

LA JOLLA COMMUNITY CENTER

MONTHLY NEWSLETTER APRIL 2017

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

SPECIAL EVENTS & NEW CLASSES

Registration Required For Special Events & New Classes

Fourth Friday Jazz Series presents The Lorraine Castellanos Trio Lorraine Castellanos +2: Sarah Vaughn Highlights and Jazz Standards

Fourth Friday Jazz Series presents San Diego vocalist Lorraine Castellanos, leader of her own bands, including the Lorraine Castellanos Sextet, and member of the innovative and eclectic chamber group Besos de Coco. She will be joined by renowned jazz, pop and classical bassist Bob Magnusson, and rising Los Angeles star Sam Hirsh on piano. The trio will highlight the music of Sarah Vaughn and perform well-known standards by the greatest legends of jazz.

Ticket includes show admission, hors d'oeuvres, and free valet parking.

Fri, Apr 28. Doors open at 7pm, Show begins at 8pm. Pre-purchase \$18/M, \$23/NM. Door \$25.



Art Class: How to Start a Painting!

Learn beginner techniques in an upbeat environment! Class will concentrate on shape, value and color using acrylics. Not artistic? Don't worry, Jackie will guide you through step by step. It's easy, fun, and totally stress free. A new painting is started every week. Class taught by Jackie Warfield. Cost includes materials.

All levels welcome.

Mon, Apr 3, 10, 17, 24. 10:30am-12:30pm. Registration required. Pre-purchase: \$20/M, \$25/NM per class. Door: \$28 per class.



NEW! Cooking Classes with Chef April Spring Time Healthy Eating

Forming an attractive fruit and cheese platter, cedar plank salmon with forbidden black rice and greens, apple and cherry puff pastry w/ vanilla bean ice cream.

Thu, Apr 13, 6-8pm, \$35/M, \$40/NM. Registration required.

Light & Healthy Italian

Charcuterie board, bread and Italian dipping sauces, pan seared white fish with white wine and caper sauce, tortellini with light lemon cream sauce and garlic parmesan vegetables, ricotta cheese cake.

Thu, Apr 27, 6-8pm, \$35/M, \$40/NM. Registration required.

3 YEAR ANNIVERSARY CELEBRATION OF OPERA WEDNESDAYS

Celebrate with us! Listen to Southern California's Top Opera Singers! Every Second Wednesday of the month! The artists will consist of past and present Metropolitan Opera Competition Winners, active San Diego Opera performers and guest artists who have sung all over the world. Complimentary light bites and wine will be served (available to those age 21 and up).

April 12, 7pm. \$10 suggested donation.



NEW! Yoga for Healthy Bones

This class focuses on Yoga poses for healthy bones, and joints as well as profound inner tranquility and healing. Begin with guided awareness and breathing techniques. The Yoga poses will focus on weight-bearing movement, promoting strength, flexibility and stability. Yoga poses will be adapted for all abilities and body types.

Tue, 1-2:30pm. \$13/M, \$15/NM.

Big Picture Planning for Seniors

Take Control of Your Future and Avoid Costly Mistakes.

This 90 minute clinic will teach you: What legal documents you need to remain independent, How to age in place, What are your options for care, When moving makes sense, Who qualifies for a government benefit and more.

Tue, Apr 11, 9:30am. Free, open to all. Please RSVP: (858) 848-0825.

NEW! Jazz Dance Class with Alexandra

Enjoy 1 hour of jazz dance! Class is designed for beginner dancers looking for an energetic session while having a fun time. Learn a wide range of moves using a variety of music styles. You will learn basic steps and combos and will develop coordination, balance and strength. Come alone or with friends! Class taught by Alexandra Jeannin. *This class is made possible thanks to The San Diego Foundation and the Florence Riford Community Fund.*

Saturdays in April, 10:25am - 11:25am.

Free in April for Members, \$10/NM.



Cafe' Social: A Social Gathering for Seniors

Bring a friend for conversation and group activities, including art, music and spirited discourse on topics of interest to you. The more the merrier! **New program monthly.** Sponsored by Monarch Cottage, a boutique memory care community opening Spring 2017.

Lunch will be served.

