

September 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 | info@ljcommunitycenter.org

Fourth Friday Jazz Series

Gilbert Castellanos and Irving Flores Latin American Composers

Gilbert Castellanos has earned international recognition as a composer, curator, educator, arranger and top-call jazz trumpeter.

Castellanos has spent over 30 years touring the globe and recording both as a solo artist and with the most renowned names in the industry. A cornerstone in the San Diego music scene, Castellanos has fostered collaborations that "keep jazz alive" and has received numerous accolades including San Diego Music Awards Best Jazz Artist six times; the Jazz Journalists Association's Jazz Hero Award and was also named as one of the most innovative jazz trumpeters in DownBeat Magazine's "25 for The Future." Castellanos returns, accompanied by Irving Flores on piano, to present a fiery evening of music by some of the greatest Latin American composers as well as highlights from his latest recording "Esperame En El Cielo."

Friday, September 22. 7-9:15pm. Reception 7pm. Concert 8-9:15pm. No intermission. Complimentary valet parking.

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

Snacks and refreshments available for sale.



Annual A Lifetime of Healthy Living Health Fair For Adults, Seniors and their Families Sponsored by Pacific Pearl La Jolla

Receive the information and resources you need to achieve and maintain an active, happy life! Listen to great speakers and participate in demonstrations. Enjoy free refreshments, giveaways, prizes and more! Free seminars and demos include The Best of Conventional & Natural Medicine, Seniors and Technology, Zumba, Yoga, Elder Care Experts, Senior living options and so much more!
Friday, September 29, 10am-2pm. FREE admission & valet parking!



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, September 13. 7-8:30pm. \$10-20 suggested donation. 100% of donations go directly to artists.

Snacks and refreshments available for purchase.



Conducting Classes: Move/Learn/Laugh

Move in harmony with beautiful music that can result in a happier and healthier you. Class combines music appreciation, conducting, and elements of Yoga and Tai Chi that focus on balance, flexibility, and a different range of motion. Taught by Polina Sisman, music teacher, classical pianist and educator.

Thursdays, September 14, 21, 28, October 5. 11:30am-12:30pm.

\$18/M, \$20/NM per class.

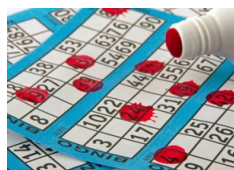


Bingo

Looking for a fun and friendly game to play? Look no further! Bingo is a classic game and a great way to socialize and have a good time. Plus, it's a fun way to win prizes!

Wednesday, September 20 & 27. 2-3pm. Free.

Donations welcome. Registration required. No cash prizes.



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.

Friday, September 1. 12-1pm. Anthony Cutietta, Romantic Guitar

Friday, September 15. 12-1pm. David Borgo and Tobin Chodos

Originals on Saxophone and Piano

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



Salsa Dance Workshop

Learn to salsa! The class will kick off with an engaging beginner dance workshop led by Rey Castillo, an experienced dancer and instructor, who will teach participants the fundamentals of salsa footwork, partner connection, and basic moves. You will also receive insights into the history and cultural significance of salsa music, highlighting its roots & evolution into a global phenomenon. All levels welcome.

Wednesday, September 20. 4-6pm. \$15/M, \$20/NM.



J. Riley Cain Jazz Trio From New Orleans

A noted San Diego musician, Cain has relocated to New Orleans, the birth place of jazz. Along with journeymen musicians Marly Waak on drums and Grant Clarkson on bass, the trio will be performing a musical gumbo of jazz, blues, Latin and Brazilian music, all with a spicy dash of New Orleans juj.

Saturday, September 23. 7-9pm. Doors open at 6:30pm. \$20/per person. Snacks & refreshments available for sale.



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

Better Bridge by Farr: 8 Week Course

Beginning: Mondays, Sep 11– Oct 30. 10:30am-12:30pm

Intermediate: Mondays, Sep 11– Oct 30. 2:00 - 4:00pm

Advanced: Tuesday, Sep 12– Oct 31. 2:00 - 4:00pm

Instructor: Scott Farr

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

American Mahjong: Beginners: 6 Week 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. Instructor: Carol Cohn

Thursday, September 14, 21, 28. October 5, 12, 26 (No Class 10/19) 10:00am-12:30pm. \$165/M, \$190/NM.

