

# LA JOLLA COMMUNITY CENTER

## MONTHLY NEWSLETTER AUGUST 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

#### Noche Latina featuring Julio de la Huerta & Franky Romeo

Noche Latina is back! Enjoy a night full of Latin fusion! Immerse yourself in the musical stylings of "El Maestro", Julio de la Huerta on guitar and the sultry voice of Franky Romeo. Joining them is Luis Romero on bass and Diego Velasquez on percussion. Enjoy authentic Latin cuisine, musical entertainment and dancing. Ticket includes dinner, 1 glass of wine, dance and valet parking.



**Sat, Aug 5. Doors open at 6:30pm.**

**Pre-purchase: \$30/M, \$35/NM. At the door \$40/person.**

#### Fourth Friday Jazz Series presents Jonathan Karrant · Joshua White · Justin Grinnell Not Your Typical Standards

Song stylist and 2016 New York Top Rising Jazz Vocalist, Jonathan Karrant, will be joined by Los Angeles-based pianist Joshua White, a finalist in the International Thelonious Monk Piano Competition, and San Diego award-winning bassist Justin Grinnell, performing some of the most important and influential music from the Great American Songbook. Expect the unexpected! Karrant has received several honors including being voted "Best Singer" for the 2015 Bravo California Awards and was named one of the top 12 rising jazz vocalist in New York in 2016.



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

**Fri, Aug 25. Reception 7pm, Concert begins at 8pm. Pre-purchase:**

**\$18/M, \$23/NM. Door \$25/person. For tickets (858) 459-0831**

#### Salvador Padilla en Concierto

Salvador Padilla is a world renowned baritone and classical and Latin singer. His concert will consist of Latin songs, including boleros, cha chas, rumbas, rancheras, bossa nova, and Italian pop songs. Salvador will be joined by Carlos Velasco on guitar, Kevin Moraine on bass, David Mallard and guest singers include Eunice Fidawi and Jorge Figeredo. Don't miss an incredible night of Latin music! Valet parking included.



**Fri, Aug 18, 7pm. \$20/person. Bites and beverages available for sale.**

#### Social Bridge

Do you enjoy Bridge? There is a congenial group who meets every Wednesday who play Rubber Bridge using common standard conventions. Walk-ins welcome! **Every Wed, 12:30pm. \$2/M, \$4/NM.**

#### Opera Wednesdays

Listen to Southern California's Top Opera Singers! Every 2nd 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.



**Wed, Aug 9, 7pm. \$10 suggested donation.**

#### Better Bridge by Farr: Level I Review

Rules of Scoring, Basic Hand Evaluation, Basic Bidding Guidelines, Basic Playing Guidelines

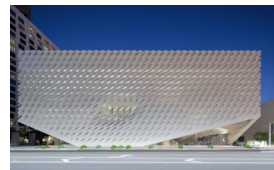
**Thu, Aug 10, 17, 24, 31, 10am - 12pm.**

**4 Week Course, \$65/M, \$75/NM. Instructor: Scott Farr, (858) 455-5406, spoggi@san.rr.com**



#### Day Trip: The Broad

L.A.'s newest contemporary art museum! The Broad features an extensive contemporary art collection, including 2,000 pieces from philanthropists Eli and Edythe Broad's personal collection, as well as rotating special exhibits on loan from galleries throughout the world. Explore this fascinating museum with option to explore neighboring museums at your leisure. Your tour includes time for lunch on your own at your choice of many nearby eateries.

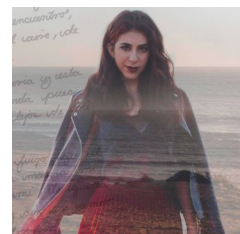


**Wed, Aug 30. Depart 8am, Return 6pm.**

**\$60/M, \$80/NM. Minimum 20 passengers required.**

#### Camia CD Release Concert

Camia is a singer/songwriter and rising star in Latin America. Performing through Europe and Mexico, most notably, she performed in concert with Latin superstar Alejandro Sanz. Camia is frequently seen on television and radio in Mexico. Enjoy a great concert of Spanish originals, as well as some popular American songs.



