

September 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

Fourth Friday Jazz Series

Holly Hofmann and Mike Wofford Blame It On the Bossa Nova

Join nationally renowned flutist Holly Hofmann for an evening of samba and jazz vibes, infectious swing and breezy melodies of endearing classics. Joined by pianist Mike Wofford, bassist Rob Thorsen and special guest on drums, Chuck Redd. Internationally acclaimed as a performer on drums and vibraphone, Redd began recording and touring the globe when he joined the Charlie Byrd Trio at the age of 21!
Friday, September 23. Reception 7:00pm, Concert 8:00-9:15pm. Pre-purchase: \$22/M, \$25/NM. Door \$30/person. Light refreshments served. Complimentary valet parking.



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, September 14. 7:00-8:30pm. \$10-20 suggested donation. 100% of donations go directly to artists. Snacks and refreshments available for purchase.



Distinguished Speaker Series VIRTUAL

COVID-19 Update: The current state of the virus, variants, vaccines & preparing for the next time?

Robert T. Schooley, M.D.

Dr. Robert T. Schooley is a UCSD Distinguished Professor of Medicine in the Division of Infectious Diseases and Global Public Health. He will provide a perspective on the current state of the pandemic and what we have learned about what will be required for more effective responses to emerging infections in the future.
Tuesday, September 27. 10:00-11:00am - Virtual Presentation.



Summer "Wine" Down: Wine Tasting

"Wine" down the summer with an evening of wine tasting! Enjoy 6 wines varying from Loire Valley, France, Paso Robles and Lodi in California. The wines will include 2 white, 1 Rose and 3 reds.
Friday, September 30, 6:30-8:30pm. \$25/M, \$40/NM. Reservations required by Sep 23.



Distinguished Speaker Series VIRTUAL

Prevention Is Better Than the Cure

Dr. Abisola Olulade

Tune in to a comprehensive presentation about preventing chronic illness. Some questions answered will include: How often should you see your doctor? How can you prevent the most common deadly conditions including stroke heart attack and cancer? Can you prevent dementia and what are the warning signs you should know about? Plus so much more.
Tuesday, September 20. 4:00-5:00pm - Virtual Presentation.



Better Bridge by Farr 10 Week Courses

Beginning: Mondays, Sep 12-Nov 14. 10:30am-12:30pm.

Intermediate: Mondays, Sep 12-Nov 14. 2:00-4:00pm.

Advanced: Tuesdays, Sep 13-Nov 15. 2:00-4:00pm.

\$225/M, \$250/NM, per course, per person.



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, Sep 13 - Nov 1. 12:00-1:00 PM. \$160/M, \$200/NM.



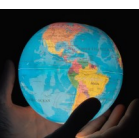
Beginner II Italian - 8 Week Course

This course provides students a stronger and wider skill set necessary to understand, speak, read and write in Italian. At the end of the course students should be able to talk about the Italian education system, order and to talk about food and drinks, as well as discuss common activities, leisure time, trip planning, daily life.
Tuesday, Sep 13 - Nov 1. 1:10-2:10 PM. \$160/M, \$200/NM.

Tuesday Travel Club

Safe Travel: Security, Travel Insurance, Passports, Visas, etc.

Meet fellow travel enthusiasts! Join us to relive adventures, share photos from around the world and get first-hand recommendations on new destinations. Find fun, laughs, and maybe even a new travel buddy! Led by Susie Piegza.
Tuesday, September 20. 3:30-4:30pm. Free/Open to all.



Meet & Greet: County Supervisor Terra Lawson-Remer

This event is an opportunity for community members to meet their County Supervisor, Terra Lawson-Remer, and staff, and ask any questions you may have.

Monday, September 19. 6:00-7:00pm.

RSVP at: remer.nationbuilder.com/la_jolla_neighborhood_meet_and_greet

Spanish 2 - 8 Week Course

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*.

Wednesday, September 14 - November 2. 10-11:30am. \$140/M, \$160/NM.

iPhone/iPad for Beginners, Part 2

6 Week Beginner 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, September 14 - October 19. 12:30-1:30pm.

Free/M, \$100/NM. *1-on-1 sessions available by appointment.

American Mahjong Beginners

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, September 8 - October 13.

6 Week Course. 10:00am-12:30pm. \$165/M, \$190/NM.

Safe Driving Presentation

Learn new perspectives on driving and participate in a discussion about the topic. Topics include learning about good driving behaviors, sharing the road, and preventing crashes and more. Presented by Circulate San Diego.

Thursday, September 29. 1:00-2:00pm. Free/open to all.

