

LA JOLLA COMMUNITY CENTER

MONTHLY NEWSLETTER MAY 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

5th Annual A Lifetime of Healthy Living Health Fair

For Adults, Seniors and their Families

Sponsored by Pacific Pearl La Jolla

Receive the information and resources you need to achieve and maintain an active, happy life! Listen to great speakers and participate in demonstrations. Enjoy free refreshments, giveaways, prizes and more! Free Seminars and demos include: The Best of Conventional & Natural Medicine, iPhone for Beginners, Zumba, Line-Dancing, Balance, Functional Flow and much more! **Fri, May 19, 10am-2pm.**

Free Admission and Valet Parking!



FROM BRAHMS TO BROADWAY! with Jacquelyne Silver

SHE BACK! By popular request, Jacquelyne Silver, dynamic pianist and storyteller extraordinaire, returns with a fabulous one-evening performance! Miss Silver will sweep you away on a musical carpet, with the glorious allure of Broadway and Classical music, combined so skillfully, you will be thrilled and delighted throughout the whole evening, and you will leave wanting more. An evening filled with originality and style, and one not to be missed!

About Jacquelyne Silver: Miss Silver has appeared at Carnegie Hall, Kennedy Center and Avery Fisher Hall at Lincoln Center. A graduate of the Juilliard School, she has collaborated with some of the world's leading performers, such as Leonard Bernstein, Luciano Pavarotti and more!

Thu, May 11, 7:00pm. \$20/M, \$25/NM.

Please register in advance.



Distinguished Speaker Series presents...

"The Seasons of a Woman's Life" by Moira Fitzpatrick, PhD, ND

Learn how to move through hormonal transitions beginning with menarche and the menstrual cycle, postpartum and the peri- to post menopause transition. Highlights will include the cyclical nature of women and the challenges we face when out of balance. Who is at risk for postpartum depression and prevention? Travel through the perimenopausal journey and look at ways to create greater balance, health and empowerment for the second half of life. Also discussed will be lifestyle, nutrition, botanical support, how to cope with stress and its effects on hormones. End the evening with a short ritual to honor all women. Dr. Fitzpatrick is an expert on women's health and hormones and a central practitioner at Pacific Pearl La Jolla. **Tue, May 30. Reception 5pm, Lecture 6pm. Light hors d'oeuvres served. Free, open to all. Registration required.**

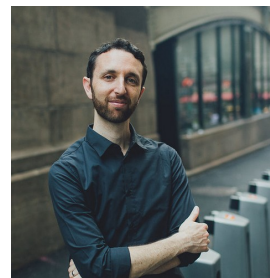


Fourth Friday Jazz Series presents The Danny Green Trio A Night of Originals and Jazz Standards

Hailed as "one of the important up-and-comers on the scene today" by All About Jazz, Green is one of Southern California's most prolific and talented jazz pianists. Using a brilliant blend of jazz, Brazilian, Latin, and classical elements, Green's unique music engages listeners with evocative melodies and infectious rhythms. The virtuosic trio includes bassist Justin Grinnell and drummer Julien Cantelm. The Danny Green Trio has won two awards for "Best Jazz Album" at the San Diego Music Awards amongst many other accolades.

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

Fri, May 26. Doors open at 7pm, Show begins at 8pm. Pre-purchase \$18/M, \$23/NM. Door \$25.



Opera Wednesdays

Listen to Southern California's Top Opera Singers! Every Second 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, May 10, 7pm. \$10 suggested donation.



Cinco de Mayo Potluck

Hold on to your sombreros...it's fiesta time! Join us for a Cinco de Mayo potluck party! Bring your best or favorite dish to share! Have lunch and stick around for music and fun!

Fri, May 5, 12pm. Free if you bring a dish, otherwise, \$10/per person.



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 Spring 2017.

Lunch will be served.

Wed, May 17, 11:00am. Free, open to all.

Please RSVP by May 15 (619) 955-0492

The Mind Fit Series

Mind Fit is a 1 hour, weekly 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 series 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.

Sponsored by Home Care Assistance.

Thursdays in May, 11:30am.

Free, open to all.



