

November 2022 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

Our priority is your safety and that of staff and guests.

If you have COVID-19 symptoms, please stay home and contact a healthcare provider.

Masks are strongly recommended for all persons, regardless of vaccine status.

RESERVATIONS REQUIRED FOR ALL PROGRAMS

Día de los Muertos Celebration

One time a year, our departed come back to celebrate with us.

Day of the Dead (Día De Los Muertos) is a joyful time that helps people remember the departed and celebrate their memory. The event consists of three major themes:

Remembrance, Community and Celebration. Day of the Dead is a rare holiday for celebrating death and life where mourning is exchanged for celebration. Join us for a festive and celebratory evening!

Dinner and drinks included. Complimentary valet parking.

Wednesday, November 2. 5:00-7:30pm. \$25/M, \$40/NM.



Distinguished Speakers Series VIRTUAL

Julia Civardi, Founder/CEO SOTERIA Precision Medicine Fighting Cancer with Precision Medicine

SOTERIA empowers patients and physicians with expert, leading-edge, precision medicine solutions - identifying the best clinical specialists, molecular testing, and personalized treatment options available on a case-by-case basis. Julia Civardi will discuss how data-driven therapy options target the biology of a person's disease to generate tangible value in both treatment and remission plans.

Thursday, November 10. 10:00-11:00am. Virtual Presentation.



SeniorConnect: Using Popular Apps on Your iPhone For Intermediate users

This class will review step-by-step instructions on 4 of the most popular Apps on your phone. Learn to use apps to request rides, order delivery meals and groceries and how to listen to your favorite music.

REQUIRED: Apple ID and password is needed to download applications.

November 9: Uber (Rides/Transportation)

November 16: Uber Eats (Meal Delivery)

November 23: Vons (Grocery Delivery)

November 30: Pandora (Music)

Wednesdays, November 9, 16, 23, 30. 12:30-1:30pm. Course \$20/M, \$40/NM. Drop-In \$10/M, \$15/NM.



Pre-Holiday Wine Tasting

Perfect for the Holidays! Enjoy 6 wines varying from France to California. This wine tasting is led by Debbie Hauser, President of Belle Vie Wine Imports. Belle Vie is all about offering unique wine at affordable prices. All of Belle Vie's wines are sourced from small and family-owned vineyards and as a result their wines are not available at any large retail stores. The selection of wines for this evening's tasting come from the Loire Valley, France, Paso Robles, and Lodi.

Thursday, November 10. 6:00-8:00pm.

\$25/M, \$40/NM.



VOCA Music presents German Lieder Abend

Join us for a musical journey through the German romantic era, featuring art songs, Lieder and arias from the great German romantic composers including Schubert, Schumann, von Weber, Lehár, Strauss and many more performed by internationally acclaimed singers and pianist. Featuring artists:

Sandra Villwock – Soprano, Diana Naatz - Soprano, Matthias Villwock – Baritone, Irina Bendetsky - Piano
VOCA Music Association is a non-profit association of musicians and artists in the Southern California community whose focus is to produce performance-based events in modern and engaging ways. Our mission is to create meaningful musical experiences that are accessible to broad audiences, while providing performance opportunities to local artists and giving back to our local arts communities.

Friday, November 4. 7:00-8:00pm. \$25/Person.



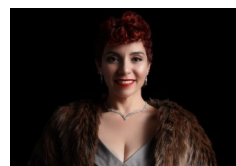
Opera Wednesdays

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, November 9, 7:00-8:30pm.

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



Happy Holidays! We are thankful for you!

Save the Date!



Annual



Holiday Celebration

Friday, December 9, 5pm

Dinner, drinks, shopping, auction & more!

LJAA Art Demonstrations

Every Fourth* Thursday of the Month

The La Jolla Art Association membership includes local artists representing a variety of media from oil to watercolor, acrylic, digital, and more. Learn more about the artists through monthly art demonstrations.



November Artist: Dana Levine, A Talk, Demo, and Workshop Exploring Composition.

Two essential elements of a good work of two-dimensional art -- not matter what the subject and no matter whether it is realistic or abstract -- are value and composition. To explore what makes a good composition, we will consider the following important ideas when creating an image:

*Verticals, horizontals and diagonals;

*Focal Point and the Rule of Thirds; and

*Overall design: triangular or circular.

Thursday, November 17. 4:00-6:00pm. Free/All.

LJAA Exhibition

The La Jolla Art Association presents a new exhibition from October 3 - December 2. 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.

