

LA JOLLA COMMUNITY CENTER

May 2024 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

Peter Sprague

The Music of Antonio Carlos Jobim

Nationally renowned jazz guitarist, composer and arranger Peter Sprague, will be joined by Danny Green on piano, Allison Adams-Tucker on vocals and bassist Mackenize Leighton to present an homage to Jobim's enduring legacy, exploring his masterful compositions that have become synonymous with the Bossa Nova genre.

Friday, May 24. 8-9:15pm. Doors 7pm. Concert 8-9:15pm.

No intermission. Complimentary valet parking. Pre-purchase: \$25/M, \$30/NM. Door \$35/person. Refreshments for sale.



The What Next Collective presents

Good Girls & Badassery

Written and performed by a spirited ensemble of some of San Diego's finest, this staged reading delves into the rich tapestry of womanhood—woven from childhood and adulthood. Featuring modern monologues to a Shakespearean sketch, join us for an evening that promises to be as enlightening as it is entertaining.

Saturday, May 11. 5:30pm. Doors open at 5pm. Beverages available for purchase. Suggested donation: \$10 at the door.



Mother's Day Celebration

Sweet Treats & Heartfelt Flicks

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 an afternoon of sweet treats to celebrate moms in our community! Followed by the film "Mother's Day" released in 2016 featuring a star studded cast including Julia Roberts and Jennifer Anniston.

Thursday, May 9. 12:30-3pm. Free/M. \$15/NM.



SeniorConnect: iPhone for Beginners, Part 2

6-Week Beginner Course

Technology can bring many potential advantages to seniors such as enhancing communication, bonding with family & friends, and reducing loneliness. Learn the basic functions, applications, & other fun features.

Wednesdays, May 29 - July 3. 12:30-1:30pm. Free/M. \$100/NM Course. Drop-in: \$20/NM.



Cooking Demo with Chef Nikki

Flavors of Italia

Discover the secrets behind traditional Italian recipes and learn how to recreate them in your own kitchen. Buon appetito!

Tuesday, May 21. 2-4pm. \$30/M, \$40/NM.



Opera Wednesdays

Every Second Wednesday of the Month!

Listen to Southern California's Top Opera Singers! Artists consist of Metropolitan Opera Competition Winners, SD Opera performers and guest artists.

Wednesday, May 8. 7-8:30pm. \$10-20 suggested donation.

100% of donations go directly to artists.

Concerts in the Courtyard

Every first and third Friday of the month!

Featuring local artists from genres including jazz, opera, classical, world music and more. Doors open at 11:45am.

Earlier entry and seating is not available.

Friday, May 3. 12-1pm.

Whitney Shay: Acoustic Duo

Friday, May 17. 12-1pm.

Sergio Estrada: Cielito Lindo

Please note, entrance to Concerts in the Courtyard is FREE, but donations are welcome and greatly appreciated. Please no outside food. Refreshments will be available for purchase.



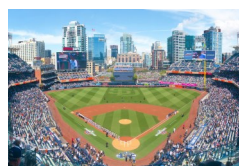
Petco Park Stadium Tour

Explore America's #1 Ballpark, Petco Park! Experience the ballpark as only players and staff do. This behind the scenes tour allows you to experience the ballpark while learning about the history of Petco Park and the SD Padres.

Thursday, May 2. Depart 9am, Return 1:30pm. SOLD OUT.

Thursday, May 30. Depart 9am, Return 1:30pm.

\$50/M, \$65/NM. Lunch not included. Limited availability.



Piano Lessons with Polina Sisman

Unlock the enchanting world of music! From mastering the fundamentals to exploring intricate melodies, you are ensured a fulfilling learning experience. 45 minute lessons.

Thursdays, May 9, 16. 1pm, 2pm. \$100/M, \$109/NM per lesson.

Round Table Recollections

Sponsored by Monarch Cottage

Join us to socialize, reminisce, learn something new, and keep your brain active in this lively and supportive discussion group! This is a supportive social group designed to engage the brain through discussion, social interaction, reminiscence, brain exercises + more.

Please note that care is not provided at these meetings. Anyone needing assistance must bring their own care support.

Wednesday, May 8. 11:45am-12:45pm. Free/Open to all.

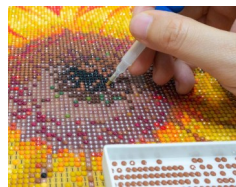


Reservations required. All programs are subject to change or cancelation based on attendance.

Craft Hour: Diamond Painting

Diamond painting - a relaxing and satisfying craft where you create stunning mosaic-like artworks by placing colorful resin rhinestones (diamonds) onto a pre-printed adhesive canvas. It's like paint-by-numbers, but with sparkling gems!

Wednesday, May 15, 22, 29. 3-4:30pm. Free/M. \$10/NM.



The La Jolla Art Association exhibits their work at the La Jolla Community Center

American Mahjong: Beginners: 6-Week Course

Learn the basics and fundamental rules of Mahjong. Classes will include handouts and time for gameplay.

Thursday, May 23, 30. June 6, 13, 20, 27.

10:00am-12:30pm. \$165/M, \$190/NM.

REGISTRATION REQUIRED.

***2024 Mahjong card not included. A \$15 mahjong card can be purchased at 1st class.**



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.

Sound Bath Healing

This sound healing bath session 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. Benefits include restful sleep and mindfulness awakening. Taught by Sofía Puerta Webber Wellness Consultant & Founder Shiwido™

Monday, May 20. 2:30-3:30pm. \$15/M, \$20/NM.

Coming Up: Wednesdays June 12 and July 17, 2:30pm.

