

LA JOLLA COMMUNITY CENTER

January 2022 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

REQUIREMENTS FOR IN-PERSON ATTENDANCE

- Advance registration for ALL classes and events (no walk-ins)
- Proof of complete COVID-19 vaccination
- Masks must be worn at all times when entering and exiting the Center and in common areas

Distinguished Speakers Series IN-PERSON

**Nathan Fletcher Chair, Board of Supervisors,
San Diego County**

Join us to listen to County Supervisor Nathan Fletcher present his platform and priorities for the county, which include: addressing behavioral health and homelessness, issues around affordable housing, climate change, the economy, and childcare.



Tuesday, January 18, 5:30-7:00pm.

5:30-6:00pm - Reception

6:00-7:00pm - Presentation + Q&A

Opera Wednesdays is back! IN-PERSON

Every Second Wednesday of the Month!

Listen to Southern California's Top Opera Singers! The artists will 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, January 12, 7:00-8:30pm.

\$10-20 suggested donation. 100% of your donations go directly to the artists performing at Opera Wednesdays. Light bites and beverages available for sale.

Doowop with the Skylarks, Concert IN-PERSON

Skylarks take you back to the early days of Rock & Roll with their original arrangements of Girl Group and Doo Wop hits of the 50s, 60s and beyond. A 'mostly a cappella' quartet of women, Skylarks took their name from the Buick Skylark, a classic American car of the era. Remember the Everly Brothers, Little Eva, Elvis Presley, The Chiffons, the Supremes & the Marvelettes? Well, put on your saddle shoes & step back in time to the days of early Rock & Roll.



Friday January 28, 6:00-7:30pm.

\$15/M, \$20/NM.

American Mahjong Beginners 6 Week Course IN-PERSON

Mahjong is a game of luck, skill and strategy. Learn the basics and fundamental rules of Mahjong. Classes will include handouts and time for game play. The Mahjong card may be purchased online from the National Mahjong League. 2021 Mahjong Card required.



Instructor: Carol Cohn

**Wednesday, January 12 - February 16, 2:00-4:30PM
\$175/M, \$200/NM.**

All About Mahjong IN-PERSON

Enjoy a one hour presentation all about Mahjong. Learn the history of American Mahjong, the social and health benefits, overview of game, and teaching techniques from our instructor. Q&A included.

Presented by Carol Cohn.

Monday, January 10, 11:00am-12:00pm. Free, open to all.

Better Bridge by Farr 10 Week Courses IN-PERSON Beginning

Rules of Bridge, Scoring, Basic Hand Evaluation, Basic Bidding Guidelines, Basic Playing Guidelines

**Mondays, 10:30am - 12:30pm
January 31 - April 4, 2022**



Intermediate

No Trump Opening Bids, Stayman & Transfer Bids, Weak 2 Opening Bids, Preemptive Bids, 2 Clubs Opening Bids, Slam Bidding Convention

**Mondays, 2:00pm - 4:00pm
January 31 - April 4, 2022**

Advanced

Review of Intermediate, Hand Reevaluation, Competitive Bidding, Overcalls & Doubles, Intervening Bids

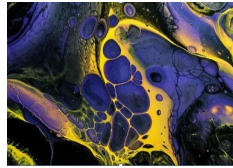
**Tuesdays, 2:00pm - 4:00pm
February 1 - April 5, 2022**

\$225/M, \$250/NM, per course, per person. COMPLETE COVID Vaccination required to attend. For questions about the class content, please email: spoggi@san.rr.com

NEW CLASSES & SPECIAL EVENTS

Acrylic Pour Workshop with Beverly Brock IN-PERSON

Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok. This form of abstract art uses acrylics with a runny consistency to create psychedelic paintings. There are endless creative possibilities thanks to different ways to combine acrylic paints and there's something so satisfying about watching it spill across a surface.



Friday, January 21, 2-3:30pm. \$10/M, \$20/NM.
All materials supplied. Supplemented by the Marilyn Nass

iPhone Art for Beginners IN-PERSON

Explore your inner photographer! Bring your photos to class and learn how to merge 2 or 3 images into one, using the elements of each picture that you love! Come to class with two (2) pictures already in your photo gallery; 1. a picture of the sky with clouds, 2. a picture of a tree or your favorite picture.



This class is lead using an iPhone. Apps required to take the class: Distressed FX*, Reflect*, Snapseed

Class requirements: iPhone, Apple ID and Password.
*Some applications used to create your digital art have an additional fee

Instructor: Beverly Brock

Monday, January 24, 1-2:30pm.

\$10/M, \$20/NM.

Supplemented by the Marilyn Nass Creative Arts Fund.

Watercolor Magic 4 Week Course IN-PERSON

Let's start with the real basics and just paint! Play, learn, gain understanding & confidence as you play & paint. In this class, students will start at the very beginning and understand the basics of watercolor paints, color mixing and how to use them effectively. Through repetition the student will gain confidence with this medium. Instructor: Minnie Valero.



Wednesday, February 2, 9, 16, 23 2022. 3-5pm.

\$49/M, \$59/NM.

Supplemented by the Marilyn Nass Creative Arts Fund.

