

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

MONTHLY NEWSLETTER FEBRUARY 2018

Registration required for Special Events & New Classes

The Fourth Friday Jazz Series is Back!

Gilbert Castellanos · Joshua White · Dean Hulett
The Music of Thelonious Monk

Virtuoso trumpeter and six-time SD Music Awards Best Jazz Artist Gilbert Castellanos returns! Pianist Joshua White, a rising force in the jazz world, and upright bassist Dean Hulett, a favorite in the SD music scene, join Castellanos to perform the music of Thelonious Monk in celebration of the centennial of his birth. Look forward to stunning improvised solo performances by some of Southern California's top jazz musicians! Ticket includes show admission, hors d'oeuvres, and free valet.

Fri, Feb 23. Reception 7pm, Concert begins at 8-9:15pm.
Pre-purchase: \$18/M, \$23/NM. Door \$25/person.



Opera Wednesdays: Valentine's Day Special

Listen to Southern California's Top Opera Singers! 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 desserts and 1 drink ticket per guest will be provided.**

Wed, Feb 14, 7pm. \$10 suggested donation.



Anna Belaya in Concert

Ukrainian born soprano Anna Belaya will feature world-renowned Tenor, Daniel Hendrick and Roman Palacios in an unforgettable concert.

Sun Feb 25, Doors open at 5:30pm, Concert at 6:00pm. \$40/tickets.
Free valet parking included.



Distinguished Speaker Series presents World-renowned Cardiologist, Mimi Guarneri, MD, FACC, FABOIM

In honor of Heart Health month, we welcome back world-renowned Cardiologist, Dr. Guarneri, where she will discuss the relationship between planet health and human health as it relates to cardiovascular disease. What can you do immediately to improve the health of your heart, your brain and the planet? Learn from the expert and put your plan into action.

Thu, Feb 22, Lecture & Q&A 6-7pm. Reception 5:30pm.



Social Bridge & Dinner

Enjoy a brief bridge lesson taught by Scott Farr, followed by 2 hours of play and a catered dinner at 7pm. The game will be scored using Chicago scoring with changes of opponents after every four hands. The event is for intermediate players.

Please register with a partner.
Mon, Feb 26, 4:45pm - 8pm. \$20/M, \$25/NM.
Reservations required. Deadline: Feb 23.



Better Bridge by Farr - 10-Week Course

Level I: Mondays 10:30am-12:30pm, February 19 - April 23.
Level II: Mondays 2:30-4:30pm, February 19 - April 23.
Level III: Tuesdays 10:00am-Noon, February 20 - April 24.
Level IV: Thursdays 10:00am-Noon, February 22 - April 26.
\$175/M, \$200/NM. To register call (858) 455-5406.

Valentine's Day Dance

Dance the night away to beautiful music sung by Ossie Arciniega, "The Romantic Voice of San Diego." He will be accompanied by Kevin Moraine, AJ Arciniega and friends. Together they will make the evening a special treat for you. **Sat, Feb 10. Doors open at 6:30pm, Music starts at 7pm. \$20/M, \$25/NM. Beverages available for sale. Free valet parking. Registration required.**



Wine in the Gilded Age

A Valentine Toast to the glamorous Women of the Gilded Age. Adventurous wines from around the globe will be shared along with stories of the famous 19th century women who ruled society in New York society. The Gilded Age, when America became a cultural force. Enjoy an evening series that will monthly feature memorable & adventurous wines or champagne from the world's most interesting regions. Presented by Barbara Baxter.

Thu, Feb 15, 6pm. Introductory price \$30/M, \$35/NM.
Price includes wine tasting, lecture, hors d'oeuvres, and handouts.



Yoga 101: An Introduction to the 8 Basics of A Mind-Body Path to Health and Happiness

This workshop will introduce you to the Eight Limbs of Yoga, so you can begin to explore and embody this ancient wisdom in your modern life. Learn breathing practices that lower blood pressure and relieve stress; physical postures that improve flexibility, strength and balance; meditation techniques that still the busy mind, and other methods to access your deepest resources for living each moment fully, happily, and in optimal good health—whatever your age, limitations, or medical condition. **Mon, Feb 12, 2-4:30pm. Free, open to all. Please RSVP**



Lunch Bunch at Manhattan of La Jolla

Join the group as we lunch around town! This month meet us at Manhattan. Meet and mingle with community members over a delicious lunch. Includes beverage, soup or salad, entrée and dessert. Registration required.

Fri, Feb 16, 12pm. \$30/person, Tax & Gratuity included.



Svaroopaa® Yoga Workshops

The programs are taught by Vidyadevi Stillman, Svaroopaa® yoga's premier teacher trainer.

Registration is required for both programs: (858) 454-9936.

