

# LA JOLLA COMMUNITY CENTER

MONTHLY  
NEWSLETTER  
MARCH 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](http://www.ljcommunitycenter.org) | [info@ljcommunitycenter.org](mailto:info@ljcommunitycenter.org)

## SPECIAL EVENTS & NEW CLASSES

### Registration Required For Special Events & New Classes

#### Fourth Friday Jazz Series presents The Gilbert Castellanos Trio Selections from The Great American Songbook

Don't miss San Diego's own world class musician and virtuoso trumpeter; Gilbert Castellanos. The Castellanos Trio will present well-known selections from The Great American Songbook, the canon of the most important and influential American popular songs and jazz standards from the early 20th century. Accompanying him will be Joshua White, a Los Angeles based jazz piano phenom who placed second in the 2011 Thelonious Monk International Jazz Pianist Competition and Marshall Hawkins, former head of the Idyllwild Arts Academy Jazz Department, will play bass and is best known for performing with the Miles Davis Second Great Quintet.

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

**Fri, Mar 24. Doors open at 7pm, Show begins at 8pm. Pre-purchase \$18/M, \$23/NM. Door \$25.**



#### Opera Wednesdays

Come 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 SD Opera performers and guest artists who have sung all over the world. **Mar 8, 7pm. \$10 suggested donation.**



#### Distinguished Speaker Series presents...Councilmember Barbara Bry

Councilmember Barbara Bry represents San Diego City Council District 1, which includes the community of La Jolla. Barbara Bry is a high-tech entrepreneur and community leader who worked her way through college and grad school, earning a Master's Degree in Business from Harvard. A leader in the San Diego business community, Barbara taught entrepreneurship at UCSD and founded Athena San Diego, an organization that supports the advancement of women in the tech and life science sectors. Barbara has deep roots in the community and has lived in San Diego for 35 years. As a high-tech entrepreneur, Barbara will bring an enterprising and relentless mindset to City Hall to keep San Diego safe, clean and prosperous. Barbara will work to create more good paying jobs and help small businesses grow, so that we can invest in maintaining San Diego's quality of life by fixing our streets; protecting our beaches, bays, and parks; and conserving our water supply.

Learn more about Councilmember Bry and her plans for La Jolla. Bring your questions!

**Sponsored by Monarch Cottage, a boutique memory care facility opening Spring of 2017.**

**Wed, Mar 29. Reception 5pm, Lecture 6pm. Wine and hors d'oeuvres served. Free, open to all. Please RSVP (858) 459-0831.**



#### Anna Belaya and 2 Tenors in Concert

Enjoy opera at its best! Concert features International Soprano Anna Belaya, Tenor Gerardo Gaytan and Daniel Hendrick. "Anna Belaya is a Ukrainian born Soprano who possesses an extraordinary timbre of profound musicality...a potent voice that clearly projects itself in a velvety ray of impeccable technique and deep resonance"

**Thu, Mar 23, 7pm. \$40/person.**

**Tickets available at [www.ljcommunitycenter.org](http://www.ljcommunitycenter.org)**



#### 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, Mar 6, 13, 20, 27. 10:30am-12:30pm. Registration required. Pre-purchase: \$20/M, \$25/NM per class. Door: \$28 per class.**



## Cafe' Social: A Social Gathering for Seniors Special Theme for March: "A Friendship Luncheon"

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 facility opening Spring 2017. Lunch will be served.

**Wed, Mar 15, 11:00am. Free, open to all.**  
**Please RSVP by Mar 13, (619) 955-0492**



Sponsored by:



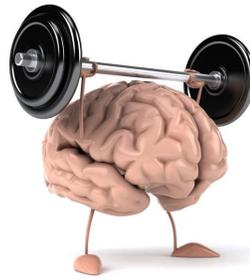
## The Mind Fit Series

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, Mar 2, 9, 16, 23, 30, 11:30am.**  
**Free, open to all.**



## The La Jolla Theatre Ensemble presents... *Love, Loss, and What I Wore*

Enjoy a staged reading of Delia and Nora Ephron's beautifully-written collection of monologues based on the best-selling book by Ilene Beckerman. *Love, Loss, and What I Wore* weaves "wardrobe" with the memories it triggers to tell stories which can't help but move you to tears or to laugh. The production will be performed by a cast of five stellar actresses, as directed by Kristen Fogle.

You won't want to miss this!  
**Sat, Mar 25 and Tue, Mar 28, 7pm.**  
**\$10 Suggested Donation.**



## Lunch & Learn: All You Need to Know About Short-Term Care

Want to learn more about Short-Term Care? Bring your questions! This event is presented by Bassie Kanon, LUTCF, who has been educating seniors for over 20 years.

**Thu, Mar 23, 11am. FREE, open to all.**  
**Registration Required (858) 459-0831**



## Color Harmony: The Secret to Beauty Workshop Taught by Donna Dotson

The #1 way to be sure that you are always looking your best is to know which colors work for you and which ones are not your best friends. Your color harmony is determined by your hair color, eye color and your skin tone. Are you a cool or a warm? Knowing this will help you to save time, money and frustration when shopping for clothing, makeup and other essentials, such as home décor and even your car! This knowledge enables you to put together great outfits in minutes and shop without buyer's remorse. Even if you've had your colors analyzed in the past, changing hair color, medications and aging are reasons to revisit your Color Analysis.

