

LA JOLLA COMMUNITY CENTER

JULY 2018 NEWSLETTER

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

Registration Required for Special Events & New Classes

The Fourth Friday Jazz Series presents...

Christopher Hollyday • Mike Wofford • Rob Thorsen
Music of Duke Ellington & Billy Strayhorn

One of the original "Young Lions" of the late '80s, alto saxophonist Christopher Hollyday was the youngest musician to play at New York's Village Vanguard. He toured with Maynard Ferguson's big band, and today, is one of San Diego's most seasoned and respected jazz musicians. Joining him to present the music of Duke Ellington & Billy Strayhorn are bassist Rob Thorsen and legendary pianist, Mike Wofford, who is best known as an accompanist to and music director for singers Sarah Vaughan, Ella Fitzgerald and others. **Tickets include admission, hors d'oeuvres and free valet parking.** **Fri, Jul 27. Reception 7pm, Concert begins at 8-9:15pm.** **Pre-purchase: \$18/M, \$23/NM. Door \$25/person.**



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, Jul 11, 7-8:30pm. \$10 suggested donation.



Blues and Rock'n Roll Dance Night

Live Music by The Stoney B Blues Band!

Now Every THIRD Friday of Each Month.

Don't miss the chance to envelop yourself in the magic of dancing! From Ella Fitzgerald and Muddy Waters to Elvis Presley, it is time to rediscover those great times, and who better to do that with than the Stoney B Blues Band! This monthly event is pre-



sented in partnership with world-renowned dancer and Instructor, Alicia Quaini (www.madameblues.com). Alicia recently relocated to San Diego from Europe, and is ready to share her expertise. Feel free to dress it up!

Dance class 6:30-7pm. Music starts at 7pm. Bites and beverages available for sale. Please RSVP (858) 459-0831
Fri, Jul 20, 6:30-9pm. \$10/person.

Romance La Jolla Concert

Join us tonight for a romantic evening of beautiful music and classic songs. The evenings' lineup includes vocalist, Jean-Paul Morlet, Maestro/Guitarist, Julio de la Huerta, Dania Alejandra Tamez, René Morlet and other special guests.

Sat, Jul 14, 7pm. \$25/person.

Includes light appetizers and a glass of wine.



Day Trip: The Bowers Museum & Tangata Restaurant

The Bowers Museum holds in its collection more than 120,000 works of art. The museum's largest collections are in the areas of Native American art, Pre-Columbian art, Asian art, art of the Pacific, art of Africa and Orange County history. Temporary exhibitions available include *AFRICAN TWILIGHT: Vanishing Rituals & Ceremonies*, *Gemstone Carvings: Masterworks by Harold Van Pelt*, *California Bounty: Image and Identity 1850-1930* and more. Tangata Restaurant offers Pacific Rim-inspired fare in a bright, modern space. **Minimum 20 passengers required.** **Tue, July 17. Depart 9am, Return 5pm. \$65/M, \$85/NM**



Brain Longevity Workshop: Be Your Own Healer

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, BS Cognitive Science (UCSD), Certified Brain Longevity® Therapy Specialist, Certified Yoga Instructor, Certified Healing Touch Therapist.*



The workshop consists of a series of six (6) 1.5 hour classes:

Jul 17: New Paradigm Shift in understanding and treating causes of disease.

Jul 24: Physical and Mental Brain Stimulation Techniques

Jul 31: Stress and Sleep Management

Aug 7: Brain-Gut Connection and Microbiome

Aug 14: Diet, Herbs and Supplements for Healthy Brain

Aug 21: Healthy Brain via Happy and Balanced Life

Tue, Jul 17 - Aug 21, 10:30am-12pm. 6-Week Workshop Cost: \$70/M, \$100/NM. Drop-in Cost per Class: \$15/M, \$20/NM.

The Secrets of Pro Golfers - 5 Part Series

Are you tired of having to cut your range balls on half due to pain? Are you frustrated that golf lessons are not paying off? New golf clubs aren't helping? This class is for golfers age 60+ and will focus on golf specific exercises to improve flexibility and stiffness and core/back strength. Boost your longevity in the game you love! **Limited seats, registration required.** **Tue, Jul 17 - Aug 14, 2pm. \$50/M, \$75/NM for 5 classes.**



NEW! To the Rhythm of Blues - Dance & Movement

Improve and correct posture, strengthen main muscle groups, increase flexibility and more. Recuperate a range of movements and strength all while enjoying the magic of various styles of music. Instructor, Alicia Quaini, has over 40 years of experience in performance and teaching and has studied many forms of yoga and dance techniques to improve health and motor skills. **Try the class on July 9 for FREE!**
Mon, 11am, \$10/M, \$12/NM. Class starts July 9.



