

# LA JOLLA COMMUNITY CENTER

## March 2024 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](http://www.ljcommunitycenter.org) | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)

### Fourth Friday Jazz Series

#### Dr. Marshall Hawkins and Joshua White Jazz Duet: The Session

We are thrilled to welcome back Dr. Marshall Hawkins, a living legend of jazz who was part of the Miles Davis Second Quintet, and the incomparable Joshua White. In 1964, Marshall decided to pick up the bass, and the rest is history. Marshall's life changed when he joined the Miles Davis quintet and toured throughout the US. In 1978, Marshall moved to Idyllwild where he founded the award-winning Jazz program at the Idyllwild Arts Academy and served as the head of the Jazz Department until his retirement.

**Friday, March 22. 8-9:15pm. Doors 7pm. Concert 8-9:15pm.**

**No intermission. Complimentary valet parking.**

**Pre-purchase: \$25/M, \$30/NM. Door \$35/person.**

**Snacks and refreshments available for sale.**



### Blues & Rock'n Roll Dance Night with Robin Henkel

Robin Henkel performs blues with an intensity rarely seen in San Diego. Dance to the tunes of Muddy Waters, Fred McDowell, Robert Johnson and more!

**Friday, March 15. 5:30-7pm. \$10/M, \$20/NM.**



### Lunch & Learn

#### Elder Scams and How To Avoid Them Presented by Bryan Devore

Each year over \$3 billion is reportedly lost to elder scams and elder fraud. From phony phone calls and bogus online ads to romance scams and caregiver fraud, criminals are defrauding seniors every second of the day. In this interactive discussion, we talk about the latest scams taking place and provide tips on how to avoid them.

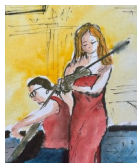
**Friday, March 15. 12-1:30pm. Free/M, \$15/M. Doors open and lunch served at NOON. Reservations required by March 12.**



### People & Pets in Watercolor: 4-Week Course

Experiment, explore, and challenge yourself. Gain confidence and an understanding of watercolor as they play and paint. Taught by award-winning artist, Minnie Valero. Materials list available online.

**Thursdays, March 7-28. 3-5pm. \$79/M, \$99/NM.**



### Peer Learning Collaborative

#### Our Love Affair with Food: How Culture and History Have Shaped Our Menus

Food fascinates many of us, but how much do we know about what has shaped our eating habits? Dive into food with no calorie count attached.

**Facilitator: Ellen Jane Hollingsworth**

**Thursdays, March 7, 14, 21, 28. 3-4:15pm. \$15/M, \$35/NM.**



### Opera Wednesdays

#### Every Second Wednesday of the Month!

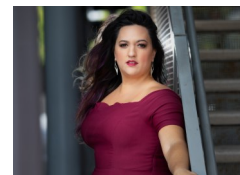
Listen to Southern California's Top Opera Singers! Artists consist of Metropolitan Opera Competition Winners, SD Opera performers and guest artists.

**Wednesday, March 13. 7-8:30pm.**

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

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

**Snacks and refreshments available for purchase.**



### Round Table Recollections

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 no care is provided at these meetings. Anyone needing assistance must bring their own care support.**

**Wednesday, March 13. 11:45am-12:45pm.**

**Free/Open to all. Sponsored by Monarch Cottage.**



### St. Patrick's Day Happy Hour

Celebrate St. Paddy's Day with a cozy touch of Irish tradition with delightful Irish coffees (plus other desserts & treats) in the spirit of the Emerald Isle.

**Thursday, March 14. 1-3pm. Free/M. \$15/NM.**



### Italian Beginners II: 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, March 5-April 23. 12:30-1:30pm. \$190/M, \$200/NM per person.**



### SeniorConnect: iPhone for Beginners, Part 1 6-Week Beginner Course

Technology can bring many potential advantages to seniors such as enhancing communication, bonding with family & friends, and reducing loneliness. Learn the basic functions, applications, & other fun features.

**Wednesdays, March 20-April 24. 12:30-1:30pm.**

**Free/M. \$100/NM Course. Drop-in: \$20/NM.**



Reservations required. All programs are subject to change or cancelation based on attendance.

## Better Bridge by Farr: 8-Week Course

**Beginning:** Mondays, Mar 4 - Apr 22.  
10:30am-12:30pm.

**Intermediate:** Mondays, Mar 4 - Apr 22.  
2-4pm.

**Advanced:** Tuesday, Mar 5 - Apr 23. 2-4pm. Instructor: Scott Farr.

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

## Mahjong for Beginner Players: 4 Week Course

A class for Mahjong players who have recently completed a beginners class and want to strengthen their skills and practice by playing with the coaching of an Instructor. Basic knowledge of the game, rules and understanding of the card is required. 2023 mahjong card required.

**Thursdays, March 7-28. 10am-12pm. \$80/M, \$100/NM.**

## Spanish Beginner 3

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

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.**

## 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 Sofía Puerta Webber Wellness Consultant & Founder Shiwido™

**Wednesday, March 27. 2-3pm. \$15/M, \$20/NM.**

## Salsa Dance

Learn the fundamentals of footwork, partner connection, and basic moves. Receive insights into the history and cultural significance of salsa music, its roots & evolution into a global phenomenon.

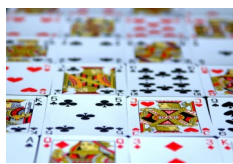
**Beginner: Thursdays, March 14, 21, 28, April 4. 3-4pm.**

**Intermediate: Thursdays, March 14, 21, 28, April 4. 4-5pm.**

**\$15/M, \$20/NM per class.**

## 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, March 15. 11am-12pm. Free/Open to all.**



A tradition of excellence from local artists since 1918



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

## LJAA Exhibition

Visit the new exhibition from February 5 - March 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](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.