***2023 Mahjong card not included. A \$15 mahjong card can be purchased at 1st class.**

Italian for Beginners: 8 Week Course

This introductory course develops Italian language acquisition through listening, speaking, reading, and writing. Learn basic Italian pronunciation, vocabulary, and grammar. and explore the history, geography, and customs of the Italian-speaking world. Instructor: Paola Baracco

Tuesdays, September 12, 19, 26. October 3, 10, 17, 24, 31. 12:30-1:30pm. \$180/M, \$200/NM per course.

Sound Bath Healing

This class incorporates body scan meditation, intention setting, and the use of vibrations such as crystal bowls, chimes and gongs 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. Sleep deprivation is the cause of many illnesses.

Class taught by Sofía Puerta Webber

• **Founder Shiwido™ the toy with exercise in mind**

• **Certified Yoga Instructor**

• **Mindfulness Based Stress Reduction MBSR**

Thursday, September 21. 4-5pm. \$15/M, \$20NM.



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.

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, September 15, 11am-12pm. Free/Open to all.



A tradition of excellence from local artists since 1918



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

LJAA Exhibition

The La Jolla Art Association presents a new exhibition from August 7 - September 29. The media 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

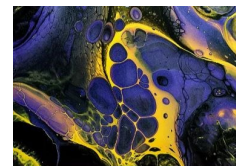
Acrylic Pour Workshop

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, September 22. 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

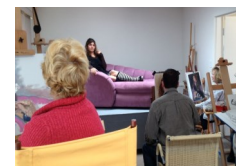
Test your figure drawing or painting skills in this uninstructed painting session. Models vary and will be costumed or nude.

All levels welcome.

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

Dottie Stanley at dottieartist@gmail.com

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



iPhone/iPad for Beginners Course, Part 2

Learn the basic functions, applications, & other fun features.

Instructor: Deborah Miller

Wednesday, September 6, 13, 20. 12:30-

1:30pm. Drop-in: Free/M, \$20/NM

REQUIRED: Apple ID and PW.

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



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 de-

velop 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.

Thursday, September 21. 1-2pm. Free. Please RSVP.



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**

Line Dancing **NO CLASS 9/12 AND 10/3**

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. **NO CLASS 9/4 & 9/6**

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

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.

CLASS IS BEING RESCHEDULED. NEW DATE COMING SOON.

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

"The Bones of the Story" by Carol Goodman

Wednesday, September 20. 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
EVERY MONDAY 9:45am Balance & Movement to Reduce Falling 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 1pm Line Dancing	EVERY WEDNESDAY 10am Spanish Beginners 3 11am Deep Yoga Flow	EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual 1pm Social Bridge	EVERY FRIDAY 9am Zumba 10am Kundalini Yoga 10am Painting from the Model
				1 12pm Concerts in the Courtyard Featuring Anthony Cutietta
4 CENTER CLOSED HAPPY LABOR DAY!	5	6 12:30pm iPhone/iPad for Beginners 2	7	8
11 10:30am Bridge Beginner 2pm Bridge Intermediate	12 12:30pm Italian Beginners 2pm Bridge Advanced	13 12:30pm iPhone/iPad for Beginners 2 7pm Opera Wednesdays	14 10am American Mahjong Beginner 11:30am Conducting Class	15 11am Making Life Decisions as You Age 12pm Concerts in the Courtyard Featuring David Borgo and Tobin Chodos
18 10:30am Bridge Beginner 2pm Bridge Intermediate	19 12:30pm Italian Beginners 2pm Bridge Advanced	20 12:30pm iPhone/iPad for Beginners 2 1:30pm LJCC Book Club "The Bones of the Story" by Carol Goodman 2pm Bingo 4pm Salsa Dance Workshop	21 10am American Mahjong Beginner 11:30am Conducting Class 1pm Rejuvenate Your Retirement: An Educational Course for Retirees Age 55+ 4pm Sound Bath Healing	22 12pm Kiwanis Lunch Meeting 2pm Acrylic Pour Class 7pm Fourth Friday Jazz Series Featuring Gilbert Castellanos
25 10:30am Bridge Beginner 2pm Bridge Intermediate	26 12:30pm Italian Beginners 2pm Bridge Advanced	27 2pm Bingo	28 10am American Mahjong Beginner 11:30am Conducting Class	29 10am A Lifetime of Healthy Living Health & Resource Fair

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