Wed, Apr 19, 11:00am. Free, open to all.

Please RSVP by Apr 16 (619) 955-0492

Sponsored by:



Muses & Musings on Nature: Artist Reception

Figure, Portrait and Landscape Art. See the beautiful works by Elizabeth Weems and Court Jones. Enjoy a glass of wine and light hors d'oeuvres while surrounded by amazing art and listening to world renowned violinist Yale Storm.

Sat, Apr 1, 4pm-6pm.

Free, open to all.



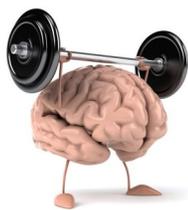
The Mind Fit Series

Mind Fit is a 1 hour, weekly class focused on Brain Health. Just as it is important for adults to manage physical health through regular exercise, there are many proactive steps that can be taken to manage brain health. This series is both informative and interactive and provides participants with research-based information on brain healthy diet, exercise and other lifestyle factors such as stress reduction.

Sponsored by Home Care Assistance.

Thursdays, Apr 13, 20, 27. 11:30am.

Free, open to all. No class 4/6



How to Create Glamour Using Your Jeans Workshop Taught by Donna Dotson

Would you be surprised if I suggested you start with jeans? Jeans aren't right for every occasion but by using some fashion finesse, you can make them party ready. Do you have doubts? Great! I can't wait to watch them vanish. Learn Which jean styles are best for dressing up, the Five shoe styles that transform a casual outfit to a dressy one, How to accessorize your outfit with just-right-jewelry and so much more!

Tue, Apr 25, 1:30-3:30pm.

\$15/M, \$18/NM. Registration required.



Lunch & Learn: All You Need to Know About Short-Term Care

Want to learn more about Short-Term Care? Bring your questions! This event is presented by Bassie Kanon, LUTCF, who has been educating seniors for over 20 years. **Thu, Apr 20, 11am. FREE, open to all.** **Registration Required (858) 459-0831**

Save the Date!

May 21, 2017

Chateau La Jolla will host a concert and reception to showcase 2 of the winners of La Jolla Symphony & Chorus 2017 Young Artists Competition.

Ukulele Class with James Clarkston

Learn the chords, strumming, and melodies for the month's songs - with the goal of playing the songs at the end of each class as an ensemble. April theme is "Country Favorites." 4 classes and monthly music book included.

Fri, Apr 7, 14, 21, 28, 11am-12pm.

\$80/M, \$90/NM.

Registration Required. Only 10 spots available. Sponsored by La Jolla Music.



Cooking with Phillis Carey "The Casual Gourmet"

Asian-Inspired Seafood

Tue, Apr 11, 11:30 am

\$50/ M \$55/NM

Wine Country Cuisine

Tue, Apr 18, 11:30 am

\$47/M, \$52/NM

Register at philliscarey@aol.com or (760) 942-1756.



FROM BRAHMS TO BROADWAY!

with Jacquelyne Silver

SHE BACK! By popular request, Jacquelyne Silver, dynamic pianist and storyteller extraordinaire, returns with a fabulous one-evening performance! Miss Silver will sweep you away on a musical carpet, with the glorious allure of Broadway and Classical music, combined so skillfully, you will be thrilled and delighted throughout the whole evening, and you will leave wanting more. An evening filled with originality and style, and one not to be missed!



About Jacquelyne Silver: Miss Silver has appeared at Carnegie Hall, Kennedy Center and Avery Fisher Hall at Lincoln Center. A graduate of the Juilliard School, she has collaborated with some of the world's leading performers, such as Leonard Bernstein, Luciano Pavarotti, Benny Goodman, Marilyn Horne, Tony Randall and Barry Tuckwell. She maintains a teaching studio in San Diego for adults and children in both piano as well as voice coaching.

Thu, May 4, 7:00pm. \$20/M, \$25/NM. Please register in advance.

Sweet Talkers:

A Unique Diabetics Self Help Group

Join this unique diabetes self-help group focused on finding, eating and making delicious and healthy foods to maintain optimal blood sugar levels and health.

RSVP: www.sweettalkers.org

Wed, May 3, 6-8pm. Free, open to all.