NEW! Salsa and Latin Rhythms

Energizing, calorie dropping, endorphin development, all of that and more in the Salsa and Latin Rhythms for every age. Instructor, Alicia Quaini, has lived and traveled all over the world to learn dances in their place of origin. Cumbia and Ballenato in Colombia, Salsa in Peru and Cuba, Bachata and Merengue in the Dominican Republic, Tango in Argentina and more. **Try the class on July 9 for FREE!**
Mon, 4pm, \$10/M, \$12/NM. Class starts July 9.



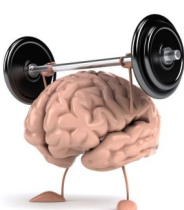
California Medicare Birthday Rules

What is the "Birthday Rule" and how does it apply to the new Medigap Plans? Does an existing Medigap policyholder need to buy one of the new Medigap Plans? Get the answers you need! Presented by Basie Kanon, LUTCF, who has been educating seniors for over 22 years. **(Beneficial for ages 50-79)**
Light refreshments served. Reservations required.
Thu, Jul 19, 11:30. FREE, open to all.



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. **Sponsored by Home Care Assistance.** **Thu, Jul 19, 1pm. Free, open to all.**



Memory Café

July 18: It's always an upbeat and fun experience chatting about old photographs, reminiscing about our past, and sharing stories. Joining us is a presenter from the Museum of Photographic Arts. Don't miss our thematic conversations around photographs from MoPA's collection!
Wed, Jul 18, 11am. Free, open to all. Refreshments will be served. Sponsored by Monarch Cottage.

Cooking with Phillis Carey, "The Casual Gourmet"
Register at philliscarey@aol.com or (760) 942-1756.

"No Cook" Warm Weather Sauces for Grilled Entrees

Tue, Jul 10, 11:30am. \$50/M, \$55/NM.

Summery Low Carb Cooking

Tue, Jul 24, 6pm. \$50/M, \$55/NM.

Summer Chicken Hot Off the Grill

Tue, Jul 31, 11:30am. \$50/M, \$55/NM.



Paint Your Pet's Portrait - 3 Part Workshop

Join us for a fun series of painting your own pet! Enjoy painting your own pet's portrait (cat or dog) using acrylics. Paint and learn alongside San Diego's leading pet portrait artist, Jackie Warfield. Class cost includes 9x12 canvas and supplies. *Please submit 2 images of your pet by July 12. Registration deadline is July 12.*

Mon, Jul 16, 23, 30, 9-10am. \$100 for 3 part series.



NEW! Painting with Oils - 3 Part Workshop

Explore different techniques and all of the possibilities of oil paints! Learn tips and tricks about color mixing, composition and more. Paints not included, please bring your own. 8x10 canvas panel is provided unless you prefer your own canvas.
Fri, Jul 13, 20, 27, 9-10am. \$100 for 3 part series.

How to Start a Painting!

Class concentrates on shape, value and color using acrylics.
Mondays, 10:30am-12:30pm. \$30/class.

Paint the Masters Portrait Class

Class will focus on famous portraits created by master artists.
Fridays, 10:30am-12:30pm. \$30/class.

Classes taught by Jackie Warfield. A new painting is started every class. Cost includes materials. All levels welcome.

Canvas Design & Wine with 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.**
Mon, Jul 16, 6-8pm. \$25/M, \$35/NM. Registration required.



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.



Bankers Life Music Appreciation Series

The Music of Aaron Copland, American Composer

The "Dean" of American Classical Music! His honors include: A Pulitzer Prize, an Academy Award, and the Congressional Medal of Honor. Featured Music will include: Fanfare for the Common Man, Appalachian Spring, and the music of the "wild" west. Copland's music is dramatic, romantic and uniquely American.
Tue, Jul 10, 3pm. Free/M, \$15/NM. Please RSVP.



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! Reservation required. **Fridays, 11am. \$75/M, \$80/NM per class.**

FITNESS FOR THE MIND

Learn to Use Your iPad & iPhone - NO CLASS JULY 12

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

Stretch & Balance

Strength training using bands, and your own body weight. This class will enhance body strength, balance, and flexibility. **Fri, 9:30am. Free/M, \$5/NM.**

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.**

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

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

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/M, \$10/NM.**

Brain Longevity Yoga and Meditation - STARTS JULY 17

Yoga and meditation can reduce the risk of cognitive decline by 50%. Learn how to balance and activate left and right hemispheres of your brain through yoga and breathing meditation techniques. Instructor: Sasha Briskin.

