

LA JOLLA COMMUNITY CENTER

March 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

Dr. Marshall Hawkins featuring Joshua White

The Voice Above the Crowd

Dr. Marshall Hawkins, a living jazz legend, picked up the bass in 1964 at the age of 25, and the rest is history. Hawkins has toured with the Miles Davis Quintet (Wayne Shorter, Herbie Hancock, and Tony Williams were also part of the band). Throughout his decades-long career, Hawkins has performed and collaborated with Eddie Jefferson ("vocalese" innovator), Blues singer Betty Gray, saxophonist Richie Cole, Joe Henderson, Freddie Hubbard, Pharoah Sanders, Roberta Flack, and countless other Jazz greats.



Friday, March 24. 7-9:15pm. Reception 7pm, Concert 8-9:15pm. No intermission. Free valet parking.

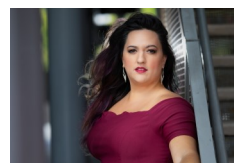
Pre-purchase: \$25/M, \$30/NM. Door \$35/person.

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



Wednesday, March 8, 7-8:30pm.

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

Music Appreciation Series

Composed in Ireland-A Historical View of Musical Diversity

From the traveling blind harper Turlough O'Carolan to the Romanic Era's John Field and his lovely nocturnes...from the traditional Celtic folk artists to finely produced film music...lovely, engaging, and inspiring music. And the evolution of fabulous Irish music continues to flourish. Be prepared for a wide diversity of Irish music.



Tuesday, March 28. 1-2pm. Free/M. \$10/NM.

La Jolla Town Hall Meeting

Councilmember Joe LaCava

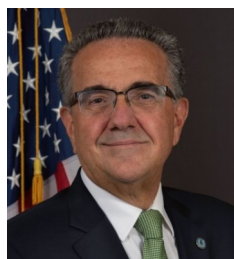
Please join Councilmember Joe LaCava for a Town Hall for La Jolla residents. Learn about Councilmember's priorities for 2023 and bring your questions.

Wednesday, March 15.

5:30-7pm.

RSVP required:

joelacava@sandiego.gov



St. Patrick's Day Celebration & Fundraiser!

Who needs luck, when we have you!

Join us for a fun-filled evening of traditional Irish cuisine, green beer, raffles, "Irish Dancers" and a performance of **Americeltic** music by Gregory Page. This evening's fundraising efforts will benefit the beautification of our courtyard!

Friday, March 17. 5:30-8pm.

Doors open 5:30pm. Dinner 6pm.

Concert 7pm. \$25/LJCC Member, \$40/Guest.

Reservation required by 3/13. Free Valet Parking.



iPhone/iPad for Beginners, Part 2: 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, March 15-April 19. 12:30-1:30pm.

Free/M, \$100/NM.

Beginner I Italian: 8 Week Course

This introductory course develops Italian language acquisition through listening, speaking, reading, and writing. It covers basic Italian pronunciation, vocabulary, and grammar. It also explores the history, geography, and customs of the Italian-speaking world.



Tuesday, April 4, 11, 18, 25. May 2, 9, 16, 23. 12:30-1:30pm.

\$160/M, \$190/NM per person. Min. 5 students enrolled.

They're Playing Our Song

Music Appreciation Series featuring Jacquelyne Silver

In this fascinating and oh-so-enjoyable series, pianist Jacquelyne Silver will answer these question "what makes a song great?" as she performs some of the most acclaimed songs in musical theater, all the while pointing out the ingredients that the composers used to make this music so sublime. Learn the "secrets" of the musical giants who created such masterpieces as "My Fair Lady," "Fiddler," "Phantom of the Opera," "Hamilton," and so many others! Not to be missed!



Tuesday, March 21, 28, April 4, 11. 6pm-8pm.

Series \$60/M. \$80/NM. Walk-ins \$20/M, \$25/NM per date.

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

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 per class.

Spanish Beginner 1: 8 Week Course

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, March 13—May 1. 1-2:30pm. \$140/M, \$170/NM.

Sherman Library & Gardens, Corona del Mar

In collaboration with the La Jolla Garden Club

Visit the monument to founder Arnold D. Haskell's dream of an educational and cultural center: a premier botanical garden and outstanding research library with collections related to the history of the Pacific Southwest. This beautiful and tranquil cultural center dates back to the 1950s. The visit includes a docent tour of the nationally renowned botanic Gardens spanning 2.2 acres. All will have the opportunity to visit the Gift Shop on the premises. A shopping visit to Roger's Gardens will follow Sherman Library and Gardens.



Tuesday, March 28. Depart 8:45am-4:00pm. \$70/LJCC and LJGC Members, \$90/NM. Excludes lunch. Reservation by March 16. More info online.

The Robinson Estate & Gardens, Beverly Hills

Visit 4 of the Virginia Robinson Gardens and a portion of the Robinson Estate which is on the National Register of Historical Places. The visit includes a 90-minute docent led tour.

Tuesday, April 25. Depart 7:30am-5:00pm. \$90/LJCC & LJGC Members, \$110/NM. Excludes lunch. Reservation by April 13.

