

## 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](http://www.ljcommunitycenter.org) | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)

### Fourth Friday Jazz Series

#### Holly Hofmann: Songs My Father Taught Me

One of the nation's top jazz flutists, Holly Hofmann, performs a special program with seasoned jazz guitarist Bruce Forman, who Jazz Times magazine called "one of the great lights of our age." He performed with legends Ray Brown, Freddie Hubbard, Joe Henderson, Bobby Hutcherson, Woody Shaw, Richie Cole, and more. San Diego Jazz maestro Mike Wofford makes a special guest appearance on piano.



**Friday, September 27. 8-9:15pm. Doors 7pm. Concert 8-9:15pm. No intermission. Complimentary valet parking. Pre-purchase: \$25/M, \$30/NM. Door \$35/person. Refreshments for sale.**

### Sounds of Sinatra

Join us for an unforgettable evening with crooner, David Roberts, where timeless classics come alive! Experience the magic of Ol' Blue Eyes as talented musicians bring Frank Sinatra's iconic hits to the stage. From 'New York, New York' to 'Fly Me to the Moon,' let the music sweep you off your feet in a night of nostalgia and elegance.



**Friday, September 13. 7-8:30pm. Doors open at 6:30pm. \$20/M, \$25/NM. Refreshments for sale.**

### Cooking Demo with Chef Nikki: Flavors of Spain

Learn to create a traditional Spanish paella along with a selection of flavorful tapas. Discover the secrets to perfecting these iconic dishes, from selecting the freshest ingredients to mastering techniques that bring out authentic Spanish flavors.



**Tuesday, September 24. 2-4pm. \$30/M, \$45/NM.**

### Better Bridge by Farr: 8-Week Course

**Beginning:** Mon, Sep 23-Nov 11. 10:30am-12:30pm.

**Intermediate:** Mon, Sep 23-Nov 11. 2-4pm.

**Advanced:** Tues, Sep 24-Nov 12. 2-4pm.

**\$225/Member, \$250/Non-Member, per course, per person.**



### Lunch & Learn: Assessing Your Options for Senior Care

With a multitude of options available for senior care, making the right choice can feel overwhelming. This talk will guide you through the process of assessing your options for care, insights on the different types of care, what to consider when making decisions, and how to ensure the best possible quality of life.



**Presented by Gus Fernandez.**

**Thursday, September 26. Lunch 12-12:30pm.**

**Lecture 12:30-1:30pm. Free/M, \$15/NM.**

### Opera Wednesdays

#### Every Second Wednesday of the Month!

Listen to Southern California's Top Opera Singers! Artists consist of Metropolitan Opera Competition Winners, SD Opera performers and guest artists.

**Wednesday, September 11. 7-8:30pm.**

**\$10-20 suggested donation.**

**100% of donations go directly to artists.**



### 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.

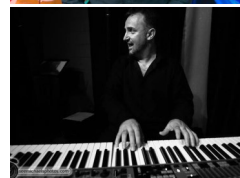
Earlier entry and seating is not available.

**Friday, September 6, 12-1pm.**

**Semisi Ma'U: "Bula" Music**

**Friday, September 20. 12-1pm. Mikan Zlatkovich: Great American Songbook**

**Please note, entrance to Concerts in the Courtyard is FREE, but donations are welcome and greatly appreciated. [More info online.](#)**



### Peer Learning Collaborative

#### Environmental and Ethical Dimensions of Vegetarianism

This three-session seminar will consider what it means to have a vegetarian lifestyle in a crowded, complex, interconnected world. The main objective is to give you some food for thought about how your dietary choices align with your values and your hopes for the future. **Facilitator: Bruce Englebert**

**Wednesdays, September 4, 11, 18. 3-4pm. Followed by drinks and appetizers. 3-week course. \$15/M, \$35/NM.**



### Summer Wine Down

Unwind with a selection of fine wines, enjoy light bites and live music, and relax in a charming atmosphere as we bid farewell to the season. Whether you're a wine enthusiast or just looking for a pleasant evening out, this is the perfect way to savor the last moments of summer. Cheers!

**Wednesday, September 18. 4:30-6:30pm. Free/M, \$35/NM.**



### Italian Beginners I: 8-Week Course

This introductory course develops Italian language acquisition through listening, speaking, reading, and writing and covers basic Italian pronunciation, vocabulary, and grammar. **Tuesdays, September 17, 24. October 1, 8, 15, 22, 29. November 5. 12:30-1:30pm. \$235/M, \$250/NM.**

## Round Table Recollections

Sponsored by Monarch Cottage

Join us to socialize, reminisce, learn something new, and keep your brain active in this lively and supportive discussion group! This is a supportive social group designed to engage the brain through discussion, social interaction, reminiscence, brain exercises + more.