**Thursday, August 10, 7pm. \$30/person. Beverages for sale. Hors d'oeuvres and valet parking included.**

## Walking in Your Parents' Shoes: An Interactive Workshop

As we age, the obstacles we face in movement become more challenging. Join us for this fascinating and fun interactive demonstration to see what it's like to, literally, walk in our parents' shoes. All ages welcome. Sponsored by Monarch Cottage, a premier senior living community, specializing in cognitive enrichment services. Hors d'oeuvres and beverages served.

**Tue, August 29, 6pm. Open to all. RSVP or for questions:**  
[sbaum@monarchcottages.net](mailto:sbaum@monarchcottages.net) or [619-955-0492](tel:619-955-0492).



## 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 Summer 2017.

**Lunch will be served.**

**Wed, Aug 16, 11:00am. Free, open to all.**

**Please RSVP by Aug 14 (619) 955-0492**

## 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. August theme is "Movie Hits." 4 classes and monthly music book included.

**Fri, Aug 4, 11, 18, 25, 11am-12pm.**

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

**Registration Required. Only 10 seats available.**



## Phillis Carey "The Casual Gourmet"

Register at [philliscarey@aol.com](mailto:philliscarey@aol.com)  
or (760) 942-1756.

## Sicilian Cuisine

Aperol Spritz Cocktail; Caponata; Arancini (Fried Rice Balls); Sicilian Pesto Pasta; White Fish; Delicious Cannolis.

**Tue, Aug 1, 11:30am, \$50/M, \$55/NM.**

## Fresh Summer Cuisine

Eggplant Bruschetta; Smoky Dry-Rubbed Baby Back Ribs; Summer Risotto; Grilled Asian Flank Steak, Almond Plum Tart with Almond Cream.

**Tue, Aug 15, 11:30am. \$50/\$55**

## Lunch & Learn: Medicare 101

Have questions about Medicare? Want to learn about your Medicare coverage choices? There are 2 main choices for how you get your Medicare coverage. This event is presented by Bassie Kanon, LUTCF, who has been educating seniors for over 22 years.

**Thu, Aug 17, 11:30. FREE, open to all. Registration Required.**



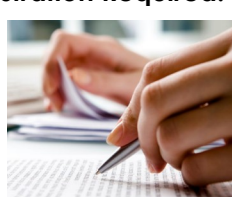
## SAVE THE DATE!

## Memoir Writing Course

**6 week course coming in October!**

**Wed, Oct 4 - Nov 8, 10:30am.**

**Reserve your spot today!**



## Painting from the Model – Uninstructed

Come and test your figure drawing or painting skills in this uninstructed Saturday morning session painting directly from a costumed or nude model. No matter what your level of expertise (or lack thereof), Dottie Stanley welcomes you to join us where other professional artists as well as beginners experience the thrill of painting directly from a live person posing for you.

Private lessons also available for anyone wishing to pursue their artistic advancement.

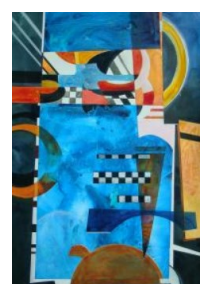
**Every Saturday 10am-1pm. Reservations required to secure your spot: Dottie Stanley at [dottieartist@gmail.com](mailto:dottieartist@gmail.com)**  
**Model Fee + Free/M, \$5/NM.**



## Daytime Dreams: An Art Reception

The Allied Artists Association presents Daytime Dreams, the new work of artists Carol Mansfield and John Valois. Please join us for an afternoon of art, wine, and light appetizers. You are invited to browse the collection of photographer, Jeffrey Brosbe, back from a trip in Sri Lanka and the many other works of artists currently exhibiting in hallways and meeting rooms. Your purchase of art not only supports the work of talented and award winning AAASD artists but also supports the many wonderful programs offered at the LJCC.