**Tue, Mar 28, 1:30-3:30pm. \$15/M, \$18/NM.**  
**Registration required.**



## Sweet Talkers: A Unique Diabetics Self Help Group

Join this unique diabetes self-help group focused on finding, eating and making delicious and healthy foods to maintain optimal blood sugar levels and health. Monthly group meetings include short presentations on current scientific information regarding nutrition as well as highlighting pre-packaged, tasty, low carb products and where to find them. Cooking and baking demonstrations coming soon! This group will be led by Lisa Van Herik, MSW/Diabetes Educator/Nutritionist, assisted by Sweet Talkers Cofounder and CEO, Mark Goros.

**RSVP: [www.sweettalkers.org](http://www.sweettalkers.org)**  
**Thu, Mar 30, 6-8pm.**  
**Free, open to all.**



## LJCC Lunch Bunch @ ISOLA

Join the group as we lunch around town! This month enjoy delicious Italian cuisine at Isola, a sleek, contemporary pizzeria serving inspired Neapolitan-style pies & small plates. Meet and mingle with community members over a delicious lunch.

Includes entrée, dessert.

**Tue, Mar 28, 11:30am.**

**\$25/per person.**

**Registration required.**

**Meet at Isola: 7734 Girard Ave.**



## Craft Hour: Pop-Up Cards and Paper Structures

Learn basic on-the-fold pop-up structures, then progress through a series of more surprising three-dimensional constructions. These can be included in book formats or work alone as paper sculptures. Materials included.

**Every Thursday in March, 2pm.**

**\$5/M, \$10/NM.**



# FITNESS FOR THE MIND

## Learn to Use Your iPad & iPhone

Learn the basics of your iPhone and iPad.

**Mon, 10:30am and Thu, 1:30pm. \$10/M, \$15/NM.**

**No class March 9, 16, 30.**

## 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, Mar 14 & 28 2:30pm. FREE/M, \$5/NM.**

## Jewelry Making Class

Learn how to make beautiful jewelry!

**Wed, Mar 8 & 22, 2-4pm. \$15/M, \$20/NM, PER CLASS.**

## Mind Fit - Interactive Group

Thu, 11:30am. Walk-Ins welcome. FREE, open to all.

## 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 to secure your spot: dottieartist@gmail.com**

## French Conversation

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

## Learn Spanish: Intermediate Conversation

**3 week session in March: Mar 7, 14, 21. 2:00-3:25pm.**

**Instructor Alicia Flores. \$50/M, \$56/NM.**

## 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 at 1:30pm. Free/M, \$5/NM.**

# FITNESS & WELLNESS

## NEW CLASS! 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 are primarily performed on a mat. *No Class March 22.*

**Every Wed, 9am. Free/M, \$8/NM.**

## Balance Class with Kyoko

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. No Class March 31.**

## Functional Flow Yoga

This new class involves poses that promote healthy joints, strength building, stretching, conscious breathing, meditation and deep relaxation. Benefits include: increase energy, stress relief, better breath, improved mobility to enhance daily life. **Fri, 9:45-10:45am. \$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

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.**

## Svaroop@ Yoga

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.

**Wed 9-10:30am. Sat, 2:30-4pm. \$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 at 8:15am & Fri at 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.

**Every 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 - No Class March 1, 9.

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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## Day Trip: The Bowers Museum - Santa Ana

The Bowers Museum has earned an international reputation for presenting exhibitions of the highest caliber. **Frida Kahlo – Her Photos** offers an intimate glance into the life of one of the world's most beloved artists. Throughout her life, Kahlo meticulously collected over 6,000 photographs of loved ones as well as scenes of Mexican culture, politics, art, history and nature. Learn more at [ljcommunitycenter.org](http://ljcommunitycenter.org)



**Thursday, March 30**  
**Depart 9am, Return 6pm.**  
**\$65/M, \$85/NM.**  
**Register (858) 459-0831**

## 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. March theme is "The Beatles Favorites." 4 classes and monthly music book included.

**Mar, Mar 3, 10, 17, 24, 11am-12pm.**

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

**Registration Required.**

**Only 10 spots available.**



## Mindfulness and Self-Compassion

### Half-day Experiential Retreat

An introductory session based on pioneering research by Kristin Neff, Ph.D., University of Texas and the clinical expertise of Chris Germer, Ph.D., Harvard Medical School-Cambridge Health Alliance. Research demonstrates that this training is strongly associated with emotional well-being and can reduce anxiety, depression, and stress. Participants will have an opportunity to experience 3 core meditations, as well as other facilitated informal practices offered by instructor Instructor: Susan Knier, a Licensed Occupational Therapist and Education Specialist with advanced teacher training in Mindful Self-Compassion via the University of Ca San Diego Center for Mindfulness' Professional Training Institute. **Sat, Mar 4, 9:30am-12:30pm.**

**Registration required. \$35/per person. N/A for 8-week MSC class participants. Pre-payment required.**

## 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, Apr 5.**

**10:30am-12pm. \$65/M, \$75/NM.**

**Registration required.**

**Minimum 8 students.**



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

Featuring stories about La Jolla from her book, "This Day In San Diego History". This month learn: Who was known as the "Father of La Jolla" and when did he begin to develop the 400-acre tract that he bought? How and when did the Scripps Inst. of Oceanography get started in La Jolla and what was its original name? What were the names of some of the early movie theaters in La Jolla, and where were they located? Where was the USO (United Service Organization) located in La Jolla during World War II? And in what ways did WWII have an effect on La Jolla?

**Every second Thursday of the month.**

**Mar 14, 11:30 am. Free/M, \$5/NM.**