

# JANUARY 2019 NEWSLETTER

## 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](http://www.ljcommunitycenter.org) | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)

### Reservations Required for Special Events & New Classes

#### Day Trip: Palm Springs Art Museum

Located in the heart of downtown Palm Springs, the Palm Springs Art Museum features a sophisticated collection of art that rivals urban metropolitan museums, and includes works from Andrew Wyeth, Marc Chagall, Pablo Picasso, Andy Warhol, Roy Lichtenstein, and more. 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. We will stop at Palm Canyon Drive for 2 hours before the museum. Lunch on your own. **Wed, Jan 30. Depart 8am, Return 7pm. \$65/Members, \$85/Non-Members. Registration required.**



#### New Year Goals: How to Get Results

Learn how to analyze and evaluate how you're currently doing in the major areas of your life and how to write your personal long-range plan based on realistic goals and action plans. How to be accountable for your results will also be discussed. Led by Patricia Rinaker, M.A. Guidance & Counseling, Stanford University, Long-range planning career and Life Coach.



**Mon, Jan 14, 10am-12:30pm. \$30/M, \$35/NM.**

#### Capturing Your Memoir: Six-week course

Everyone has a story to tell. If you've ever thought about documenting your life story – for your family or for the masses – here is your chance to make it a reality. This course includes exercises and feedback to inspire you to begin the process of writing your memoir. Intended for writers of all abilities. Course taught by Sid Shapira. Registration required by January 9.



**Wed, Jan 16 - Feb 20, 10:30am-12pm. \$65/M, \$75/NM.**

#### Music Appreciation: Renaissance Music - Music for a New Beginning (and a New Year)

##### Every Second Tuesday of the month!

The Renaissance was a fabulous period of invention and creativity. Its music is beautiful and timeless. We will enjoy the melodies of the Italian, English, and Spanish courts, including the coronation music for Queen Elizabeth. This wonderful hour will also include samples from the earlier Medieval period. Gorgeous and romantic dance melodies will be a treat for your ears and your mind.



**Tue, Jan 8, 2-3pm. Free/M, \$15/NM.**

#### Opera Wednesdays

##### Every Second Wednesday of the Month!

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 9, 7-8:30pm. \$10 suggested donation.**

#### Blues & Rock'n Roll Dance Night

##### Live Music & Dancing Every Third Friday of the Month!

Don't miss the chance to envelop yourself in the magic of dancing with live music - from Ella Fitzgerald and Muddy Waters to Elvis Presley, it is time to rediscover those great times!



**Fri, Jan 18, 6:45-9pm. \$10/person.  
Dance class 6:45-7:30pm. Music starts at 7:30pm. Beverages available for sale.**

#### Movie Night: Crazy Rich Asians

Based on the acclaimed worldwide best-seller. Native New Yorker Rachel Chu accompanies her boyfriend to his best friend's wedding in Singapore and meets his family for the first time. 120 minutes.



**Wed, Jan 23, 7pm. Free, open to all. Bites and beverages available for sale. Reservations required**

#### Happy Hour Chasers

Meet us at NINE-TEN! This is a great opportunity to make new friends and try the best restaurants in town! NINE-TEN is the popular gathering place to enjoy an array of imaginative hand-crafted cocktails, paired with seasonal food offerings.



**Wed, Jan 17, 3:30pm at NINE-TEN (910 Prospect St).**

**All welcome. Please call us to reserve your spot.**

#### Better Bridge by Farr: 10 Week Course

##### Beginning - Level I

Mondays, 10:30am-12:30pm, Feb 11-Apr 15

##### Intermediate - Level II

Mondays, 2pm-4pm, Feb 11-Apr 15

##### Advanced - Level III

Tuesdays, 10am-12pm, Feb 12-Apr 16

**\$175/M, \$200/NM. To enroll, please contact Scott Farr (858) 455-5406 or [spoggi@san.rr.com](mailto:spoggi@san.rr.com)**



## NEW! Cooking with Anne Masri

Anne is a Board Certified Nutritionist and Nutritional Chef. She holds a certification from Harvard Medical School in CHEF Coaching and a Plant Based Whole Foods certification from Cornell University.

