

LA JOLLA COMMUNITY CENTER

October 2023 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 | info@ljcommunitycenter.org

Fourth Friday Jazz Series

Holly Hofmann, Mike Wofford, Katie Thiroux & Special Guest, Jeff Hamilton
Music of Ray Brown

Critics have labeled Holly Hofmann as the most authoritative, swinging flutist in jazz today. Her robust tone is the result of a rich classical background. At the age of 5, she began playing standards with her father, which blossomed into a love for straight-ahead jazz. For decades, she has been one of the San Diego jazz scene's biggest and most influential figures, with numerous contributions to solidify the genre in the region. Hofmann will present a rare one-night-only tribute to Ray Brown featuring husband Mike Wofford, pianist who served as Musical Director for Ella Fitzgerald and Sarah Vaughan, Katie Thiroux, one of the most in demand bassists today, and special guest Jeff Hamilton, drummer and co-leader of the world renowned Clayton Hamilton Jazz Orchestra.

Friday, October 27. 7-9:15pm. Reception 7-8pm. Concert 8-9:15pm. No intermission. Complimentary valet parking.

Pre-purchase: \$25/M, \$30/NM. Door \$35/person. Snacks and refreshments available for sale.



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, October 6. 12-1pm.

Fred Benedetti "Music from the Renaissance to the Present Day"

Friday, October 20. 12-1pm. Jefferson Schildgen "Rat Pack Classics"

Please note, entrance to Concerts in the Courtyard is FREE, but donations are welcome and greatly appreciated.

Please no outside food. Refreshments will be available for purchase.



Spook-tacular Halloween Costume Party!

Calling all ghouls and goblins, witches and wizards! It's that time of year when the leaves turn, and ghosts come out to play.

Dress to impress in your most spook-tacular, creative, or hilarious Halloween costume. Prizes will be awarded! Enjoy Pumpkin decorating while you groove to the tunes of your era. Dust off your broomsticks, polish your tiaras, and prepare for a Halloween party that will leave you with enchanting memories. Desserts & Drinks served.

Tuesday, October 31. 1-3pm. Free/M. \$15/NM. RSVP.



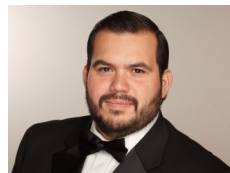
Opera Wednesdays

Every Second Wednesday of the Month!

Listen to Southern California's Top Opera Singers! Artists consist of Metropolitan Opera Competition Winners, active San Diego Opera performers and guest artists who have sung all over the world.

Wednesday, October 11. 7-8:30pm. \$10-20 suggested donation. 100% of donations go directly to artists.

Snacks and refreshments available for purchase.



Afternoon Movie: Barbie

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

Tuesday, October 17. 3-5pm. Doors open at 2:30pm. Free/All. Reservations required. Snacks and drinks available for sale.

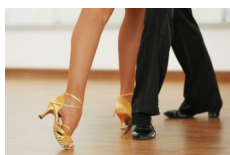


Salsa Dance Classes

Learn to salsa! Led by Rey Castillo, an experienced dancer/instructor, who will teach participants the fundamentals of footwork, partner connection, and basic moves. Receive insights into the history and cultural significance of salsa music, it's roots & evolution into a global phenomenon.

Thursdays, October 12, 19, 26. 3:30-5pm.

\$15/M, \$20/NM per class. All levels welcome.



Día de los Muertos Celebration

Join us for a vibrant and heartfelt Day of the Dead celebration as we honor our dearly departed loved ones and embrace the rich traditions of this beautiful Mexican holiday. Indulge in delicious Mexican treats, including tamales, pan de muerto, and sweet conchas. Participate in hands-on activities such as sugar skull decorating and face painting.

Thursday, November 2. 3-5pm. \$10/M, \$20/NM. RSVP.



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

iPhone/iPad for Beginners Course, Part 1

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, October 11, 18, 25, November 1, 8, 15. 12:30-1:30pm. Free/M. \$100/NM. Drop-in: \$20/NM.

***1-on-1 sessions available by appointment.**

Piano Yoga: Guided Meditation & Breathing with Music

Breathing in and out: an essence of being alive. How often do we have to be reminded to take a deep breath? During Piano Yoga you will adjust the way you breathe to jump-start your happy day. Guided by Polina Sisman, classically trained pianists, musician, pedagogue. Comfortable attire and enthusiasm are required.

Thursday, October 19, 26, November 2, 9. 9-9:50am.

FREE SESSION ONLY OCTOBER 19. \$15/M, \$18/NM per class.

Sound Bath Healing

This session incorporates yoga, body scan meditation, intention setting, and the use of vibrations such as crystal bowls, chimes, Native American Pueblo drum and Shamanic Amazon flute to create the perfect environment to relax your mind and body. The invitation is to lie down and give permission for the sound to bathe your body. Benefits include restful sleep. Class taught by Sofía Puerta Webber, Wellness Consultant and Founder of Shiwido™ the toy with exercise in mind, Certified Yoga Teacher, Mindfulness Based Stress Reduction MBSR.

Monday, October 16. 12:30-1:30pm. \$15/M, \$20NM.

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

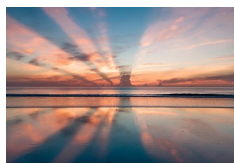
This course teaches basic vocabulary, conjugations and conversation skills. Key topics, including common verbs, present tense conjugations, negation, questions, greetings and much more. Book used for class: *The Ultimate Spanish 101: Complete First-Year Course*.

