. Reservations required. Snacks and drinks available for sale.**

### Refresh Your Financial Plan: An Educational Course for Age 55+

Making your money last throughout retirement has never been more challenging. People are living longer, and fewer retirees have traditional pensions. In recent years, the volatility of the stock and bond markets has been high and interest rates paid by the banks have been low. While most retirees are covered by Social Security, this program also faces financial challenges. This course will help you develop a personalized retirement income plan and help you reassess your current financial situation. Presented by Susan Alefi, AAMS®, ChFC®, a Wealth Management Advisor and member of the Financial Planning Association.



**Tuesday, November 14, 1-2pm. Free. Please RSVP.**

### Italian Beginners I & II: 8-Wk Course

This course gives students the basic tools needed to successfully understand and communicate in Italian. At the completion of this course, students should be able to greet others, introduce themselves, ask for information and directions, talk about themselves and others, and describe people, things, and places. This introductory course develops Italian language acquisition through listening, speaking, reading, and writing. It covers basic Italian pronunciation, vocabulary, and grammar.



**Tuesdays, November 7, 14, 28, December 5, 12, 19. January 2, 9. 12:30-1:30pm. \$190/M, \$210/NM.**

### Sound Bath Healing: In-person & Zoom Available

This sound healing bath session will be dedicated to inner peace and world's peace. It 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. The invitation is to lie down and give permission for the sound to bathe your body. Benefits include restful sleep and mindfulness awakening. Sleep deprivation is the cause of many illnesses. Class taught by Sofia Puerta Webber Wellness Consultant and Founder Shiwido™ Peace in mind Certified Yoga Teacher • Mindfulness Based Stress Reduction MBSR  
**Monday, November 20. 12:30-1:30pm. \$15/M, \$20NM. Coming up: December 11.**



### Salsa Dance Class

Learn to salsa! Led by Rey Castillo, an experienced dancer/instructor, who will teach participants the fundamentals of footwork, partner connection, and basic moves. Receive insights into the history and cultural significance of salsa music, it's roots & evolution into a global phenomenon.



**Thursday, November 16. 3:30-5pm. \$15/M, \$20/NM per class. All levels welcome.**

### American Mahjong for Beginners: 6-Wk Course

Mahjong is a game of luck, skill, and strategy. Learn the basics and fundamental rules of Mahjong. Classes will include handouts and time for gameplay. Mahjong originated in China and was brought to the United States in the 1930s.



Studies have shown that mahjong is a great game for keeping the mind sharp and it is recommended as a means of keeping your brain in good health.

**Thursday, November 9, 16, 30. December 7, 14, 21. 10:00am-12:30pm. \$165/M, \$190/NM. \*Mahjong card not included, card can be purchased at 1st class for \$15.**

### Bingo

Looking for a fun and friendly game to play? Look no further! Bingo is a classic game, great way to socialize and have a good time. Plus, it's a fun way to win prizes!  
**Wednesday, November 15, 22, 29. 2-3pm. Free. Donations welcome. Registration required. No cash prizes.**

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

*Happy Holidays! We are thankful for you!*

# Save the Date!

## Annual Holiday Celebration

Friday, December 8, 5pm

Dinner, drinks, shopping, auction  
& more!

A tradition of excellence from local artists since 1918



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

### LJAA Exhibition

Visit the new exhibition from October 9 - December 1. 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](http://www.lajollaartassociation.org)**

### Artist Demonstration featuring Ernesto Corte

Enjoy a slide show presentation by Corte's documentary photographic work for National Geographic on the Arctic.

**Thursday, November 16. 3-4pm. Free/Open to all.**

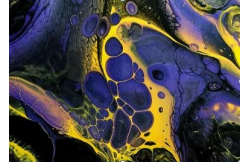
### Acrylic Pour Workshop

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, November 17. 2-3pm. \$20/M, \$30/NM.**

**Materials included. \*painting will be wet after class.**

**Pick up is available during the week. A second canvas can be purchased for an additional \$20.**



### 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.

**All levels welcome. Fridays, 10am-1pm.**

**Secure your spot: [Dottie Stanley at dottieartist@gmail.com](mailto:dottieartist@gmail.com)**

**Free/M, \$5/NM. Participants split the model fee.**



### Making Life Decisions as You Age

Getting older doesn't mean you are ready to give up control of your decision-making, and there are so many decisions to be made! Join Laura Lorber, J.D., to talk about these issues and start the journey to making choices that are important for the next phase in your life.

**Friday, November 17, 11am-12pm. Free/Open to all.**



### iPhone/iPad for Beginners Course, Part 1

#### 6 Week Beginner Course

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.