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, March 10, 17, 24, 31. 10-11am. \$100/M. \$120/NM per month (4 sessions).**



The Truth About Estate Planning

Everyone needs an Estate Plan, it's vital for any individual, couple, or family that owns a home and has assets. It's time to make sure your Estate Planning is in good order. This seminar will provide you with proven strategies to save fees, tax-es, and provide asset protection and security for you and your loved ones. Learn how to avoid the Top 7 critical estate planning mistakes, discover a secret way out of capital gains tax for highly appreciated assets, Learn the difference between Wills and Trusts plus so much more. Presented by Kristina R. Hess, Esq. **Wednesday, March 22. 6-7:30pm. Free/Open to all.**



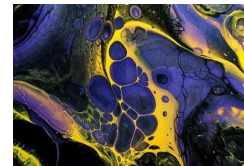
LJAA Exhibition

The La Jolla Art Association presents a new exhibition from February 6 - March 30. 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.



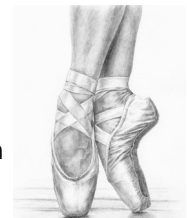
Friday, March 24. 2-3:30pm. \$20/M, \$30/NM.

Saturday, March 25. 2-3:30pm. \$20/M, \$30/NM.

Materials included. *painting will be wet after class. Pick up is available during the week.

Drawing Class: 4 Week Course

Learn the basic principles and techniques, such as perspective and shading, for creating beautiful drawings. This class is for anyone who is interested in learning to draw in a friendly, fun and encouraging environment. This is an all encompassing course for all levels. No prior experience is required. Taught by Symphony Moussighi. **Thursdays, March 9, 16, 23, 30. 11am-1pm. \$79/M, \$99/NM.**



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. **Fridays, 10am-1pm. RESERVATIONS REQUIRED dottie-cartist@gmail.com Free/M, \$5/NM plus 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! *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.



Friday, March 24, 11am-12pm. Free/Open to all.



**Alzheimer's or Dementia
in Your Family?**

**Call the Memory Care
Experts at ActivCare.**

800-646-3547

*Complimentary resources
are available.*

activcareliving.com

ACTIVCARE
Mission Bay
Residential Memory Care

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.**

NEW DAY: 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

March: "The Dark Flood Rises" by Margaret Drabble, a book which deals with issues of aging.

Wednesday, March 15. 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 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, 11am- 3pm. Free/M, \$5/NM.

NEW CLASS: Functional Training with Nomi Berger

Training with a purpose. The practical application of functional training is to make daily activities easier to perform. The majority of functional training movements are multijoint, which means moving forward and backward, side to side, and incorporating rotational movements using free weights and body weight.

Wednesdays, 10-10:45am. \$10/M, \$15/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 2:30pm Café Español	EVERY TUESDAY 10am Zumba 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	EVERY WEDNESDAY 10am Functional Training 10am Spanish Beginners 3 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
		10am Follow your Bliss 12:30pm iPad/iPhone for Beginners, Part 1	10am American Mahjong Beginners 1pm Canasta 101 3pm Watercolor Workshop 2 5:30pm Kiwanis Meeting	
10:30am Bridge Beginning 2pm Bridge Intermediate	2pm Bridge Advanced	7pm Opera Wednesdays	10am American Mahjong Beginners 11am Drawing Class 1pm Canasta 101 3pm Watercolor Workshop 2	10am Ukulele Class 12pm Kiwanis Lunch Meeting
10:30am Bridge Beginning 1pm Spanish Beginners 1 2pm Bridge Intermediate	2pm Bridge Advanced	12:30pm iPad/iPhone for Beginners, Part 2 1:30pm LJCC Book Club 5:30pm La Jolla Town Hall with Councilmember Joe LaCava	10am American Mahjong Beginners 11am Drawing Class 1pm Canasta 101 3pm Watercolor Workshop 2 5:30pm Kiwanis Meeting	10am Ukulele Class 5:30pm St. Paddy's Day Celebration & Fundraiser
10:30am Bridge Beginning 1pm Spanish Beginners 1 2pm Bridge Intermediate	2pm Bridge Advanced 6pm They're Playing Our Song! With Jacquelyne Silver	12:30pm iPad/iPhone for Beginners, Part 2 6pm The Truth About Estate Planning	10am American Mahjong Beginners 11am Drawing Class 1pm Canasta 101	10am Ukulele Class 11am Making Life Decisions As You Age 12pm Kiwanis Lunch Meeting 2pm Acrylic Pour Class 7pm Fourth Friday Jazz Series
10:30am Bridge Beginning 1pm Spanish Beginners 1 2pm Bridge Intermediate	8:45am Day Trip: Sherman Gardens 1pm Music Appreciation Series 2pm Bridge Advanced 6pm They're Playing Our Song! With Jacquelyne Silver	12:30pm iPad/iPhone for Beginners, Part 2	10am American Mahjong Beginners 11am Drawing Class 1pm Canasta 101	10am Ukulele Class 12pm Kiwanis Lunch Meeting

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