**Sat, Aug 12, 4-6pm. Free, open to all.**



## How to Start A Painting! Art Class

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, Aug 7, 14, 21, 28. 10:30am-12:30pm. Registration required.**  
**Pre-purchase: \$28M, \$30/NM per class. Door: \$35 per class.**



## Paint the Masters! Art Class

Don't miss your chance to create and finish your own masterpiece with Jackie Warfield! 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. Cost includes materials. **All levels welcome.**

**Fri, Aug 4, 11, 18, 25. 10:30am-12:30pm. Registration required.**  
**Pre-purchase: \$28/M, \$30 /NM per class. Door: \$35 per class.**



## 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.

**Every Saturday 10:25am. Free/Members, \$10/NM.**



## VOLUNTEERS WANTED!

Please call (858) 459-0831 or email [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org) to discuss opportunities!

# FITNESS FOR THE MIND

## Learn to Use Your iPad & iPhone - No Monday Class

Learn the basics of your iPhone and iPad.

**Thu, 1:30pm. \$10/M, \$15/NM.**

## Social Bridge

Wed, 12:30pm. Walk-Ins welcome. \$2/M, \$4/NM.

## Social Scrabble Group

Please call in advance to reserve a seat to play.

**Tue, Aug 8 & 22, 2:30pm. FREE/M, \$5/NM.**

## Movie Club: Musical Mondays

**Aug 7** - Carousel

**Aug 14** - Hello Dolly

**Aug 21** - Chicago

**Aug 28** - Fantasia 2000

**Mondays, 10:30am. Free/M, \$5/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

**Tue, Aug 1, 8, 15, 22, 29, 2:05-3:30pm. Instructor Alicia Flores. \$65/M, \$75/NM. 4 week session.**

## Café Español: Intermediate to Advanced Conversation

ON BREAK UNTIL SEPTEMBER 14

## Movie Club: International Films

\* All films subject to change without notice.

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

# FITNESS & WELLNESS

## Kundalini Yoga - NEW INSTRUCTOR

In Kundalini yoga the person is treated as a whole human being. It balances the body, the 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.

**Fri, 11:00-11:50am. Free/M, \$8/NM.**

## Balance Class - ON BREAK UNTIL SEPTEMBER 15!

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.

**Every Mon, 10:45am. \$7/M, \$10/NM.**

## 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.**

## Guided Primordial Sound Meditation

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

**ON BREAK UNTIL SEPTEMBER 19!**

## 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.**

## Svaroopa® Yoga for Stress Relief

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.**

## Yoga for Healthy Living

Provides easy techniques for integrating the principles of Yoga into daily activities. Begin with guided awareness and breathing techniques. Yoga poses will focus on promoting core opening, strength, flexibility, stability and good circulation and healthy muscles, bones and joints. Finish with a guided awareness for deep relaxation to melt away tensions, and promote inner tranquility, healing, serenity and peace of mind. All are welcome. **Tue, 12:30-2pm. \$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, 8:15am & Fri, 8:30am, \$10/M, \$12/NM.**

## Ico-Dance - ON BREAK UNTIL SEPTEMBER 11

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. **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

ON BREAK UNTIL SEPTEMBER 6!

## Line Dancing

ON BREAK UNTIL SEPTEMBER 7!

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**For more information, please contact  
Nancy Walters, Executive Director  
(858) 459-0831**

### SAVE THE DATE

**Distinguished Speaker Series presents...**  
World-renowned Integrative Cardiologist,  
Dr. Mimi Guarneri

**Tuesday, September 19**  
Reception 5:00-6:00pm  
Lecture with Q&A 6:00-7:00pm



# Fourth Friday Jazz Series

## UPCOMING CONCERTS

**Friday, August 25**

**Jonathan Karrant · Joshua White · Justin Grinell**  
*Not Your Typical Standards*

**Friday, September 22**

**Peter Sprague · Leonard Patton · Tripp Sprague**  
*The Jazz Tradition of Improvisation*

**Friday, October 27**

**Christopher Hollyday · Ed Kornhauser · Mackenzie Leighton**  
*A Tribute to Duke Ellington*