

LA JOLLA COMMUNITY CENTER

January 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

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, January 11, 7:00-8:30pm.

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

Music Appreciation Series

Every Third Tuesday of the Month

Hans Zimmer-Composer of Spectacular Film Music

Hans Zimmer is a master composer of exciting and diverse orchestral music for film. He is also a performer and advocate for the enjoyment of live music. He composes, he tours, and he brings musicians from all over the world into the musical celebration. A historical approach to this amazing innovator. Led by Chris Burns.



Tuesday, January 17. 1-2pm. Free/M. \$10/NM.

iPhone/iPad for Beginners, 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, January 25 – March 1. 12:30-1:30pm.

Free/M, \$100/NM.

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

Watercolor with Wine

4 Week Course

La Jolla Community Center invites everyone to come to experiment, explore, and challenge themselves. 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: January 12, 19, 26, & February 2. 3-5 pm .

\$79/M, \$109/NM.

Distinguished Speakers Series VIRTUAL

Medicinal Plants Research and Drug Discovery:

Lessons from the Past and Plans for the Future

Ben Naman, PhD, Director of Medicinal Plants Research Department of Science and Conservation, San Diego Botanic Garden



SDBG is working with local partner organizations to creatively build on the rich history of medicinal plants having been used worldwide for millennia. Pharmaceutical studies on medicinal plants also led to the development of the first modern or "Western" medicines only in the last few centuries, and many more plant-derived drugs or plant-based medicines have emerged in the time since. This presentation will describe the initial stages of the creation of a national medicinal plants collection and research consortium to catalyze drug discovery in San Diego and beyond.

Tuesday, January 24. 10-11:15am. Free/All.

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, January 5 - February 9. 10:00am-12:30pm. \$165/M, \$190/NM. Includes the 2022 Mahjong Card (\$10 value).

American Mahjong Beyond the Basics

4 Week Course

This class is for anyone who has previously played Mahjong or has taken a beginners' mahjong class. Learn defensive play, strategies & tips to improve your game, changing hands, additional rules, card clarification and more. Each class will include game play with the instructor and handouts. If you would like to further your mahjong skills, then this class is for you! 2022 Mahjong Card required.

Thursdays, January 19 - February 9. 1:30 - 4:00pm.

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

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 2

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.



Better Bridge by Farr

10 Week Courses

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

Intermediate: Mondays, Feb 13-Apr 17.
2:00-4:00pm.

Advanced: Tuesdays, Feb 14-Apr 18. 2:00-4:00pm.

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



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.



Fourth Friday Jazz Series

Melissa Morgan featuring Sam Hirsh on Piano

The Great American Songbook

Downbeat Magazine Rising Star Melissa Morgan returns to kick off the Fourth Friday Jazz 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 in this celebration of The Great American Songbook! Morgan was a semi-finalist in the Thelonious Monk International Jazz Competition in Washington D.C., hosted by Billy Dee Williams and Herbie Hancock. Judges for the competition were Quincy Jones, Al Jarreau, Kurt Elling, Jimmy Scott, Dee Dee Bridgewater. A frequent at New York and LA's top jazz rooms such as Blue Note, Mezzrow, Smalls, Smoke, Sam First, and Vibrato's she has performed with Jon Faddis, John Clayton, Gilbert Castellanos, Gerald Clayton, Jeff Goldblum and many more.

Friday, February 24. 7:00-9:15pm. Reception 7:00pm,

Concert 8:00-9:15pm. No intermission.

Pre-purchase: \$25/M, \$30/NM. Door \$35/person.

Snacks and refreshments available for sale.

Complimentary valet parking.

See complete series at www.ljcommunitycenter.org/ffjs



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. Learn more about the artists through monthly art demonstrations.

January Artist: Valerie Saia

Thursday, January 26. 4:00-6:00pm. Free/All.



LJAA Exhibition

The La Jolla Art Association presents a new exhibition from December 5 - January 27. The media featured will include watercolor, photography, oils, digital art and acrylics.

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

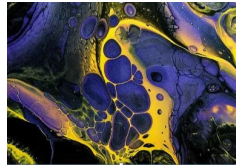
Acrylic Pour Workshop

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.

Monday, January 23 6:00-7:30pm. \$20/M, \$30/NM.

Friday, January 20. 2:00-3:30pm. \$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, 10:00am-1:00pm. RESERVATIONS REQUIRED to secure your spot: Dottie Stanley at dottieartist@gmail.com

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



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**

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 w/ 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 w/ 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 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 **NEW DAY**

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

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

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

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.

January: "West with Giraffes" by Lynda Rutledge. The great adventure story of 17-year-old Woodrow Wilson Nickel and his zookeeper mentor, as they drive a truck with two giraffes cross-country to the San Diego Zoo. It takes place in 1938 America and Woodrow finds himself along the way, through the joys and conflicts of the journey. This novel is historical fiction which permeates the narrator's character development through out the book.

Wednesday, January 18. 1:30-3pm. Free/All.

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.

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, 11:00 - 3:00PM. Free/M, \$5/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
2	3	4 10am Spanish Beginners 2	5 10am American Mahjong Beginners 5:30pm Kiwanis Meeting	6
9	10	11 10am Spanish Beginners 2 7pm Opera Wednesdays	12 10am American Mahjong Beginners 3pm Watercolor with Wine	13 12pm Kiwanis Lunch Meeting
16 CENTER CLOSED Martin Luther King Jr Day	17 1pm Music Appreciation Series Hans Zimmer: Composer of Spectacular Film Music	18 10am Spanish Beginners 2 1:30pm LJCC Book Club "West with Giraffes" by Lynda Rutledge	19 10am American Mahjong Beginners 1:30pm American Mahjong Beyond the Basics 3pm Watercolor with Wine 5:30pm Kiwanis Meeting	20 2pm Acrylic Pour Class
23 6pm Acrylic Pour Class	24 10am Distinguished Speaker Series featuring Benjamin Naman, San Diego Botanical Garden	25 10am Spanish Beginners 2 12:30pm iPad/iPhone for Beginners, Part 1	26 10am American Mahjong Beginners 1:30pm American Mahjong Beyond the Basics 3pm Watercolor with Wine 4pm LJAA Art Demonstration	27 12pm Kiwanis Lunch Meeting
30	31	Feb -1 10am Spanish Beginners 2 12:30pm iPad/iPhone for Beginners, Part 1	Feb -2 10am American Mahjong Beginners 1:30pm American Mahjong Beyond the Basics 3pm Watercolor with Wine 5:30pm Kiwanis Meeting	Feb -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*

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and review us 

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