

LA JOLLA COMMUNITY CENTER

June 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

Lori Bell Quartet: Women in Jazz Honoring Legends in Jazz: Music of Chick Corea, Wayne Shorter, John Coltrane, Charlie Parker & more



Enjoy a straight ahead quartet with an original approach to jazz Standards, Latin/Brazilian, and original compositions. The group explores a plethora of grooves from bossa/samba, funk/fusion, afro Cuban, odd times and more. Four female musicians join forces, taking jazz intuition to new levels; featuring 3 time Global Music Award winner for performance in jazz, composing and arranging Lori Bell on flutes, with Melonie Grinnell piano, Evona Wascinski bass, & Monette Marino percussion.

Friday, June 23. 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.

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



Wednesday, June 14. 7-8:30pm.

\$10-20 suggested donation. 100% of donations go directly to artists. Snacks and refreshments available for purchase.

NEW CLASSES!

Balance & Movement to Reduce Falling

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, like dementia, and reverse Osteoporosis. Learn basic forms of Tai Chi. Develop stability & coordination and gain confidence.



Every Monday, Starting June 12. 9:45-10:45am

Line Dancing

Do you love music, like 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, reviewing dances we know!



Every Tuesday, Starting June 13. 1-1:45pm

Concerts in the Courtyard

Enjoy a free afternoon concert, 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. Seating is open and available on a first come first served basis. Reservations are not required. Concerts are outdoors,

Friday, June 2. 12-1pm. Eric Dickerson, Baroque Lute Masterworks

Friday, June 16. 12-1pm. Melonie and Justin Grinnell, Jazz Standards

Please note, entrance to Concerts in the Courtyard is FREE, but donations are welcome and greatly appreciated.



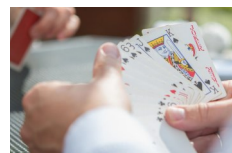
Rejuvenate Your Retirement®: An Educational Course for Retirees Age 65+

Making your money last throughout retirement has never been more challenging. People are living longer, and fewer retirees have traditional pensions. While most retirees are covered by Social Security, this program also faces financial challenges. This class will help you develop a personalized retirement income plan. Presented by Sima Alefi, AAMS®, ChFC®, a Wealth Management Advisor and member of the Financial Planning Association. **Thursday, June 8. 1-2pm. Free, open to all. Registration Required.**



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. **Mondays, June 12 - July 17. 9:30-11:30am. \$125/M, \$150/NM.**

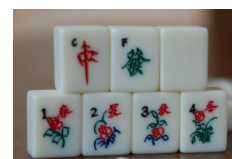


American Mahjong: Beginners: 6-Week Course

Mahjong is a game of luck, skill & strategy. Learn the basics and fundamental rules of Mahjong. Classes will include handouts and time for gameplay.

Thursday, June 1, 8, 15, 22, 29, July 6. 10am-12:30pm. \$165/M, \$190/NM.

2023 Mahjong card not included (\$15). Min 4 students.



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

Better Bridge by Farr: 4 Week Review Course

Beginning: Mondays, June 5, 12, 19, 26.
10:30am-12:30pm

Intermediate: Mondays, June 5, 12, 19,
26. 2-4pm

Advanced: Tuesday, June 6, 13, 20, 27.
2-4pm

\$100/M, \$120/NM, per course, per person.



Social Bridge RETURNS!

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



Thursdays. 1-3pm.

Free/M, \$5/NM.

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 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/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. Drop-In: \$17.50/M, \$22/NM/class.

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! *When do I know it is time to make changes in my life? Do I want to bring people into my home to help me, or should I be looking into group living? If I age in place, do I stay in my home or move closer to a loved one?* 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.



Special Guest: Mike Ortman from Care Placement.

Friday, June 16, 11am-12pm. Free/Open to all.

iPhone/iPad for Beginners, Part 1: 6-Week 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, June 14 - July 19. 12:30-1:30pm.

Free/M, \$100/NM. Drop-in: Free/M, \$20/NM

REQUIRED: Apple ID and PW.