Tue, 12-1:00pm. \$5/M, \$8/NM. 10 classes \$40/M, \$60/NM.

Healing Touch Therapy Clinic - STARTS JULY 17

Healing Touch Therapy is based on the ancient Eastern Medicine. The major effects are a deep relaxation response, reduction of pain and anxiety, and faster healing. This therapy proved to promote health and wellbeing. Certified Therapist: Sasha Briskin. Registration required.

Tue 1-5pm. 15 Minutes: \$12/M, \$15/NM, 30 Minutes: \$25/M, \$30/NM, 45 Minutes: \$40/M, \$45/NM.

Meditation

Meditation made easy for beginners. Come and feel your inner peace. Class taught by Anne Marie Welsh.

Mon, 4:45pm. \$5/M, \$8/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 - NEW INSTRUCTOR! STARTS JULY 17

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 - NO CLASS JULY 16, 23, 30

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 - NO CLASS JULY 3

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.

Qi Gong Style Tai Chi - NO CLASS JULY 5

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. **Thu, 10:30am. \$5/M, \$6/NM. No Wed Class.**

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.**

LA JOLLA COMMUNITY CENTER

6811 La Jolla Blvd. La Jolla, CA 92037 | (858) 459-0831
www.ljcommunitycenter.org | info@ljcommunitycenter.org

Non Profit Org.
U.S. Postage
PAID
San Diego, CA
Permit No. 1835

LA JOLLA COMMUNITY CENTER

LJCC Senior Express

Transportation for Seniors

More than just a ride...

Independence • Community Connection • Mobility

Call us to learn about the Service Areas & Eligibility Guidelines

Book a ride today! (858) 337-0275

Flat Fees!


\$10 Roundtrip, Members

\$15 Roundtrip, Non-Members

Monthly Community Healing Clinic: The Healing Art of the Yogis


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, Jul 1, 3-5pm. This healing session is donation-based.



Svaroopaa® Yoga Special Programs

Train with Vidyadevi Stillman, Svaroopaa yoga's premier teacher trainer. Vidyadevi has been studying and teaching directly with Svaroopaa yoga originator Swami Nirmalananda for 19 years.



Intro to Svaroopaa® Yoga

Discover a user friendly yoga and learn how to work with your body in a whole new way. Registration is required. To register call or email Carole Balcombe 858 454 9936, carolebalcombe@gmail.com

Mon, Aug 6, 10-11:30am. Free/donations accepted.

Half Day Program Svaroopaa® Yoga

Three hours of deeply effective, user friendly yoga poses plus an hour of chanting and meditation. Body, mind, heart and deeper. Registration is required.

To register go to svaroopaa.org/hdp-ca-180806

Mon, Aug 6, 1-5pm. Early rate: \$91 on or before July 30. Standard rate: \$101.

Kiwanis Club of La Jolla Meeting

Always wanted to learn more about the Kiwanis Club of LJ? Join their weekly meeting on July 13, hosted at the LJCC, and see what the Kiwanis Club is all about! Lunch is served from 12-12:30pm, meeting starts promptly at 12:30pm, comprised of 30 minutes of Club business, followed by a 30-minute speaker presentation.

Fri, Jul 13, 12-1:30pm. Reservation required.



La Jolla Theatre Ensemble

Don't miss a staged reading of Ron Clark's laugh-out-loud yet poignant comedy, *A Bench in the Sun*, which follows two old friends throughout a year, as a one-time actress enters their lives and spices things up, right before the retirement home they have all been living in is sold! Don't miss this first show of our summer season in the Center's lovely outdoor courtyard!

Mon, Jul 23 & Wed, Jul 25, 7pm. \$10 Suggested Donation.

Hand Full of Music

Pianos and the hands of those who play them! What makes piano the most popular musical instrument? Learning about the piano can provide valuable lessons in music theory and can allow you to see patterns in musical design. It's no wonder that most great composers, including Beethoven, Mozart, and Bach, were keyboard players. Learn about the piano, inside and out, in this fascinating class. Taught by Polina Sisman, certified member of Music Teacher Association of California.

Fri, Jul 27, 11am-12pm. \$12/M, \$15/NM.