Mondays, 1-2:30pm. \$17.50/M, \$22/NM/class.

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 20, 11am-12pm. Free/Open to all.



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

LJAA Exhibition

Visit the new exhibition from October 9 - December 1. 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

Artist Reception

Saturday, October 21. 3-5pm. Free/Open to all.

Artist Demonstration featuring Peggy Hinaekian

Tuesday, October 24. 3-4pm. 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, October 27. 2-3pm. \$20/M, \$30/NM.

Materials included. *painting will be wet after class.

Pick up is available during the week. A second canvas can be purchased for an additional \$15/M, \$20/NM.

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

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

Bingo

Looking for a fun and friendly game to play? Look no further! Bingo is a classic game, great way to socialize and have a good time. Plus, it's a fun way to win prizes!

Wednesday, October 18 & 25. 2-3pm. Free.

Donations welcome. Registration required. No cash prizes.

Refresh Your Financial Plan: An Educational Course for Age 55+

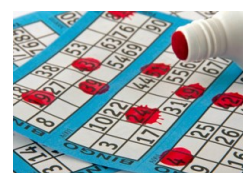
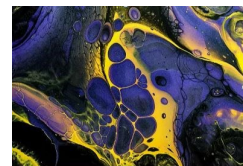
Making your money last throughout retirement has never been more challenging. People are living longer, and fewer retirees have traditional pensions. In recent years, the volatility of the stock and bond markets has been high and interest rates paid by the banks have been low. While most retirees are 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 19, 1-2pm. Free. Please RSVP.

Planned Giving

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

Please contact Nancy Walters (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**

Line Dancing **NO CLASS 10/3**

Do you love to dance, but don't have a partner? Learn to line dance! Each dance is a pattern of steps that repeats throughout the song. We'll learn a new dance weekly to different music, as well as, review dances we know!

Tuesdays, 1-1:45pm. Free/M, \$10/NM.

Zumba & Zumba **GOLD** 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: 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 **NEW DATE & TIME!**

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, 11:15am-12:15pm. 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.**

Balance & Movement to Reduce Falling with Mordy Levine

Learn & practice easy movements to improve balance and reduce risk of falling. Emphasis is on posture, balance, muscle relaxation & breathing. Helps to reduce onset of cognitive decline and reverse Osteoporosis. Learn basic forms of Tai Chi. Develop stability & coordination and gain confidence.

Mondays, 9:45-10:45am. \$10/M. \$15/NM.

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 "Cuando Era Puertorriqueña" by Esmeralda Santiago.

Mondays, 2:30pm. Free/M, \$5/NM.

LJCC Book Club

Every Third Wednesday of the Month

"The Bones of the Story" by Carol Goodman.

Wednesday, October 18. 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.**

Mon	Tue	Wed	Thu	Fri
EVERY MONDAY 9:45am Balance & Movement to Reduce Falling 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 1pm Line Dancing	EVERY WEDNESDAY 10am Spanish Beginners 3 11am Deep Yoga Flow	EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual 11:15am NEW! Strength & Balance 1pm Social Bridge	EVERY FRIDAY 9am Zumba 10am Kundalini Yoga 10am Painting from the Model
10:30am Bridge Beginner 2 2pm Bridge Intermediate	12:30pm Italian Beginners 3	4	10am American Mahjong Beginner 5	6 12pm Concerts in the Courtyard Featuring Fred Benedetti
9 CENTER CLOSED COLUMBUS DAY!	12:30pm Italian Beginners 10	12:30pm iPhone/iPad for Beginners 1 7pm Opera Wednesdays 11	10am American Mahjong Beginner 12 3:30pm Salsa Dance Workshop	13 10am Halloween Movie Marathon 12pm Kiwanis Lunch Meeting
10:30am Bridge Beginner 16 12:30pm Sound Bath Healing 2pm Bridge Intermediate	12:30pm Italian Beginners 17 2pm Bridge Advanced 3pm Afternoon Movie: Barbie	12:30pm iPhone/iPad for Beginners 1 18 1:30pm LJCC Book Club "Someone Else's Shoes" by Jojo Moyes 2pm Bingo	19 19 9am Piano Yoga: Guided Meditation & Breathing with Music 1pm Rejuvenate Your Retirement: An Educational Course for Retirees Age 55+ 3:30pm Salsa Dance Workshop	20 11am Making Life Decisions as You Age 12pm Concerts in the Courtyard Featuring Jefferson Schildgen
10:30am Bridge Beginner 23 2pm Bridge Intermediate	12:30pm Italian Beginners 24 2pm Bridge Advanced 3pm Art Demonstration featuring Peggy Hinaekian	12:30pm iPhone/iPad for Beginners 25 2pm Bingo	26 26 9am Piano Yoga: Guided Meditation & Breathing with Music 10am American Mahjong Beginner 3:30pm Salsa Dance Workshop	27 12pm Kiwanis Lunch Meeting 2pm Acrylic Pour Class 7pm Fourth Friday Jazz Series Featuring Holly Hofmann and Mike Wofford
10:30am Bridge Beginner 30 2pm Bridge Intermediate	12:30pm Italian Beginners 31 1pm Halloween Costume Party 2pm Bridge Advanced	Nov-1	Nov-2 9am Piano Yoga: Guided Meditation & Breathing with Music 3pm Dia de los Muertos Celebration	Nov-3

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