One-on-One lessons available by appointment for personalized questions.

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 Exhibition & Reception

The La Jolla Art Association presents a new exhibition from June 5- August 4. The media featured will include watercolor, photography, oils, digital art and acrylics.

Artist Reception

Stop by to enjoy refreshments while connecting with fellow artists and friends, while you view the next exhibition!

Saturday, June 10. 3-5pm. Free/Open to All.

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

More info: www.lajollaartassociation.org

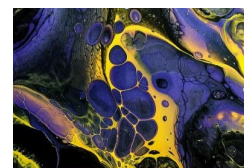
Artist Demonstration

Beverly Brock will give a demonstration on Acrylic Pour. Technique, design and more.

Thursday, June 22. 3:30-4:30pm. 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.



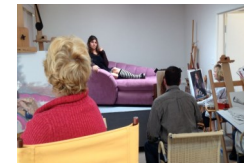
Friday, June 23. 2-3pm. \$20/M, \$30/NM.

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.



All levels welcome.

Fridays, 10am-1pm. Secure your spot:

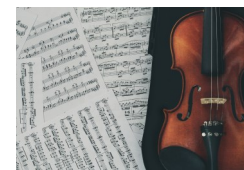
Dottie Stanley at dottieartist@gmail.com

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

Music Appreciation Series

The Violin & Fiddle: An Instrument of Exceptional Agility

The violin has a magical presence in the classical world, American folk music, the Celtic traditions, and beyond. This hour features gorgeous selections from those genres. Take a seat and enjoy melodies from the Renaissance, Mozart, Appalachia, Ireland and the rich world of film scores. Taught by Chris Burns.

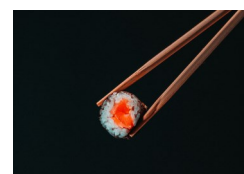


Tuesday, June 20. 1-2pm. Free/M. \$10/NM.

Sushi Making Class

In Partnership with Cherry Wine Modern Asian

Attention all sushi lovers! Learn the art of crafting delicious sushi rolls! Take your culinary skills to the next level. Join us for a fun and educational experience where you'll learn the art of crafting delicious sushi rolls, classic miso soup, restaurant style cucumber salad, handcrafted cherry lemonade plus more! Tastings and recipes included.



Thursday, June 29. 6-8pm. \$45/M, \$55/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

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.**

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 "Cuando Era Puertorriqueña" by Esmeralda Santiago.

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

LJCC Book Club

Every Third Wednesday of the Month

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!

June: "The Light We Carry: Overcoming In Uncertain Times" by Michelle Obama

Wednesday, June 21. 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 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.

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

Mon	Tue	Wed	Thu	Fri
EVERY MONDAY 11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español	EVERY TUESDAY 10am Zumba 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	EVERY WEDNESDAY 10am Spanish Beginners 3 11am Deep Yoga Flow	EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual 1pm NEW! Social Bridge	EVERY FRIDAY 9am Zumba 10am Kundalini Yoga 10am Paint the Model 12:30pm Strength & Balance
			10am American Mahjong Beginners 5:30pm Kiwanis Meeting	1 2 12pm Concerts in the Courtyard Featuring Eric Dickerson
10:30am Beginner Bridge Review 2pm Intermediate Bridge Review	2pm Advanced Bridge Review		10am American Mahjong Beginners 1pm Rejuvenate Your Retirement: An Educational Course for Retirees Age 65+	5 6 7 8 9 12pm Kiwanis Lunch Meeting
9:30am Canasta 101 9:45am NEW! Balance & Movement to Reduce Falling 10:30am Beginner Bridge Review 2pm Intermediate Bridge Review	1pm NEW! Line Dancing 2pm Advanced Bridge Review	12:30pm iPhone/iPad for Beginners 7pm Opera Wednesdays	10am American Mahjong Beginners 5:30pm Kiwanis Meeting	12 13 14 15 16 11am Making Life Decisions as You Age 12pm Concerts in the Courtyard Featuring Melonie and Justin Grinnell
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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