

LA JOLLA COMMUNITY CENTER

MONTHLY NEWSLETTER JANUARY 2018

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



Bridge



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. You do not need a partner. Max number of participants is 40. The event is for intermediate players.

Mon, Jan 22, 4:45pm - 8pm. \$20/M, \$25/NM.

Reservations required. Deadline: Jan 20. Cancellations must be made 48 hours in advance to receive refund.

Better Bridge by Farr - Level I Review

Review the rules of bridge, scoring, basic hand evaluation, basic bidding and playing guidelines.

Mondays, Jan 8 - Feb 5, 2:30-4:30pm. \$90/M, \$100/NM. 5 Wk Course.

Instructor: Scott Farr. Registration required (858) 455-5406.

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.

For prices and to register call (858) 455-5406.

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.

Wine in the Gilded Age

The Gilded Age, when America became a cultural force as great industries were created, vast fortunes gained and the first celebrities were patrons of the arts. Come glamorous and savor the Gilded Age. Enjoy an evening series that will monthly feature several memorable & adventurous wines or champagne from the world's most interesting regions. Presented by Barbara Baxter. Barbara has worked for three of Napa Valley's most prestigious wineries and has been featured in the Wall Street Journal and has lectured at museums and Universities in California.

January - a *dazzling start*- Bordeaux, France - the world's gold standard for memorable wines!

Wed, Jan 31, 6pm. Introductory price \$30/M, \$35/NM.
Price includes wine tasting, lecture, hors d'oeuvres, handouts and entry to a drawing for a bottle of wine.



Concerts



Opera Wednesdays

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.

Wed, Jan 10, 7pm. \$10 suggested donation.



Latin Explosion

Enjoy a fantastic interpretation of typical Andean music "Ayre de los Andes" by Peruvian Los Angeles based group, *Explosión Caliente*. After this 30 minute show, enjoy a night of a variety of Latin music that is sure to get you off your feet!

Sat, Jan 20. Show starts at 7pm, dancing at 7:45pm.



Fourth Friday Jazz Series presents...

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 8pm.
Pre-purchase: \$18/M, \$23/NM. Door \$25/person.



VOLUNTEERS WANTED!

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

NEW! Cooking with Chef Maribel

REGISTRATION REQUIRED

Lebanese Delicacies

Learn how to cook an authentic Hummus. We will also prepare delicious grape leaves rolls.

Thu, Jan 18, 11:30am. \$30/M, \$35/NM

Seared Tuna Fish with rice noodles

Impress your friends and family with an awesome tuna fish dish served with rice noodles on a Portobello sauce.

Thu, Jan 25, 11am. \$30/M, \$35/NM



Phillis Carey "The Casual Gourmet"

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

Comfy Winter Entrees

Tue, Jan 16, 11:30am. \$50/M, \$55/NM.

Easy New Year Dishes

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



Memory Café (formerly Café Social)

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

Monarch Cottage's Café Social is proud to announce a partnership with Memory Café.

Jan 3 Program: "Scent of the New Year." Test your sense of smell in this fun and interactive workshop. Experience a variety of scents and share memories and stories behind them. **Jan 17 Program:** "Name Your Tune" Join us for a morning of musical memories in this lively and interactive workshop, which will test your knowledge of music from the past 50 years, and share memories of music that's meaningful to you.

Sponsored by Monarch Cottage.

Wed, Jan 3 & 17, 10-11:30am. Free, open to all.

Italian Classes: Beginner & Conversation

This course will provide the framework that is necessary to communicate effectively in real life situations. Instructor: Paola Baracco. TEXTBOOK: La Ricetta Segreta. Author: Cinzia Medaglia (Editor CIDEB) - Livello Uno A2.

Conversation: Tue, Jan 9, 9-10am. 8-week course.

Beginner: Thu, Jan 11, 9-10am. 8-week course.

\$135/M, \$145/NM. Minimum students required.

The Mind Fit Series

Join this one-hour class focused on 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. An additional brain health component of the Mind Fit classes is the social component of a group setting where participants can socialize and share life experiences. **Sponsored by Home Care Assistance. Thu, Jan 11, 1pm. Free, open to all.**

Registration Required.

ART CLASSES

Artist Reception featuring Dottie Stanley -

The Great Room will feature the works of award-winning artist, Dottie Stanley. Most recently, Dottie was named one of San Diego Home & Garden's Top 10 "Stars of San Diego." Enjoy a reception and shopping from "fan favorite" Carolyn Brockhous' rolling boutique. Dottie's work will be on display until Jan 26.

Reception: Sat, Jan 13, 4-6pm. Free, open to all.



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, Jan 29, 6pm. \$30/M, \$35/NM.



(The evening's painting)

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.

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. Buy 4 classes, get 1 free!

Private classes available, Wednesdays, 9:30-11:30am.

\$60/hour. For availability call Allyson at (858) 459-0831.



Planned Giving

Make a lasting investment in our future!

- Your planned 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
- Among other plans, you can give a future gift through your estate or an immediate gift that returns income

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

FITNESS FOR THE MIND

Learn to Use Your iPad & iPhone

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.

Have an idea for a class?
Let us know! (858) 459-0831

Art Class with Live Model - Uninstructed

Join artists from all levels to paint a live model.

Sat, 10am-1pm. Free/M, \$5/NM plus splitting the Model Fee.

Reservations required: dottieartist@gmail.com

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.

CLASS RESUMES FEBRUARY 8, 2018.

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

FITNESS & WELLNESS

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.

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.

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.

NEW! Mat Pilates - Starts January 9

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 everyday 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.**

Have an idea for a class? Let us know! (858) 459-0831

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. \$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 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.

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LA JOLLA COMMUNITY CENTER

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for FREE in
January**

**Schedule a ride
today!**

La Jolla Theatre Ensemble presents...

Enjoy staged readings of 3 different plays about becoming vulnerable, personally evolving, and not judging books by their covers. Plays include Elizabeth Coley's "A Lease on Life," Werner Hashagen's "Yes! -- Come and See Us ... However ..." and Kim Cromwell's one-act play "Catfish."

Sun, Jan 28, 2pm and Tue, Jan 30, 7pm.

\$10 Suggested Donation.

Day Trip: The Broad

New contemporary art museum on Grand Avenue in downtown Los Angeles, 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.

Thu, Jan 25. 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, Jan 18, 11:30. FREE, open to all.



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.

Mon, Jan 15: The Ingredients of Music

Mon, Jan 22: Sound - Piano from the inside out

Mon, Jan 29: Rhythm – The Heartbeat of Music

Mon, Feb 5: 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, Jan 15, 22, 29 and Feb 5. \$45/M, \$55/NM.

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

Piano Lessons with Polina

Learn to read music, count and play the piano with Polina Sisman. Learn the basics, how to recognize a composer's intentions, how to play a piece and more!

Fridays 9:45am & 12:15pm. Must register for a minimum of 4 classes. \$75/M, \$80/NM per class.