**All levels welcome. Fridays, 10am-1pm.**

**Secure your spot: Dottie Stanley at [dottieartist@gmail.com](mailto:dottieartist@gmail.com)**

**Free/M, \$5/NM. Participants split the model fee.**



## Acrylic Pour Workshop

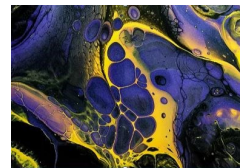
Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok.

**Friday, March 22. 2-3pm. \$20/M, \$30/NM.**

**Materials included. \*painting will be wet after class.**

**Pick up is available during the week.**

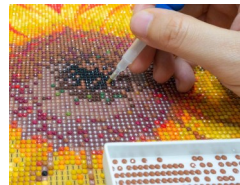
**Second canvas available for purchase for \$20.**



## Craft Hour: Diamond Painting

Get ready to unleash your creativity and add a touch of shimmer to your day! We're hosting a special craft hour dedicated to the art of 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. It's like paint-by-numbers, but with sparkling gems! Let's gather, create, and make some sparkling memories together! **Wednesday, March 20 & 27.**

**3-4:30pm. Free/M. \$10/NM per date.**



## 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, March 21. 1-2pm. Free. Please RSVP.**



## Movie Club

Enjoy fun and classic films, Fridays at 1pm.

**Friday, March 8:** NYAD (2023, 121 mins)  
2024 Oscar Nominee

**Friday, March 15:** The Banshees of Inisherin (2022, 113 mins)

**Friday, March 22:** Maestro (2023, 131 mins) 2024 Oscar Nom.

**Friday, March 29:** Shirley Valentine (1989, 108 mins)

**Free/Open to all. Films are subject to change.**



# 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 Yoga with Bob Spindler

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

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.**

### 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

### 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.**

### LJCC Book Club

**Every Third Wednesday of the Month**

Book: TBA

**Wednesday, March 20. 1:30-3pm. Free/All.**

### Social Bridge

Do you enjoy Bridge? There is a congenial group who meets weekly on Thursdays to play Chicago and Rubber Bridge using common standard conventions. Intermediate and Advanced levels. Walk-ins welcome!

**Thursdays. 1-3pm. Free/M, \$5/NM.**

Have a private group? Reserve a room during the week.

**Various days & times available. 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.**

### Spring Serenade: An Evening with Soprano Anna Belaya

Join us for an unforgettable concert featuring the incomparable soprano, Anna Belaya, accompanied by Elena Galitskaia. Prepare to be transported on a journey through the realms of classical vocal music. **Saturday, March 30. Concert 6:30-8:30pm. Early Bird Tickets: \$50. Door \$60.**



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> 10am Gentle Yoga 10:30am Tai Chi: Virtual 1pm Social Bridge	<b>EVERY FRIDAY</b> 9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model
				1
4 10:30am Beginner Bridge  2pm Intermediate Bridge	5 12:30pm Italian for Beginners II  <b>2pm Cooking Demo with Chef Nikki</b>  2pm Advanced Bridge	6 12:30pm SeniorConnect: How to Use Your Apple Watch for Beginners	7 10am Mahjong for Beginner Players  3pm PLC: Our Love Affair with Food  3pm People & Pets In Watercolor	8   <b>1pm Movie Club: NYAD</b>
11 10:30am Beginner Bridge  2pm Intermediate Bridge	12 12:30pm Italian for Beginners II  2pm Advanced Bridge	13  <b>11:45am Round Table Recollections</b>    <b>7pm Opera Wednesdays</b>	14 10am Mahjong for Beginner Players  <b>1pm St. Patrick's Day Happy Hour</b>  3pm PLC: Our Love Affair with Food 3pm People & Pets In Watercolor  3pm Salsa Dance 4pm Salsa Dance: Intermediate	15 <b>11am Making Life Decisions as You Age</b>  <b>12pm Lunch &amp; Learn: Elder Scams and How to Avoid Them</b>  <b>1pm Movie Club: The Banshees of Inisherin</b>  <b>5:30pm Blues &amp; Rock'n Roll Dance Night with Robin Henkel</b>
18 10:30am Beginner Bridge  2pm Intermediate Bridge	19 12:30pm Italian for Beginners II  2pm Advanced Bridge	20 12:30pm SeniorConnect: iPhone for Beginners, Part I  <b>1:30pm LJCC Book Club</b>  <b>3pm Craft Hour: Diamond Painting</b>	21 10am Mahjong for Beginner Players  <b>1pm Refresh Your Financial Plan</b>  3pm PLC: Our Love Affair with Food 3pm People & Pets In Watercolor 3pm Salsa Dance 4pm Salsa Dance: Intermediate	22  <b>1pm Movie Club: Maestro</b>  <b>2pm Acrylic Pour Workshop</b>   <b>8pm Fourth Friday Jazz Series featuring Dr. Marshall Hawkins</b>
25 10:30am Beginner Bridge  2pm Intermediate Bridge	26 12:30pm Italian for Beginners II  2pm Advanced Bridge	27 12:30pm SeniorConnect: iPhone for Beginners, Part I  <b>2pm Sound Bath Healing</b>  <b>3pm Craft Hour: Diamond Painting</b>	28 10am Mahjong for Beginner Players  3pm PLC: Our Love Affair with Food 3pm People & Pets In Watercolor 3pm Salsa Dance 4pm Salsa Dance: Intermediate	29   <b>1pm Movie Club: Shirley Valentine</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**