*Please note that care is not provided at these meetings. Anyone needing assistance must bring their own care support.*

**Wednesday, September 11. 11:45am-12:45pm. Free.**

## 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. While most retirees are covered by Social Security, this program also faces financial challenges. This course will help you develop 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 19. 1-2pm. Free/Open to all. REGISTRATION REQUIRED.**

## 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 20. 11am-12pm. Free.**

## Sound Bath Healing

This sound healing bath session incorporates body scan meditation, intention setting, and the use of vibrations such as crystal bowls, chimes, Native American Pueblo drum and Shamanic Amazon flute and Shiwido to create the perfect environment to relax your mind and body. Benefits include restful sleep and mindfulness awakening. Taught by Sofia Puerta Webber Wellness Consultant & Founder Shiwido™

**Thursday, September 26. 2:30-3:30pm. \$15/M, \$20/NM/class.**

**Registration Required by September 25.**

## Spanish Beginner 3 No Class 9/25 - 10/30

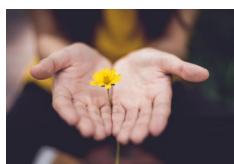
This class focuses on intermediate conversational Spanish. If your goal is to communicate in Spanish using authentic structures and a broad vocabulary, this is for you! Book used for class: *The Ultimate Spanish 101: Complete First-Year Course*.

**Wednesdays, 10-11:30am. \$17.50/M, \$20/NM/class.**

## Spanish Beginner 1 No Class 9/23 - 10/28

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.**



The La Jolla Art Association exhibits their work at the La Jolla Community Center

## LJAA Exhibition

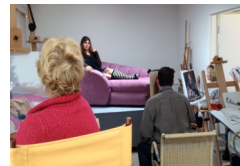
Visit the new exhibition from August 5 - September 30. Art featured will include watercolor, photography, oils, digital art and acrylics. **To view the art during the week, please call in advance as some galleries may not be available.**

**More info: [www.lajollaartassociation.org](http://www.lajollaartassociation.org)**

## 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.

**Participants split the model fee. All levels welcome. Fridays, 10am-1pm. Secure your spot: Email [dottieartist@gmail.com](mailto:dottieartist@gmail.com). Free/M, \$5/NM.**

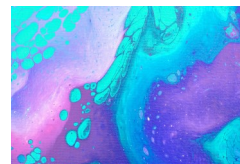


## Acrylic Pour Workshop

Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok.

**Friday, September 27. 2-3pm. \$20/M, \$30/NM. Materials included. Second canvas available for purchase for \$20.**

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



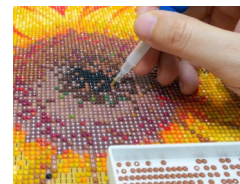
## Art Demonstration: Acrylic Pour with Beverly Brock

**Thursday, September 19. 3-4pm. Free/Open to all.**

## Craft Hour: Diamond Painting

Diamond painting - a relaxing and satisfying craft where you create stunning mosaic-like artworks by placing colorful resin rhinestones (diamonds) onto a pre-printed adhesive canvas. **Please note:** this activity involves working with very small objects. Ensure you have appropriate glasses or magnification tools to assist you.

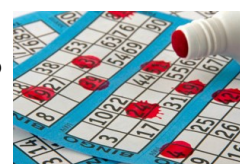
**Tuesdays, September 17 & 24. 2-3pm. Free/M. \$10/NM.**



## Bingo

Enjoy a fun and friendly game to play! 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! **No cash prizes.**

**Wednesdays, September 25. 3-4pm. Free.**



## Support Our Capital Campaign

### Why This Campaign Matters

For over 15 years, the La Jolla Community Center has been dedicated to providing programs and services for adults and seniors that promote lifelong learning, wellness and friendship - and we have seen firsthand the profound impact of our work.