**Wednesday, November 1, 8, 15. 12:30-1:30pm. Free/M.**

**Drop-in: \$20/NM.**

**\*1-on-1 sessions available by appointment.**

### Spanish Beginner 3

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

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.**

### Peer Learning Collaborative: Coming in January!

Join us for a dynamic and interactive educational experience. Collaborate with like-minded individuals, share knowledge, and engage in active discussions on topics of mutual interest. Enhance your learning through peer-led activities, diverse perspectives, and a supportive community. Together, we'll foster a rich and collaborative learning environment that empowers all participants to grow, develop, and achieve their goals.

#### What

- Short courses on subjects of substance available Winter, Spring, and Fall
- Developed and facilitated by peers
- Any substantive top is open for "discussion"

#### When

- Classes start the week of January 15
- Courses will be 3-5 weeks, 60-75 minutes each session.

**Learn more at [www.ljcommunitycenter.org/plc](http://www.ljcommunitycenter.org/plc)**

### Planned Giving

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

#### 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**

# 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**

### **Line Dancing NO CLASS NOV-DEC. CLASS RESUMES IN JAN**

Do you love to dance, but don't have a partner? Learn to line dance! Each dance is a pattern of steps that repeats throughout the song. We'll learn a new dance weekly to different music, as well as, review dances we know!

**Tuesdays, 1-1:45pm. Free/M, \$10/NM.**

### **Zumba & Zumba GOLD 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: 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.**

### **Strength & Balance Class NEW DATE & TIME!**

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.

**Thursdays, 11:15am-12:15pm. Free/M, \$10/NM.**

### **Chair Yoga & Meditation with Guru Amrit**

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.**

### **Balance & Movement to Reduce Falling with Mordy Levine**

Learn & practice easy movements to improve balance and reduce risk of falling. Emphasis is on posture, balance, muscle relaxation & breathing. Helps to reduce onset of cognitive decline and reverse Osteoporosis. Learn basic forms of Tai Chi. Develop stability & coordination and gain confidence.

**Mondays, 9:45-10:45am. \$10/M. \$15/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.**

### **French Conversation Led by Mark Van Roode**

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 "Cuando Era Puertorriqueña by Esmeralda Santiago.

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

### **LJCC Book Club**

**Every Third Wednesday of the Month**

"Dinners with Ruth: A Memoir on the Power of Friendships" by Nina Totenberg

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

### **Social Bridge**

Do you enjoy Bridge? There is a congenial group who meets weekly on Thursdays to play Chicago and Rubber Bridge using common standard conventions. Intermediate and Advanced levels. Walk-ins welcome!

**Thursdays. 1-3pm. Free/M, \$5/NM.**

Have a private group? 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 2023 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.**



Mon	Tue	Wed	Thu	Fri
<b>EVERY MONDAY</b> 9:45am Balance & Movement to Reduce Falling 11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español	<b>EVERY TUESDAY</b> 10am Zumba GOLD 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	<b>EVERY WEDNESDAY</b> 10am Spanish Beginners 3 11am Deep Yoga Flow	<b>EVERY THURSDAY</b> 10am Gentle Yoga 10:30am Tai Chi: Virtual <b>11:15am NEW! Strength &amp; Balance</b> 1pm Social Bridge	<b>EVERY FRIDAY</b> 9am Zumba 10am Kundalini Yoga 10am Painting from the Model
		<b>1</b>	<b>2</b>	<b>3</b>
		12:30pm iPhone/iPad for Beginners 1		
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>2:30pm Afternoon Movie</b>	12:30pm Italian Beginners I & II	12:30pm iPhone/iPad for Beginners 1  <b>7pm Opera Wednesdays</b>	10am American Mahjong Beginner	<b>CENTER CLOSED IN OBSERVANCE OF VETERAN'S DAY</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>2:30pm Afternoon Movie</b>	12:30pm Italian Beginners I & II  <b>1pm Refresh Your Financial Plan: An Educational Course for Age 55+</b>	12:30pm iPhone/iPad for Beginners 1  <b>1:30pm LJCC Book Club "Dinners with Ruth: A Memoir on the Power of Friendships" by Nina Totenberg</b>  <b>2pm Bingo</b>	10am American Mahjong Beginner  <b>3pm Art Demonstration featuring Ernesto Corte</b>  <b>3:30pm Salsa Dance Workshop</b>	<b>11am Making Life Decisions as You Age</b>  <b>2pm Acrylic Pour Class</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>12:30pm Sound Bath Healing</b> <b>2:30pm Afternoon Movie</b>		<b>2pm Bingo</b>	<b>CENTER CLOSED HAPPY THANKSGIVING!</b>	<b>CENTER CLOSED</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Dec-1</b>
<b>2:30pm Afternoon Movie</b>	12:30pm Italian Beginners I & II	<b>2pm Bingo</b>	10am American Mahjong Beginner	

**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](http://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