Demystifying Facebook (FB)

Geared towards those who have limited experience online and are eager to learn more about what social media is. Ideal for adults and seniors interested in learning more about FB and what it can do. Course topics include: What is FB? Privacy concerns, Creating a FB account, Connecting with friends and family, and more. **Tue, May 9, 16, 23, 1pm.** **\$10/M, \$15/NM per class.**



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. May theme is "Elton John Favorites." 4 classes and monthly music book included.

Fri, May 5, 12, 19, 26 11am-12pm.

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

Registration Required. Only 10 spots available.

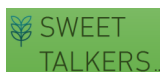


Sweet Talkers:

A Unique Diabetics Self Help Group

RSVP: www.sweettalkers.org

Wed, May 3, 6-8pm. Free, open to all.



Phillis Carey "The Casual Gourmet"

Spring Italian Dining

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

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

Cooking with Chef April

Delicious Spring Dinner

Thu, May 25, 6-8pm, \$35/M, \$40/NM.

Register at (858) 459-0831

Learning to Use UBER Workshop

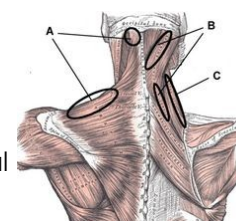
Have you heard of Uber? Know that it's "kind of like a Taxi, but cheaper?" This is true, but you must have a smart phone to use it. Learn the basics from downloading the app to creating an account and instantly booking a ride! This service has proven to be user friendly, dependable and affordable, learn how to use it today!
Thu, May 18, 10:30am. \$10/M, \$15/NM.



U B E R

"Computer Neck Syndrome" and Shoulder Release Workshop

Do you or your loved ones suffer from "Computer Neck Syndrome"? Tight shoulders, headaches, upper back stiffness? In this workshop, you will learn easy to do, yet effective, techniques to release the neck muscles, shoulders and chest region. Bring a friend or come alone, point is you are guaranteed to go home with great tools. We will also discuss briefly essential oils and how you can apply them therapeutically for pain relief and relaxation. **Fri, May 26, 1-230pm.** **\$30/M, \$35/NM. Registration required lude@sunnyrehab.com**



La Jolla Theatre Ensemble presents "The Last-Minute Gang"

The rather "colorful" Jeffrey is dead. At his request, a quartet of friends, who with Jeffrey have heretofore composed "the last-minute gang" arrive at his Lake Arrowhead cabin. His nephew, following a "lead" Jeffrey gave him, is also there, searching for some kind of windfall, which could set him and his fiancée up for life. Craziness ensues! "The Last-Minute Gang" is a new comedy by local playwright Steven Oberman, directed by John Tessmer.

Sat, May 13 & 16, 7pm. \$10 Suggested Donation.



LJCC Lunch Bunch at The LOT

Join the group as we lunch around town! This month we are doing Taco Tuesday at The LOT! Enjoy a variety of delicious tacos with hand-made tortillas while you meet and mingle with community members over a delicious lunch. Includes all you can eat tacos, sides and a beer or soda. **Tue, May 23, 12pm at The LOT. \$25 plus tax and gratuity/per person. Registration required.**



The ART of the SCARF Workshop Taught by Donna Dotson

A scarf is more than an afterthought. It can be the eye-catching extra that gives anything you wear a fabulous finish. It can add polish, pull together an outfit, or be the main attraction. With a collection of scarves you have everything you need to invent exciting new fashions by the dozen- if you know how to use them. A scarf is the last flourish, the exclamation point of getting dressed! Participants are asked to bring 2 scarves to this session: One SQUARE and One OBLONG for practice.

Tue, May 30, 1:30-3:30pm. \$15/M, \$18/NM. Registration required.



"This Month" in La Jolla History By Dr. Linda Pequegnat

Live reading featuring stories about La Jolla from her book, "This Day In San Diego History". **Every third Tuesday of the month.**

Tue, May 16, 11:30 am. Free/M, \$5/NM.

Jazz Dance Class with Alexandra

Class is designed for beginner dancers looking for an energetic session while having fun! 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, May 20 & 27. 10:25am. Free in May for Members, \$10/NM.



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. FREE/M, \$2/NM.