**Registration required. (858) 459-0831.**



## Eliminate Inflammation by Eating from the Rainbow

Fighting free-radicals with plant powered antioxidants is your best defense to fending off chronic disease, and this never has to mean sacrificing flavor. Experience simple ways to incorporate nutrient dense ingredients that taste so good you'll be coming back for more. Samples will be provided. Menu includes: Persimmon, Pomegranate, and Avocado Salsa, Rainbow Asian Chopped Salad, Roasted Tri-Color Yams. **Fri, Jan 4, 12-2pm. \$49/M, \$55/NM.**

**Using Food as Medicine** Herbs and spices are age old forms of treating ailments. Antibiotic, antibacterial properties are found in some of our most beloved foods. Learn which foods are most successful for preventing common conditions. Boost your immune system with phytonutrients. Ward off the winter blues. All while enjoying scrumptious vitamin and mineral rich meals. Samples will be provided. Menu includes: Flu Busting Soup, Magic Green Sauce, Raw Cacao Truffles. **Fri, Jan 18, 12-2pm. \$49/M, \$55/NM.**

## NEW! Healthy Recipe Variations Cooking Class Series

Each class will include a demo and samples of a complete meal plus discussion about food options and nutrition. Includes recipes to recreate at home. **Taught by food blogger, Rene MacVay. Registration required. (858) 459-0831.**

**New Year Recipes Swaps for Healthy and Allergy Friendly Eating** Featuring Spaghetti Squash with a variety of fillings. **Fri, Jan 11, 12-2pm.**

**Valentine's Day Eating** Featuring Tofu Parmesan, Turkey Meatballs, Gluten Free Low Carb Pasta, Seasonal Vegetables, "Hearty" Dessert. **Fri, Feb 8, 12-2pm.**

**Cooking Seasonally...Quick Fixes for Healthy Eating** Featuring: Quinoa Bowl w/Seasonal Produce and Quinoa Cookies. **Fri, Mar 1, 12-2pm.**

**Three-Five Ingredient Recipes** Featuring Breakfast, Lunch, Dinner, Dessert Suggestions. **Fri, Apr 5, 12-2pm.**

**4 Part Series: \$80/M, \$100/NM, Drop in \$22/M, \$28/NM. Registration required. (858) 459-0831.**

## Phillis Carey "The Casual Gourmet"

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

**Low Carb Cooking For the New Year**  
**Tue, Jan 8, 11:30am. \$50/M, \$55/NM.**

**Easy New Year's Entrees**  
**Tue, Jan 22, 11:30am. \$50/M, \$55/NM.**

**Winter Comfort Foods**  
**Tue, Jan 29, 11:30am. \$50/M, \$55/NM.**



## How to Start a Painting! Taught by Nicole Caulfield

Class concentrates on shape, value and color using acrylics. **Every Mon, 10:30am-12:30pm. \$30/class. Materials included.**

## Paint the Masters Art Class Taught by Nicole Caulfield

Class will focus on famous portraits created by master artists. **Every Wed, 10:30am-12:30pm. \$30/class. Materials included.**

## Brain Longevity Workshop

Learn about the latest evidence-based research, conducted by leading universities, on how to prevent cognitive decline through lifestyle changes. This workshop is intended to spread awareness and educate people of all ages about lifestyle choices they can make to promote a Happy and Healthy Life thereby reducing the risk of chronic diseases, including dementia. Presented by Sasha Briskin, Wellness Coach, BS Cognitive Science (UCSD), Certified Brain Longevity® Therapy Specialist, Certified Healing Touch Therapist.