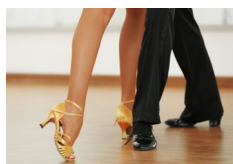


Salsa Dance

Learn the fundamentals of footwork, partner connection, and basic moves. Receive insights into the history and cultural significance of salsa music, its roots & evolution into a global phenomenon.

Beginner & Intermediate Levels

CLASSES CANCELED UNTIL JUNE.



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



LJAA Exhibition

Visit the new exhibition from April 8-May 31. 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

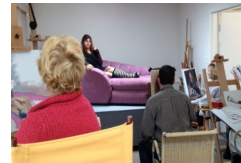
Painting from the Model, Uninstructed

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

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



Acrylic Pour Workshop

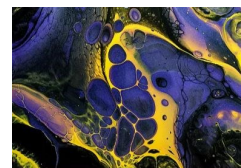
Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok.

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

Materials included. *painting will be wet after class.

Pick up is available during the week.

Second canvas available for purchase for \$20.



Watercolor Wonders: 4-Week Course

Unlock the captivating world of watercolor in this immersive class! Dive into the fundamentals of this versatile medium as you learn essential techniques, from mastering brushwork to understanding color theory. Taught by award-winning artist, Minnie Valero. Materials list available online.

Tuesdays, May 28, June 4, 11, 18. 2-5pm. \$99/M, \$129/NM.



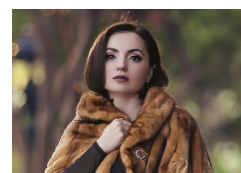
June Arias: A Night of Opera Elegance

Featuring Anna Belaya, soprano, Gerardo Gaytan, tenor and Michele Scanlon, piano. Experience an evening of musical splendor. Join us for an enchanting journey into the captivating world of opera.

Immerse yourself in the timeless beauty of classical arias, performed by renowned vocalists whose voices will soar with passion and grace.

Saturday, June 1. 6:30-8pm. Doors open at 6pm.

Early bird tickets end May 31, 12pm: \$50. Door: \$60.



To support our programs, please consider making a tax-deductible contribution!
www.ljcommunitycenter.org/donate

Better Bridge by Farr: 4-Week REVIEW

Beginning

Mondays, July 8, 15, 22, 29. 10:30 AM - 12:30pm.

Intermediate

Mondays, July 8, 15, 22, 29. 2:00 - 4:00pm.

Advanced

Tuesdays, July 9, 16, 23, 30. 2:00 - 4:00pm.

\$110/Member, \$125/Non-Member, per course, per person.

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

Zumba Gold & Tone: Fridays, 9-9:50am. Free/M, \$10/NM.

Gentle Yoga with Bob Spindler **NO CLASS 5/9 & 5/16**

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 with Andrea Ogden

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.

Wednesdays, 1-2pm. 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.

Attention Members & Volunteers!

Interested in joining a Committee? Want to start a new social group? Do you want to teach/lead a new class? Give us a call! (858) 459-0831

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 "Cartas de Cuba" by Raquel Behar.

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

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.

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

Tuesdays, May 7, 14, 21, 28. Films begin at 1pm.

Free/M. \$5/NM.

SAVE THE DATE!

**Salsa Sensación: A Night of Latin Rhythm
Friday, June 21.**

4:30-6:30pm Beginner and Intermediate Lessons.
6:30-9pm Live Music, Performances and Social Dancing.

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|--|
| EVERY MONDAY 11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español | EVERY TUESDAY 10am Zumba Gold 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation | EVERY WEDNESDAY 10am Spanish Beginners 3 11am Deep Yoga Flow 1pm Strength & Balance | EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual 1pm Social Bridge | EVERY FRIDAY 9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model |
| | | 1 | 2 | 3 |
| | | | 9am Day Trip Petco Park Stadium Tour 10am American Mahjong Beginners 3pm Salsa Dance 4pm Salsa Dance: Intermediate | 12pm Concerts in the Courtyard: Whitney Shay |
| 6 | 7 | 8 | 9 | 10 |
| | 1pm Movie Club | 11:45am Round Table Recollections 7pm Opera Wednesdays | 10am American Mahjong Beginners 12:30pm Mother's Day Celebration Sweet Treats & Heartfelt Flicks 1pm Piano Lessons 2pm Piano Lessons 3pm Salsa Dance 4pm Salsa Dance: Intermediate | 12pm Kiwanis Meeting 7:30pm Center for World Music Concert (Info: centerforworldmusic.org) |
| 13 | 14 | 15 | 16 | 17 |
| | 1pm Movie Club | 3pm Craft Hour: Diamond Painting | 10am American Mahjong Beginners 1pm Piano Lessons 2pm Piano Lessons 3pm Salsa Dance 4pm Salsa Dance: Intermediate | 11am Making Life Decisions as You Age 12pm Concerts in the Courtyard: Sergio Estrada |
| 20 | 21 | 22 | 23 | 24 |
| 2:30pm Sound Bath Healing | 1pm Movie Club 2pm Cooking Demo with Chef Nikki: Flavors of Italia | 3pm Craft Hour: Diamond Painting | 10am American Mahjong Beginners - NEW COURSE 3pm Salsa Dance 4pm Salsa Dance: Intermediate | 12pm Kiwanis Meeting 2pm Acrylic Pour Workshop 8pm Fourth Friday Jazz Series featuring Peter Sprague |
| 27 | 28 | 29 | 30 | 31 |
| CENTER CLOSED MEMORIAL DAY | 1pm Movie Club 2pm Watercolor Wonders: 4-Week Course | 12:30pm SeniorConnect: iPhone for Beginners, Part II 3pm Craft Hour: Diamond Painting | 9am Day Trip Petco Park Stadium Tour 10am American Mahjong Beginners 3pm Salsa Dance 4pm Salsa Dance: Intermediate | |

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