Watercolor with Wine Tuesdays

4 Week Course

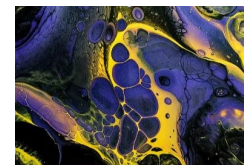
Practicing art is just like learning a new language: you must practice every day. Art is a journey, not a destination! Come to experiment, explore, challenge yourself! Play, learn, gain understanding and confidence as you play & paint. All levels welcome. Instructor: Minnie Valero.



Tuesdays, November 29, December 6, 13, 20. 3:00-5:00pm. \$79/M, \$99/NM. Material List available on the website.

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.



Monday, November 14. 6:00-7:30pm. \$20/M, \$30/NM.

Friday, November 18. 2:00-3:30pm. \$20/M, \$30/NM.

Beverages available for sale. 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. No matter what your level of experience, you're welcome to join and experience the thrill of painting directly from a live person posing for you.



Fridays, 10:00am-1:00pm. RESERVATIONS REQUIRED to secure your spot: Dottie Stanley at dottieartist@gmail.com Free/M, \$5/NM. Participants split the model fee.

Spanish 2

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.



American Mahjong Beginners

6 Week Course

Learn the basics and fundamental rules of Mahjong. Classes include instruction, handouts and gameplay. The 2022 Mahjong Card (required) may be purchased online from the National Mahjong League.



Thursday, December 1, 8, 15, 22, 29.

10:00am-12:30pm. \$125/M, \$150/NM.

Planned Giving

Please consider the La Jolla Community Center when planning your estate!

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, \$10/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, \$10/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

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.

Thursdays, 12:30-1:30pm. Free/M, \$10/NM.

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.

Tuesdays, 11:30am-12:30pm. Free/M, \$10/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. Currently reading “El Amante Japonés” by Isabel Allende.

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.

November Book: “Mrs. Lincoln’s Dressmaker” by Jennifer Chiaverini” by Sonia Purnell

Wednesday, November 16, 1:30-3pm. Free/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.

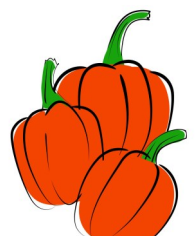
Free/Members, \$5/Non-Members.

Social Mahjong IN-PERSON

Join a game of Mahjong! Players must know the basic rules, be able to identify tiles and have a 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, 11:00 - 3:00 PM.

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



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 11am Deep Yoga Flow	EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual 12:30pm Strength & Balance	EVERY FRIDAY 9am Zumba 10am Kundalini Yoga 10am Paint the Model
Oct-31 10:30am Bridge Beginners Wk 8 2pm Bridge Intermediate Wk 8	1	2 12:30pm iPad/iPhone Beginners 1 Wk 4 5pm Día de los Muertos Celebration	3 1pm Canasta 101 Wk 4 5:30pm Kiwanis Meeting	4 7pm VOCA Music presents German Lieder Abend
7 10:30am Bridge Beginners Wk 9 2pm Bridge Intermediate Wk 9	8	9 10am Spanish Beginners 2 12:30pm SeniorConnect: Using Popular Apps on Your iPhone 7pm Opera Wednesdays	10 10am Distinguished Speaker Series Julia Civardi, Founder, Fighting Cancer with Precision Medicine VIRTUAL 1pm Canasta 101 Wk 5 6pm Pre-Holiday Wine Tasting	11 12pm Kiwanis Lunch Meeting
14 10:30am Bridge Beginners Wk 10 2pm Bridge Intermediate Wk 10 6pm Acrylic Pour Class	15	16 10am Spanish Beginners 2 12:30pm SeniorConnect: Using Popular Apps on Your iPhone 1:30pm LJCC Book Club "Mrs. Lincoln's Dressmaker" by Jennifer Chiaverini" by Sonia Purnell	17 10am American Mahjong Beginners Wk 1 1pm Canasta 101 Wk 6 4pm LJAA Artist Demonstration: Dana Levine, 5:30pm Kiwanis Meeting	18 2pm Acrylic Pour Class
21	22	23 10am Spanish Beginners 2 12:30pm SeniorConnect: Using Popular Apps on Your iPhone	24 Center Closed Happy Thanksgiving!	25 Center Closed
28	29	30 10am Spanish Beginners 2 12:30pm SeniorConnect: Using Popular Apps on Your iPhone	Dec-1 10am American Mahjong Beginners Wk 2	Dec-2

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