Half Day Program

Yoga poses, chanting and meditation. Body, mind, heart and deeper.

Mon, Feb 19, 9am-1pm. \$91.00/person.

Free Yoga Pain Clinic

Learn how to live pain-free! Come and see how Svaroopaa® yoga can help you with your aches and pains.

Mon, Feb 19, 2-4:30pm. Donations accepted.

NEW! Cooking with Chef Maribel

The Authentic Caesar Salad and Shrimp Ceviche

Learn how to prepare the famous Caesar Salad as it was invented and is still served down the border in Tijuana. Also learn to prepare Shrimp Ceviche, Mexican style.

Tue, Feb 20, 6pm. \$30/M, \$35/NM



Phillis Carey "The Casual Gourmet"

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

Soup for Dinner

Tue, Feb 13, 11:30am. \$50/M, \$55/NM.

Wine Country Cooking

Tue, Feb 27, 11:30am. \$50/M, \$55/NM.



Memory Café (formerly Café Social)

Now two times a month! The 1st & 3rd Wednesday!

February 7: "We love your LOVE memories!" Share memories of Valentine's Day and relationships throughout your life, from your first love to your current partner/spouse to happy memories of those no longer with us. **February 21:** Paint and talk about the personal creative process and memories they evoke. **Sponsored by Monarch Cottage.**

Refreshments will be served.

Wed, Feb 7 & 14, 10-11:30am. Free, open to all.

The Mind Fit Series - For Brain Health!

Just as it is important for adults to manage physical health through regular exercise, there are many pro-active steps that can be taken to manage brain health. This class 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. The main focus of the class is cognitive stimulation through exercises that target various domains of cognition including: Memory, Executive Functioning, Language, Visual Spatial Perception and Attention.

Sponsored by Home Care Assistance.

Thu, Feb 8, 1pm. Free, open to all.

NEW! Exploring Portraits with Acrylics

Class concentrates on shape, value and color using acrylics.

Thursdays, 3:30-5:30pm.

How to Start a Painting!

Class concentrates on shape, value and color using acrylics.

Mondays, 10:30am-12:30pm.

Paint the Masters Portrait Class

Class will focus on famous portraits created by master artists.

Fridays, 10:30am-12:30pm.

Classes taught by Jackie Warfield. A new painting is started every class. Cost includes materials. All levels welcome. \$28/M, \$30/NM per class.

Private classes available, Wednesdays, 9:30-11:30am. \$60/hour. For availability call Allyson at (858) 459-0831.



Canvas Design & Wine

with Award Winning Artist, Dottie Stanley

Canvas Design & Wine with Dottie is an upbeat creative class for both the artistic and not so artistic. Come learn the basics of acrylic painting from an award winning artist, while enjoying the company of friends. The best part? You go home with a painting you can call "uniquely yours." Not artistic? Don't worry! Dottie will guide you through step by step recreating the nights painting.

Cost includes all materials. Registration Required.

Mon, Feb 12, 6pm. \$30/M, \$35/NM.



Painting from the Model - Uninstructed

Come and test your figure drawing or painting skills in this uninstructed session, painting directly from a costumed or nude model. Private lessons also available.

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

Four Pillars of Brain Longevity® Workshop

As evidenced by recent studies done by leading universities, Alzheimer's, as well as other age related diseases, can be prevented and even effectively treated through lifestyle changes. This workshop is intended to spread awareness and educate people of all ages on lifestyle choices they can make to ensure a quality and happy life and to reduce the risk of chronic diseases, including dementia.



The workshop will consist of a series of four classes that will cover four pillars of successful aging through:

1. Physical and Mental Exercises for brain stimulation and strengthening of immune system
2. Stress Management
3. Diet and Supplements
4. Lifestyle choices for emotional and spiritual balance

Presented by Alexandra (Sasha) Briskin, BS Cognitive Science - UCSD, Certified Brain Longevity® Therapy Specialist, Certified Yoga Instructor, and Certified Healing Touch Practitioner.

Thu, Feb 15, 22, March 1, 8. 11:30am - 1:30pm.

4-Week Course \$55/M, \$70/NM. Limited seats available.

Drop in Cost per class: \$15/M, \$20/NM.

FITNESS FOR THE MIND

Learn to Use Your iPad & iPhone - No class 2/8

Learn the basics of your iPhone and iPad.

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

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!

Wed, 12:30pm. \$2/M, \$4/NM.

Movie Club: International Films

* All films subject to change without notice.

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

French Conversation

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*.

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

Café Español: Intermediate to Advanced Conversation

Improve, learn and develop your Spanish conversation skills. Class lead by Olga Fabrick, native speaker and trained in Second Language Acquisition Methodology.