Author Talk: "Wiser" by Dr. Dilip Jeste IN-PERSON

From the field's pioneer, an exploration of the neurobiology and psychology of wisdom: what science says it is and how to nurture it within yourself – at any stage of your life. What exactly does it mean to be "wise"? And is it possible to grow and even accelerate its unfolding? For over two decades, Dr. Dilip Jeste has led the search for the biological and cognitive roots of wisdom. What's emerged from his work is that wisdom is a very real and deeply multi-layered set of traits.



Tuesday, January 25, 4-5pm. Free.

iPhone/iPad for Beginners 6 Week Course IN-PERSON

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. This class is designed for beginners. Instructor: Deborah Miller
Course begins Wednesday, January 12, 12:30-1:30pm.
Free/M, \$90/NM. Drop-in \$20/NM.



NEW! Chair Yoga & Meditation IN-PERSON

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. Instructor: Sasha Briskin
Every Tuesday, 11:30am- 12:30pm. Free/M, \$10/NM.



Spanish 2, 8 Week Course IN-PERSON

If your goal is to communicate in Spanish using authentic structures and a broad vocabulary, this is the program for you!

Wednesday, January 12 - March 2,
10-11:30am. \$140/M, \$160/NM.



Movie Club: International Films IN-PERSON

1/6 - Tell Me When, Mexican 2021
1/13 - In Family I Trust, Spanish 2018
1/20 - Out of My League, Italian 2020
1/27 - Zero to Hero, Chinese 2021

Thursdays, 1pm. Free/M, \$5/NM. *All films subject to change without notice.



Planned Giving

Please consider the La Jolla Community Center when planning your estate! If you haven't thought about the LJCC for a planned gift that will create a lasting investment in our future, please consider the following:

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 IN-PERSON

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, \$5/NM.

Gentle Yoga with Bob Spindler IN-PERSON

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 IN-PERSON

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 IN-PERSON

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, \$8/NM.

Body Mind Dance Movement VIRTUAL

Offers a supportive, gently paced and low-impact class in expressive dance. Added benefits of enhancing flexibility, balance, energy, emotional connection and body confidence.

Mondays, 9-10am. \$10/M, \$15/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 IN PERSON Begins January 19!

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, 9:30-10:30am. Free/M, \$8/NM.

French Conversation IN-PERSON

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 IN-PERSON

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.

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

LJCC Book Club IN-PERSON

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! With the LJCC Book Club, you can treat yourself and make sure that you are reading at least 1 good book a month.

January pick: "The Rose Code " by Kate Quinn

Thursday, January 20, 4-5pm. Free for all.

Social Bridge Groups IN-PERSON

Do you enjoy Bridge? Have a group that wants to play at the LJCC? Reserve a room during the week.

Various days and times available.

Free/Members, \$5/Non-Members.

Social Mahjong IN-PERSON

Join a game of Mahjong! Players must know the basic rules, be able to identify tiles and have a 2021 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 - 3:00 PM.

Free/Member, \$5/Non-Member.

Attention Members!

Interested in joining a Committee? Want to start a new social group? Do you want to teach a new class?

Give us a call! (858) 459-0831



Mon	Tue	Wed	Thu	Fri
EVERY MONDAY 9am Body-Mind Movement and Dance: Virtual 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 9:30am Strength & Balance - Class begins January 19 11am Deep Yoga Flow	EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual 1pm International Movie	EVERY FRIDAY 9am Zumba 10am Kundalini Yoga 10am Paint the Model
3	4 12:30pm Italian for Beginners Wk 3	5	6 1pm Movie: Tell Me When (Mexican)	7
10 11am All About Mahjong Introduction	11 12:30pm Italian for Beginners Wk 4	12 10am NEW! Spanish Beginners 2 Wk 1 12:30pm NEW! iPad & iPhone Class Wk 1 2pm NEW! American Mahjong Beginners Wk 1 7pm Opera Wednesdays	13 1pm Movie: In Family I Trust (Spanish)	14
17	18 12:30pm Italian for Beginners Wk 4 6pm Distinguished Speakers Series ft Supervisor Nathan Fletcher	19 10am Spanish Beginners 2 Wk 2 12:30pm iPad & iPhone Class Wk 2 2pm American Mahjong Beginners Wk 2	20 1pm Movie: Out of My League (Italian) 4pm Book Club: "The Rose Code" by Kate Quinn	21 2pm Acrylic Pour Art Class
24 1pm iPhone Art for Beginners	25 12:30pm Italian for Beginners Wk 5 4pm Author Talk: Dilip Jeste, MD	26 10am Spanish Beginners 2 Wk 3 12:30pm iPad & iPhone Class Wk 3 2pm American Mahjong Beginners Wk 3	27 1pm Movie: Zero to Hero (Chinese)	28 6pm Doowop with the Skylarks Concert
31 10:30am NEW! Bridge Beginners Wk 1 2pm NEW! Bridge Intermediate Wk 1	Feb 1 12:30pm Italian for Beginners Wk 6	Feb 2 10am Spanish Beginners 2 Wk 4 12:30pm iPad & iPhone Class Wk 4 2pm American Mahjong Beginners Wk 4 3pm NEW! Watercolor Magic Wk 1	Feb 3 10:30am Mahjong Beginners Wk 6 1pm Movie: Ready to Mingle (Mexican)	Feb 4

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