**To continue and expand our efforts, we must address the Center's current needs:**

New Folding Chairs · Courtyard Sliding Doors  
AV Equipment Upgrade · Courtyard Furniture

**Your Support Makes A Difference! Donate Today!**  
[www.ljcommunitycenter.org/donate](http://www.ljcommunitycenter.org/donate) · (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](http://www.ljcommunitycenter.org) | (858) 459-0831 | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)**

### Zumba Gold & Tone 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 Gold & Tone: Fridays, 9-9:50am. Free/M, \$10/NM.**

### Gentle Hatha Yoga with Hollie Berry

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, 10:30-11:30am. \$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.**

### Strength & Balance Class with Andrea Ogden

**Sponsored by Reneu Health**

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, 1-2pm. Free/M, \$10/NM.**

### 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.**

### NEW! Strength Clinic with Andrea Ogden

Class focuses on enhancing upper body strength through targeted mat exercises designed to load and challenge the upper extremities. Complementing these strength-building exercises are agility drills aimed at improving coordination and overall athleticism. Ideal for those looking to advance their strength and agility. **Class Prerequisite: Ability to perform 5 modified push-ups in quadruped (table top) position.**

**Thursdays, 12-1pm. \$15/M, \$20/NM per class.**

### 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 "Cartas de Cuba" by Raquel Behar. **Mondays, 2:30pm. 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.**

### Movie Club

Join our movie club as we delve into the rich tapestry of classic films, from Hitchcock's spine-tingling suspense to Chaplin's heartfelt comedy. Enjoy fun and classic films. Check online for films being shown.

**Every Tuesday. Films begin at 1pm. Free/M, \$5/NM.**

### Attention Members & Volunteers!

Interested in joining a Committee? Want to start a new social group? Do you want to teach/lead a new class? Give us a call! (858) 459-0831

**To support our programs, please consider making a tax-deductible contribution!**  
[www.ljcommunitycenter.org/donate](http://www.ljcommunitycenter.org/donate)

Mon	Tue	Wed	Thu	Fri
<b>EVERY MONDAY</b> 11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español	<b>EVERY TUESDAY</b> 10am Zumba Gold 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	<b>EVERY WEDNESDAY</b> 10am Spanish Beginners 3 11am Deep Yoga Flow 1pm Strength & Balance	<b>EVERY THURSDAY</b> 10:30am Gentle Hatha Yoga 10:30am Tai Chi: Virtual <b>12pm NEW! Strength Clinic</b>	<b>EVERY FRIDAY</b> 9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model
<b>2</b> <b>CLOSED LABOR DAY!</b>	<b>3</b> <b>1pm Movie Club</b>	<b>4</b> 12:30pm SeniorConnect: Apple Watch  3pm Peer Learning Collaborative	<b>5</b> 10am American Mahjong Beginners	<b>6</b> <b>12pm Concerts in the Courtyard: Semisi Ma'U: "Bula" Music</b>
<b>9</b>	<b>10</b> <b>1pm Movie Club</b>	<b>11</b> <b>11:45am Round Table Recollections</b> 12:30pm SeniorConnect: Apple Watch  3pm Peer Learning Collaborative <b>7pm Opera Wednesdays</b>	<b>12</b> 10am American Mahjong Beginners	<b>13</b> <b>10am Spooky Movie Marathon</b>  <b>12pm Kiwanis Meeting</b>  <b>7pm Sounds of Sinatra</b>
<b>16</b>	<b>17</b> 12:30pm Italian Beginners <b>1pm Movie Club</b>  <b>2pm Craft Hour: Diamond Painting</b>	<b>18</b> 12:30pm SeniorConnect: Apple Watch  3pm Peer Learning Collaborative <b>4:30pm Summer Wine Down</b>	<b>19</b> 10am American Mahjong Beginners <b>1pm Refresh Your Financial Plan</b>  3pm Art Demo: Acrylic Pour	<b>20</b> <b>11am Making Life Decisions as You Age</b>  <b>12pm Concerts in the Courtyard: Mikan Zlatkovich: Great American Songbook</b>
<b>23</b> 10:30am Bridge Beginner  2pm Bridge Intermediate	<b>24</b> 12:30pm Italian Beginners <b>1pm Movie Club</b>  2pm Bridge Advanced <b>2pm Craft Hour: Diamond Painting</b>  <b>2pm Cooking Demo with Chef Nikki: Flavors of Spain</b>	<b>25</b> 12:30pm SeniorConnect: Apple Watch  <b>3pm Bingo</b>	<b>26</b> 10am American Mahjong Beginners  <b>12pm Lunch &amp; Learn: Assessing Your Options for Senior Care</b>  <b>2:30pm Sound Bath Healing</b>	<b>27</b> <b>12pm Kiwanis Meeting</b>  <b>2pm Acrylic Pour Workshop</b>  <b>8pm Fourth Friday Jazz Series featuring Holly Hofmann</b>
<b>30</b> 10:30am Bridge Beginner  2pm Bridge Intermediate	<b>Oct-1</b> 12:30pm Italian Beginners <b>1pm Movie Club</b>  2pm Bridge Advanced	<b>Oct-2</b>	<b>Oct-3</b> 10am American Mahjong Beginners	<b>Oct-4</b>

**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](http://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