

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

Afro-Cuban Latin Jazz Masters Tribute

Gilbert Castellanos, renowned musician, composer, curator, educator and arranger based in San Diego, is one of the hottest jazz trumpeters in the United States today. Adept in straight-ahead, as well as Latin and Afro-Cuban jazz, Castellanos has become a leading figure of the vibrant, diverse and flourishing jazz scene in America's Finest City. Castellanos is accompanied by Irving Flores on piano, and Tommy Aros on percussion. This dynamic trio will deliver an unforgettable evening of vibrant rhythms and soulful melodies, paying homage to the rich tradition of Afro-Cuban jazz.

Friday, October 25. 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.



Mindfulness Awareness Course

This is a comprehensive stress and pain reduction program that draws upon the foundational principles of mindfulness, meditation, and yoga. This course is designed to help participants cultivate a heightened sense of awareness and presence in their daily lives. Through guided mindfulness practices, breathing exercises, and gentle yoga postures, individuals learn to manage stress, alleviate chronic pain, and foster emotional resilience. The program emphasizes the connection between mind and body, promoting a balanced approach to mental and physical well-being. Taught by Sofia Puerta, Certified Yoga Therapist and MBSR instructor.

Wednesdays, October 23, 30, November 6, 13. 2:30-4pm. \$160/M, \$200/NM. Registration required.



Cooking Demo with Chef Nikki: Oktoberfest

Learn how to make classic German dishes, including crispy Pork Schnitzel, Herb-Infused Spaetzle with Brown Butter, and Braised Red Cabbage with Apples and Bacon.

Tuesday, October 22. 2-4pm. \$30/M, \$45/NM.



Lunch & Learn: Fall Prevention

Falls are a leading cause of injury, especially among older adults, but with the right knowledge and techniques, many falls can be prevented. Learn practical tips on how to reduce fall risks at home and in daily life. In addition, we will have a live demonstration to show you simple exercises and safety strategies that can help improve balance and strength. **Presented by Reneu Health.**

Thursday, October 24. 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, October 9. 7-8:30pm.

\$10-20 suggested donation.

100% of donations go directly to artists.



Day of the Dead Brunch

Join us for a vibrant afternoon, where we celebrate life and honor traditions with a colorful feast! Enjoy delicious Mexican-inspired dishes, including sweet and savory treats, all set against festive décor. Come together with friends and family to commemorate this special occasion.

Friday, November 1. 12-2pm. \$20/M, \$35/NM.

Reservations required by October 28.



Peer Learning Collaborative

Why International Law Matters

The peer-to-peer conversation will examine the complex and varied sources, traditions, customs, and functions of international law, and their significance in the international system and for humanity.

Facilitator: Dr. Bill Kardaras

Wednesdays, October 2, 9, 16, 23. 3-4pm. Followed by drinks and appetizers. \$15/M, \$35/NM for 4-week course.



PLC Coming Up in November: Sleep

Facilitator: Sonia Ancoli-Israel, Ph.D.

Wednesdays, November 6 & 13. 3-4pm.

Art Demonstrations

Collage with Peggy Hinaekian

Join us for an engaging art demonstration on the art of collage! Discover how to combine various materials, textures, and imagery to create unique, expressive compositions.

Thursday, October 17. 3-4pm. Free. Please register.



Acrylic Pour with Beverly Brock

Explore the mesmerizing world of acrylic pour painting in this dynamic art demonstration! Learn how to create stunning, fluid designs using vibrant colors and unique pouring techniques.

Thursday, October 31. 3-4pm. Free. Please register.



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, October 9. 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, October 17. 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, October 18. 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, October 24. 2:30-3:30pm. \$15/M, \$20/NM/class. Registration Required by October 22.

Spanish Beginner 3 No Class 10/2 - 10/30

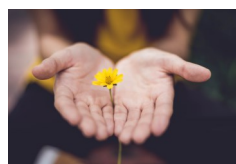
This class focuses on intermediate conversational Spanish. If your goal is to communicate in Spanish using authentic structures and a broad vocabulary, this is for you! Book used for class: *The Ultimate Spanish 101: Complete First-Year Course*.