Demystifying Facebook (FB) - 6 sessions

Geared towards those who have limited experience online and are eager to learn more about what social media is. Ideal for adults and seniors interested in learning more about FB and what it can do. Course topics include: What is FB? Privacy concerns, Creating a FB account, Connecting with friends and family, and more.

Tue, Apr 18 - May 23, 1pm.

\$10/M, \$15/NM per class.



FITNESS FOR THE MIND

Learn to Use Your iPad & iPhone - No class 4/20 & 24

Learn the basics of your iPhone and iPad.

Mon, 10:30am and Thu, 1:30pm. \$10/M, \$15/NM.

Social Bridge

Wed, 12:30pm. Walk-Ins welcome. FREE/M, \$2/NM.

Social Scrabble Group

Please call in advance to reserve a seat to play.

Tue, Apr 11 & 25, 2:30pm. FREE/M, \$5/NM.

Jewelry Making Class

Learn how to make beautiful jewelry!

Wed, Apr 5 & 19, 2-4pm. \$15/M, \$20/NM, PER CLASS.

Craft Hour - Pop Up Cards & Paper Structures

Learn fun pop-up structures and 3-dimensional constructions. **Every Thursday in April, 2-3pm. \$5/M, \$10/NM.**

Art Class with Live Model - Uninstructed

Join artists from all levels to paint from a live model.

Saturdays, 10am-1pm. Model Fee + Free/M, \$5/NM. Reservations required: dottieartist@gmail.com

French Conversation

Tue, 10:30am. FREE/M, \$5/NM.

Learn Spanish: Intermediate Conversation

4 week session in April: Apr 4, 11, 18, 25. 2:05-3:30pm.

Instructor Alicia Flores. \$65/M, \$75/NM.

Café Español: Intermediate to Advanced Conversation

Wed, 2:15pm. FREE/M, \$5/NM.

Movie Club: International Films

** All films subject to change without notice.*

All showings at 1:30pm. Free/M, \$5/NM.

FITNESS & WELLNESS

NEW TIME! Strong Core, Happy Back

Focusing on several exercises that will strengthen the abdominals, back, and lower leg muscles to promote better spinal alignment, decrease back pain, increase flexibility increase strength and help you move better. Exercises can be performed on a mat or seated.

Every Mon, 2pm. Free/M, \$8/NM.

Balance Class

Do you want to improve your balance? Do you have a fear of falling? Receive information on preventative exercises and techniques to keep your balance throughout the day. **Fri, 10am. FREE/M, \$8/NM.**

Functional Flow Yoga

This class involves poses that promote healthy joints, strength building, stretching, conscious breathing, meditation and deep relaxation. Benefits include: increased energy, stress relief, better breath, improved mobility to enhance daily life. **Fri, Apr 14 & 28, 9:45-10:45am. \$7/M, \$10/NM.**

Chair Yoga

This gentle yoga flow class focuses on alignment with attention to breath, movement, and meditation. Poses are practiced on chairs and standing. **Thu, 10:15am. Free.**

Ashtanga Flow Yoga

A fast-paced, vigorous class based on the principles of Ashtanga. Suitable for active individuals, with any level of experience with yoga. Build strength, endurance, and flexibility while cultivating focus in a moving meditation. **Sat, 9-10:15am. Free/M, \$5/NM.**

Kundalini Yoga - VIDEO ONLY

Focuses on breathing and meditation and involves stretching and cardiovascular exercises.

Fri, 11:15am. Free/M, \$8/NM.

Line Dancing - ADVANCED REGISTRATION REQUIRED

It's not just for two but for everyone! Come experience a fun workout while learning new and favorites dances taught by Pat Murray. **Mon & Thu, 1pm. \$5/M, \$7/NM.**

Svaroop@ Yoga for Stress Relief - No Class April 15

Yoga poses, deep relaxations and pranayama breathing, to release and decompress your whole spine from tail to top. Relieving back pain and reducing stress. Experience a whole new way to live inside your skin in this restorative style of yoga. **Sat, 2:30-4pm. Wed 9-10:30am. \$13/M, \$15/NM.**