Yoga 101: An Introduction

Yoga and its sister science, Ayurveda, are the world's oldest system of mind-body medicine. This workshop will introduce you to the 8 basic principles of the philosophy and science of Yoga, so you can begin to explore and embody this ancient wisdom in your modern life. You'll learn breathing practices that lower blood pressure and relieve stress; physical postures that improve flexibility, strength and balance; meditation techniques that quiet the busy mind, and other methods to access your deepest resources for living each moment fully, happily, and in optimal good health. No Yoga experience necessary. Mats, props, blankets will be provided.

Led by Anne Marie Welsh.

Thursday, September 29. 2:30-5:00pm. \$10/M, \$20/NM.



A tradition of excellence from local artists since 1918



The La Jolla Community Center is home of the La Jolla Art Association

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. These artists have been exhibiting their art and hosting receptions at the LJCC for nearly a decade. Learn more about the artists through monthly art demonstrations.

September Artist: Julie Sanderson, Painting on Silk

Thursday, September 22. 4:00-6:00pm. Free/Open to all.

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, September 23. 2:00-3:30pm. \$20/M, \$30/NM.

Monday, September 26. 6:30-8:00pm. \$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.

Memory Loss and How to Stay in Control of Your Health Care: What You Need to Know

Join an important panel event discussing the important steps you need to take to navigate our complex healthcare system when you or a loved one is suffering from memory loss. The dynamic group of panelists include Monarch Cottage's medical director, an occupational therapist, registered dietitian and aging life care manager.

Wednesday, September 21. 5:30-7:30pm. Free/Open to all.

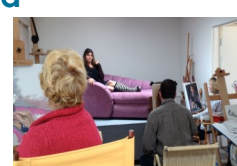
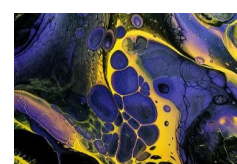
RSVP aburfitt@monarchcottages.net, 619-990-1307.

Complimentary refreshments and valet parking provided.

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, taxes, 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, September 28. 6-7:30pm. Free/Open to all.



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.**

Investment Club VIRTUAL

Every THIRD Thursday of the month

Gain insight and discuss all things financial. Topics covered vary monthly and will include stock statistics; the importance of working with fiduciaries versus commissioned brokers; bond overview; diversification and minimizing market risk; and more. Led by John Weinstein, certified financial planner.

Thursday, September 15. 2:00-3:00pm. Free/All.

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.

September Book: "One Thousand White Women: The Journals of May Dodd" by Jim Fergus

Wednesday, September 21, 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
			1	2
5	6	7	8	9
Labor Day Center Closed		10am Spanish Beginners 2 Wk 8	10am American Mahjong Beginners Wk 1	
12	13	14	15	16
10:30am Bridge Beginners Wk 1 2pm Bridge Intermediate Wk 1	12pm Italian Beginner I Wk 1 1:10pm Italian Beginner II Wk 1 2pm Bridge Advanced Wk 1	10am Spanish Beginners 2 Wk 1 12:30pm iPad/iPhone Beginners 2 Wk 1 7pm Opera Wednesdays	10am American Mahjong Beginners Wk 2 2pm Investment Club VIRTUAL	
19	20	21	22	23
10:30am Bridge Beginners Wk 2 2pm Bridge Intermediate Wk 2 6pm Meet & Greet with County Supervisor Terra Lawson-Remer	12pm Italian Beginner I Wk 2 1:10pm Italian Beginner II Wk 2 2pm Bridge Advanced Wk 2 3:30pm Tuesday Travel Club 4pm Distinguished Speaker Series Prevention Is Better Than the Cure	10am Spanish Beginners 2 Wk 2 12:30pm iPad/iPhone Beginners 2 Wk 2 1:30pm LJCC Book Club "One Thousand White Women: The Journals of May Dodd" 5:30pm Memory Loss and How to Stay in Control of Your Health Care	10am American Mahjong Beginners Wk 3 4pm LJAA Artist Demonstration: Julie Sanderson, Painting on Silk	2pm Acrylic Pour Class 7pm Fourth Friday Jazz Series featuring Holly Hofmann
26	27	28	29	30
10:30am Bridge Beginners Wk 3 2pm Bridge Intermediate Wk 3 6:30pm Acrylic Pour Class	10am Distinguished Speaker Series COVID-19 Update 12pm Italian Beginner I Wk 3 1:10pm Italian Beginner II Wk 3 2pm Bridge Advanced Wk 3	10am Spanish Beginners 2 Wk 3 12:30pm iPad/iPhone Beginners 1 Wk 3 6pm The Truth About Estate Planning	10am American Mahjong Beginners Wk 4 1pm Safe Driving Presentation 2:30pm Yoga 101: An Introduction	6:30pm Summer Wine Down: Wine Tasting

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*

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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