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

Spanish Beginner 1 No Class 10/7 - 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

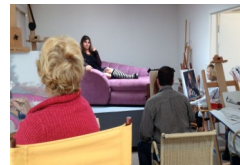
Visit the new exhibition from October 7 - November 29. Art featured will include watercolor, photography, oils, digital art and acrylics. **To view the art during the week, please call in advance as some galleries may not be available.**

More info: www.lajollaartassociation.org

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. Free/M, \$5/NM.

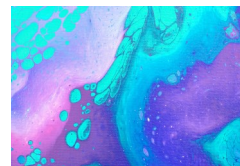


Acrylic Pour Workshop

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

Friday, November 1. 3-4pm.

\$20/M, \$30/NM. Second canvas available for purchase for \$20. *painting will be wet after class. Pick up is available during the week.



iPhone/iPad Assistance/Open Forum

Bring your questions and inquiries to this open forum. Level covered: Basics and General Settings. REQUIRED: Apple ID and PW.

Wednesdays, October 16 & 23. 12:30-1:30pm. Free/M, \$10/NM per class.

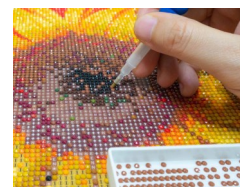
One-on-One lessons available by appointment for personalized questions.



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, October 15 & 22. 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, October 23. 3-4pm. Free.



American Mahjong for Beginners 6-Week Course

Learn the basics and fundamental rules of Mahjong. Classes will include handouts and time for gameplay.

Thursdays, October 31, November 7, 14, 21, December 5, 12. No class Nov 28. 10am-12:30pm. \$165/M, \$190/NM. 2024 Mahjong card not included. A \$15 mahjong card can be purchased at 1st class.



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 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.

Strength Clinic with Andrea Ogden **NO CLASS 10/24**

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

Mon	Tue	Wed	Thu	Fri
EVERY MONDAY 11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español	EVERY TUESDAY 10am Zumba Gold 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	EVERY WEDNESDAY 10am Spanish Beginners 3 11am Deep Yoga Flow 1pm Strength & Balance	EVERY THURSDAY 10:30am Gentle Hatha Yoga 10:30am Tai Chi: Virtual 12pm NEW! Strength Clinic	EVERY FRIDAY 9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model
Sep-30 10:30am Bridge Beginner 2pm Bridge Intermediate	1 1pm Movie Club	2 3pm Peer Learning Collaborative	3 10am American Mahjong Beginners	4
7 10:30am Bridge Beginner 2pm Bridge Intermediate	8 1pm Movie Club	9 11:45am Round Table Recollections 3pm Peer Learning Collaborative 7pm Opera Wednesdays	10	11 12pm Kiwanis Meeting
14 CENTER CLOSED	15 12:30pm Italian Beginners 1pm Movie Club 2pm Craft Hour: Diamond Painting	16 12:30pm SeniorConnect: iPad/iPhone Open Forum 3pm Peer Learning Collaborative	17 1pm Refresh Your Financial Plan 3pm Art Demo: Collage with Peggy Hinaekian	18 11am Making Life Decisions as You Age
21 10:30am Bridge Beginner 2pm Bridge Intermediate	22 12:30pm Italian Beginners 1pm Movie Club 2pm Bridge Advanced 2pm Craft Hour: Diamond Painting 2pm Cooking Demo with Chef Nikki: Oktoberfest	23 12:30pm SeniorConnect: iPad/iPhone Open Forum 2:30pm Mindfulness Awareness Course 3pm Peer Learning Collaborative 3pm Bingo	24 12pm Lunch & Learn: Fall Prevention 2:30pm Sound Bath Healing	25 12pm Kiwanis Meeting 8pm Fourth Friday Jazz Series featuring Gilbert Castellanos
28 10:30am Bridge Beginner 2pm Bridge Intermediate	29 12:30pm Italian Beginners 1pm Movie Club 2pm Bridge Advanced	30 2:30pm Mindfulness Awareness Course	31 HAPPY HALLOWEEN! 10am American Mahjong Beginners 3pm Art Demo: Acrylic Pour with Beverly Brock	Nov-1 12pm Day of the Dead Brunch 3pm Acrylic Pour Workshop

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