Social Scrabble Group

Please call in advance to reserve a seat to play.

Tue, May 9 & 23, 2:30pm. FREE/M, \$5/NM.

Jewelry Making Class

Learn how to make beautiful jewelry!

Wed, May 3, 17, 31, 2-4pm. \$15/M, \$20/NM, PER CLASS.

Movie Club: Musical Mondays

** All films subject to change without notice.*

All showings Mondays at 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

4 week session in May: Tue, May 2, 9, 23, 30, 2:05-3:30pm.

Instructor Alicia Flores. \$65/M, \$75/NM. No class 5/16

Café Español: Intermediate to Advanced Conversation

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

Movie Club: International Films

** All films subject to change without notice.*

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

FITNESS & WELLNESS

NEW TIME! Strong Core, Happy Back

Focusing on several exercises that will strengthen the abdominals, back, and lower leg muscles to promote better spinal alignment, decrease back pain, increase flexibility increase strength and help you move better. Exercises can be performed on a mat or seated.

Every Mon, 2pm. Free/M, \$8/NM.

Balance Class

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.**

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.**

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.**

Kundalini Yoga - VIDEO ONLY

Focuses on breathing and meditation and involves stretching and cardiovascular exercises.

Fri, 11:15am. Free/M, \$8/NM.

Line Dancing - ADVANCED REGISTRATION REQUIRED

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

Svaroopa® Yoga for Stress Relief - No Class 5/10

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 Bones

This class focuses on Yoga poses for healthy bones, and joints as well as profound inner tranquility and healing.

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

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

T'ai Chi is a very gentle exercise that will benefit anyone 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.**

Guided Primordial Sound Meditation

Meditation made easy for beginners. Come and feel your inner peace. Taught by Michelle Stallone-Eggers, Chopra Center Certified Instructor. **Tue, 4:45pm. \$5/M, \$8/NM.**

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Save the Date!

May 21, 2017 · 2:00PM

You are cordially invited to attend a concert at Chateau La Jolla featuring the winners of the La Jolla Symphony & Chorus 2017 Young Artists Competition. The concert will be followed by a hosted reception.

WHERE: Chateau La Jolla · 233 Prospect Street
Complimentary, Please RSVP (858) 459-4451

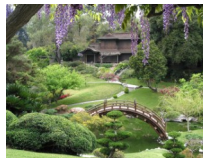


Day Trips

The Huntington

Visit this expansive estate near Pasadena, featuring art galleries, a library of rare manuscripts and 150 acres of one of the world's finest botanical gardens.

Wed, May 24. Depart 8am, Return 7pm.
\$75/M, \$95/NM. Registration required (858) 459-0831



Pageant of the Masters and Festival of the Arts in Laguna

One of the most unique productions in the world, the Pageant, in its 85th year, re-creates famous works of art. Be amazed and enchanted by 90 minutes of tableaux vivants (living pictures), re-creations of classical and contemporary works of art, with real people posing to look exactly like the original pieces. Enjoy time to visit the Festival of the Arts Show, one of the top art festivals in the nation. Trip includes Main Tier Side seating.

Wed, July 26. Depart 3pm, Return Midnight. \$95/M, \$115/NM.



Capturing Your Memoir: 6 Week Course

Everyone has a story to tell. If you've ever thought about documenting your life story, here is your chance to make it a reality. The course will include exercises and feedback to inspire you to begin the process of writing your memoir. Students will have the opportunity to work on their life story and exchange ideas during the sessions. Don't miss out on your chance to preserve your family history. Intended for writers of all abilities.

Course taught by Sid Shapira.

Course starts Wed, May 24.
10:30am-12pm. \$65/M, \$75/NM.
Registration required. Minimum 8 students per course.



Art Class: How to Start a Painting!

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, May 1, 8, 15, 22 10:30am-12:30pm. Registration required.
Pre-purchase: \$20/M, \$25/NM per class. Door: \$28 per class.



LJCC Senior Express

Transportation for Seniors

More than just a ride...

Independence • Community Connection • Mobility

To learn about the
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& Eligibility Guidelines
or to Book a ride
Call (858) 337-0275