Zumba

Focuses on hypnotic Latin rhythms and very easy-to-follow moves. **Benefits:** tones, enhances bone density, strength and flexibility, boosts metabolism and improves cognitive functions. **Tue at 8:15am & Fri at 8:30am, \$10/M, \$12/NM.**

Ico-Dance

Ico-Dance offers a supportive, gently paced and low-impact class in expressive dance. **Mon, 9am. \$7/M, \$12/NM.**

Silver Age Yoga

A very gentle style of hatha yoga designed to meet the specific health concerns and challenges seniors face, balance, posture, breathing and stretching. **Every Tue, 10am & Thu, 9am. \$4-8.**

Deep Yoga Flow

Connects breath to movement, so the physical practice of Yoga (asana) becomes a meditation in motion that fosters flexibility, strength, focus and clarity.

Wed, 11am & Sat, 11:30am. \$5/M, \$10/NM.

Qi Gong Style Tai Chi - No Class April 12 & 13

T'ai Chi is a very gentle exercise that will benefit anyone coping with arthritis in joints by using easy movement to lubricate joints, and lowering high blood pressure by natural calming and relaxation. **Wed, 7pm & Thu, 10:30am. \$5/M, \$6/NM.**

Guided Primordial Sound Meditation

Meditation made easy for beginners. Come and feel your inner peace. Taught by Michelle Stallone-Eggers, Chopra Center Certified Instructor.

Tue, 4:45pm. \$5/M, \$8/NM.



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LA JOLLA COMMUNITY CENTER

LJCC Senior Express

Transportation for Seniors

More than just a ride...

Independence • Community Connection • Mobility

April Rates:
LJCC pays for 50% of
Member rides,
25% of Non-Member
rides.
72 hour notice
needed

Call us to learn about the Service Areas & Eligibility Guidelines

Book a ride today! (858) 337-0275



Day Trips



Registration required (858) 459-0831

Carlsbad Flower Fields and Oceanside Museum of Art

Enjoy 50 acres of extraordinary color! The Flower Fields are in bloom on a hillside overlooking the Pacific Ocean. Then head over to the Oceanside Museum of Art (OMA), a cultural jewel located in downtown Oceanside with a view of the Pacific Ocean and the historic Oceanside Pier. Exhibitions showcase the finest art of the southern California region. OMA is housed in side-by-side buildings designed by two of southern California's most renowned Modernist architects, Irving Gill and Frederick Fisher.

Thu, April 20. Depart 10am, Return 4pm. \$45/M, \$65/NM.

Day Trip: Palm Canyon Drive and Palm Springs Art Museum

Enjoy time in Palm Springs' famous Palm Canyon Drive for shopping or lunch then head over to the Palm Springs Art Museum to see their spectacular exhibits. PSAM features a sophisticated collection of art, including works from Chagall, Picasso, Warhol, Lichtenstein, Judd, Bourgeois, Alexander Calder, Henry Moore, Robert Rauschenberg, Antony Gormley and Ansel Adams. Spread over the 150,000 square feet, the museum boasts major collections of modern and contemporary art, glass, photography, architecture and design and Native American and Western art.

Thu, April 27. Depart 8am, Return 7pm. \$75/M, \$95/NM

Capturing Your Memoir: 6 Week Course

Everyone has a story to tell. If you've ever thought about documenting your life story, here is your chance to make it a reality. The course will include exercises and feedback to inspire you to begin the process of writing your memoir. Students will have the opportunity to work on their life story and exchange ideas during the sessions. Don't miss out on your chance to preserve your family history. Intended for writers of all abilities.

Course taught by Sid Shapira.

Course starts Wed, Apr 5.

10:30am-12pm. \$65/M, \$75/NM.

Registration required. Minimum 8 students per course.



This Month in La Jolla History By Dr. Linda Pequegnat

By Dr. Linda Pequegnat featuring stories about La Jolla from her book, "This Day In San Diego History". This month learn: When was the first great land auction held in La Jolla, and how much did each lot sell for? When was the San Diego, Old Town, & Pacific Beach Railroad extended to La Jolla, and how long did it last? Who was Walter S. Lieber and how did he describe La Jolla in 1904, and what did he do to improve La Jolla?

Every third Tuesday of the month.

Tue, April 18, 11:30 am. Free/M, \$5/NM.