**Workshop consists of a series of four 2-hour classes, 1-3pm.**

**Tue, Jan 22:** Physical & Mental Brain Stimulation Techniques

**Tue, Jan 29:** Stress and Sleep Management

**Tue, Feb 5:** Brain-Gut Connection and Microbiome

**Tue, Feb 12:** Healthy Brain via Happy and Balanced Life

**4-Week Workshop: \$60/M, \$80/NM.**

**Drop-in per Class: \$16/M, \$22/NM.**



## The Mind Fit Series for Brain Health

Take proactive steps 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.

**Thu, Jan 10, 1-2pm. Free, open to all.**

## Memory Café: Every 1st & 3rd Wednesday!

Join us and perk up your memory! Reminisce, socialize, learn something new, and keep your brain active in this fun, lively and supportive group! **Jan 16: Special Guest Speaker from the Museum of Photographic Arts.** Experience chatting about old photographs, reminiscing about the past, and sharing stories. **Wed, Jan 2 & 16, 11am-12pm. Free, open to**

## Canvas Design & Wine with Dottie Stanley

Enjoy an upbeat and creative class. Learn the basics of acrylic painting from award-winning artist, Dottie Stanley. Dottie will guide you step by step to recreate the evening's painting. Cost includes all materials. **Mon, Jan 14 6-8pm. \$25/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. **Sat, 10am-1pm. Reservations required to secure your spot: Dottie Stanley at [dottieartist@gmail.com](mailto:dottieartist@gmail.com) Model Fee + Free/M, \$5/NM.**

## Art History 3 Part Series: Part 1 - The Life and Artistic Contributions of Picasso and His Peers

Receive a visually rich background of the era and the art created and learn about the socio, political, and economic influences upon artists and see how the world in which artists worked is reflected in their work. There will be lecture and discussion. Presented by Rene' MacVay. **Part 2 - Feb 21:** The Life and Artistic Contributions of Rembrandt and His Peers. **Part 3 - Mar 21:** The Life and Artistic Contributions of GMC: Giotto, Masaccio, and Caravaggio. **Thu, Jan 17, 9:30-10:30am.**

**Series \$30/M, \$40/NM. Drop-In \$12/M, \$15/NM per class.**



# FITNESS FOR THE MIND

## Learn to Use Your iPad & iPhone for Beginners

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. New Book: *La Distancia Entre Nosotros* by Reyna Grande.

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

# FITNESS & WELLNESS

**Zumba - NEW CLASS FRIDAYS!** Focuses on 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, 8:45am, \$8/M, \$10/NM. Fri, 9:30am, FREE/M, \$5/NM.**

**Mat Pilates** Low-impact full body workout for all fitness levels. Lengthen and strengthen the body and increase range of motion through targeted exercises. Improve posture, balance, and concentration. **Tue, 2pm. \$10/M \$15/NM.**

**Senior Silver Fitness** Strength, flexibility, and balance exercises will be done in a chair as well as standing. Regular exercise helps manage arthritis, increases cardiovascular health, aids in digestion, enhances balance, increases range of motion and more. **Tue, 3pm. \$10/M \$15/NM.**

**Strength, Balance & Flexibility** Focuses on upper body, lower body, and core exercises, all centered around balance, posture, and flexibility. Modifications and challenges provided for each exercise make this class fitting for any fitness level! **WARNING:** You may get stronger and feel great after doing this class! **Thu, 2:30pm. Free/M, \$7/NM.**

**Ico-Dance CLASS RESUMES JAN 14** 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.**

**Jazz Dance** 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/M, \$10/NM.**

**Qi Gong Style Tai Chi** 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.

**Wed, 7pm & Thu, 10:30am. \$5/M, \$6/NM**

## Monthly Community Healing Clinic

Experience a non-invasive healing method that can improve physical, emotional and mental well-being. Experience the profound effects of this meditative healing practice. Open to all. **Every First Sunday of each month. Sun, Jan 6, 3-5pm. This healing session is donation-based.**

**Meditation for Deep Healing** Recalibrate your nervous system, promote inner harmony and diminish physical and emotional pain, relieve anxiety, lower blood pressure, create a positive outlook, and promote true healing. Led by Anne Marie Welsh. **Wed, 10am. \$5/M, \$8/NM.**