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

FITNESS & WELLNESS

NEW! Mat Pilates

Mat Pilates is a safe and effective method of exercises that support healthy knees, hips, lower back, spinal alignment, and daily posture. By focusing on muscles powering every-day function, practicing Mat Pilates will enhance balance, coordination, concentration, mobility, and strength. We will flow through a series of core building movements that are modifiable to be fun and challenging for everyone from beginners to advanced practitioners.

Tue, 1:30pm. \$5/M, \$7/NM.

NEW! Strength & Flexibility

Try a variety of strengthening and flexibility exercises designed to help increase muscle tone and range of motion. Benefits are improved posture and balance. Exercise progressions are taught to make this 60 minute workout appropriate for all fitness levels. **Thu, 2:30pm. Free/M, \$7/NM.**

NEW! Laughter Yoga

A unique practice which combines unconditional laughter with yogic breathing. This practice helps expand lung capacity, mindfulness and can overall increase gratitude and happiness. Session ends with a guided meditation. Your first class in February is FREE. **Fri, 1pm. Suggested Donation.**

Kundalini Yoga with Guru Amrit

Kundalini Yoga 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, 10:45-11:45am. Free/M, \$8/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.

Jazz Dance with Alexandra

Enjoy one-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.

Sat, 10:25am. Free/Members, \$10/NM.

Svaroopa® Yoga for A Healthy Back

Practice yoga poses, deep relaxation 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. Everyone welcome.

Sat, 2:30-4pm. Wed 9-10:30am. \$13/M, \$15/NM.

Zumba

Focuses on hypnotic 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. **Tue, 8:15am & Fri, 8:30am, \$10/M, \$12/NM.**

Ico-Dance

Offers a supportive, gently paced and low-impact class in expressive dance. Added benefits of enhancing flexibility, balance, energy, emotional connection and body confidence. **Mon, 9am. \$8/M, \$13/NM.**

Silver Age Yoga

A very gentle style of hatha yoga designed to meet the specific health concerns and challenges seniors face including balance, posture, breathing and stretching.

Tue, 10am & Thu, 9am. \$4-8 suggested donation.

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.

Line Dancing

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

Qi Gong Style Tai Chi

Tai Chi is a very gentle exercise that will benefit 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. **Wed, 7pm, Thu, 10:30am. \$5/M, \$6/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. This class is free.

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AT CHATEAU LA JOLLA
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CAJUN STYLE DINNER
& NEW ORLEANS JAZZ

TUESDAY, FEBRUARY 13 4-6PM

RSVP (858) 459-4451

Poretsky and Shapovalov in Concert

The International Academy of Vocal Arts is proud to present Mezzo Soprano Susana Poretsky and Tenor Yevgeni Shapovalov. Both famous opera singers are virtuosos with rare vocal qualities will perform famous opera pieces and popular songs in English, Hebrew, Russian, French and Italian.

Sat, Feb 3, 7pm. Doors open at 6:30pm.

\$40/tickets. Free valet parking included.



Day Trip: The Getty Villa - Malibu

The collection and changing exhibitions at the Getty Villa offer 7,000 years of ancient art, from the end of the Stone Age to the fall of the Roman Empire. The Getty Villa houses the J. Paul Getty Museum's collection of approximately 44,000 Greek, Roman, and Etruscan antiquities. Over 1,200 works are on view in 23 galleries devoted to the permanent collection, with five additional galleries for changing exhibitions. Tour includes light snacks, roundtrip transportation, lunch on your own and admission to museum.

Wed, Feb 28. Depart 8am, Return 6pm.

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

News About Medicare!

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

Light refreshments served. Reservations required.

Thu, Feb 15, 11:30. FREE, open to all.



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Music Appreciation PLUS: A Four-Part Course

This course is for those who want to: Improve their music listening and focus skills. Learn how to recognize outstanding music artists. Understand the differences between performing and playing the piano.

Fri, Feb 23: The Ingredients of Music

Fri, Mar 2: Sound - Piano from the inside out

Fri, Mar 9: Rhythm - The Heartbeat of Music

Fri, Mar 16: Musical Phrase is the Thought

Each class will be dedicated to the many different elements of music and will involve activities, such as dancing, meditations, conducting, sketching. Comfortable clothing and shoes are advisable. Course taught by the musically accomplished Polina Sisman, certified member of the California Association of Professional Music and long time MTCA (Music Teacher Association of California) member. Children and seniors are welcome!

Mon, Feb 23, Mar 2, 9, 16, 12:30-1:30pm. \$45/M, \$55/NM.

Drop-In Price \$12/M, \$15/NM. Min 10 students required.

***ASK ABOUT PRIVATE PIANO LESSONS WITH POLINA.**