**Svaroopa® Yoga** A compassionate, restorative style of yoga suitable for everyone. Deep relaxation, yogic breathing and carefully aligned poses release tension in your whole body. With spinal release/core opening you will experience improvements in flexibility, aches and pains, digestion, balance, vitality and state of mind. **Sat, 2:30-4pm; Wed 9-10:30am. \$13/M, \$15/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 with Bob Spindler. Thu, 9am with Carolyn Boline. \$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.**

**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 class.**

**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. **Fri, 10:45-11:45am. Free/M, \$8/NM.**

**Ashtanga Flow Yoga - NO CLASS JAN 19** 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.**

## Sat Nam Rasayan

Begin today to access your own healing abilities. Sat Nam Rasayan is believed to be the oldest known method of healing. Learn through meditation and focus, to enter a transcendent realm where you can practice this sensitive process of healing. This healing practice leads to awareness, balance, inner happiness, peace and flexibility. **Every First Sunday of each month. Sun, Jan 6, 2-3:30pm. \$18/M, \$20/NM.**

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### When You're Caring for Two: Finding Caregiver Life Balance and Avoiding Burnout

Caring for a loved one can be very rewarding, but it can also be physically and emotionally exhausting. This labor of love can come with many challenges which can affect our own health and wellness. How do we find a healthy balance? How do we deal with stress and avoid burnout? How do we learn to juggle priorities? How do we ask others to help? Please join Monarch Cottage La Jolla and our esteemed panel of experts, including physician's and case managers as we broach this rarely discussed, but very important topic.

**Thu, Jan 24, 6-8pm. Hors d'oeuvres and refreshments provided. Complimentary Valet. Limited Space- Kindly RSVP to BThomas@MonarchCottages.net or 619-990-3107**



### Kiwanis Club of La Jolla Meeting

Always wanted to learn more about the Kiwanis Club of La Jolla? Join their weekly meeting and see what the Club is all about! Meeting lasts from 12-1:30pm and includes lunch. **Fri, Jan 25, 12-1:30pm. (Held at LJCC)**



### SAVE THE DATE: Friday, February 22, 2019

#### The Fourth Friday Jazz Series is back!

Kicked off by famed pianist Mike Wofford and flutist Holly Hoffman. To reserve your seat call (858) 459-0831. **Fri, Feb 22.**

**Reception 7pm, Concert 8-930pm.**

**Pre-purchase \$18/M, \$23/NM. Door \$25.**



### La Jolla Theatre Ensemble presents...

Enjoy a staged reading of *Kim Cromwell's ABELIA*, sure to get our Theatre Year off to a Wonderful Start! *Kim Cromwell* is a local playwright who in the past several years has been living in the Bay Area but will be back in La Jolla for these pair of performances. *ABELIA* is the sometimes-amusing, always-moving story of an Appalachian woman, as told by herself.

**Sat, Jan 19 and Mon, Jan 21, 7pm. \$10 Suggested Donation.**



### Medicare Advantage Open Enrollment

Have questions about Medicare Advantage and Open Enrollment? Bring your questions! Presented by Bassie Kanon, LUTCF, who has been educating seniors for over 24 years.

**Thu, Jan 17, 11:30am-12:30pm.**

**FREE, open to all. Light refreshments served. Reservations required (858) 459-0831**



### SAVE THE DATE: High Vibe Replenishment Workshop

Feeling replenished feels good on a personal level, and also helps in reaching goals and having a positive impact in the world. We will be engaging in simple and fun activities to replenish energy and raise vibrations, focusing on the areas of Health, Abundance, and Relationships. You'll leave refreshed, with increased clarity about what you want, ready to take inspired actions towards realizing your dreams. Led by Beth Rosenthal, MPH, MBA, PhD. **Sat, Feb 16, 10-11:30am. \$25/M, \$30/NM. Registration required.**

