

# MONTHLY NEWSLETTER MARCH 2018

## 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)

### Registration required for Special Events & New Classes

#### The Fourth Friday Jazz Series presents...

#### Rob Thorsen · Hugo Suarez · Richard Sellers Classical Jazz and Brazilian Favorites

The award-winning Rob Thorsen Trio will perform a variety of music which includes classic jazz, latin music, original compositions and more. The band includes pianist Hugo Suarez and drummer Richard Sellers. Together they integrate many different music styles that contribute to their modern jazz sound. From Duke Ellington to Wayne Shorter and Miles Davis, the Rob Thorsen Trio weaves together a unique sound that honors the jazz masters while inspiring a fresh approach to this great American art form.



**Fri, Mar 23. Reception 7pm, Concert begins at 8-9:15pm.**

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

#### Do You Own Your Stuff Or Does Your Stuff Own You??

Do you have rooms you aren't living in filled with stuff you don't use? Are you overwhelmed by what to do with your unused belongings? Would you like life to be just a bit easier? Join us for a presentation on purging and organizing and learn about the historic origins of spring cleaning. Presented by Silver Linings Transitions.



**Tue, Mar 20, 1-2pm. Free, open to all. Please RSVP.**

#### Wine in the Gilded Age: Social Intrigue and Scandal

New wealth creates epic hotels and marvelous restaurants. Enjoy stories of the Gilded Age paired with outstanding new world wines. The Gilded Age, when America became a cultural force. Enjoy an evening series that will monthly feature memorable & adventurous wines or champagne from the world's most interesting regions. Presented by Barbara Baxter, editor of Planet Wine.



**Thu, Mar 29, 6:30-8pm. Introductory price \$30/M, \$35/NM.**

**Price includes wine tasting, lecture, hors d'oeuvres, and handouts. Limited seating. Registration required.**

#### La Jolla Theatre Ensemble

In conjunction with SWAN Day (Supporting Women Artists Now), enjoy a Staged Readings of "Six Little Love Stories" by Liz Coley (La Jolla Country Day, Class of '79; Yale, Class of '83) and Alexa Samaniego (La Jolla High, Class of 2016; UCSD, '20). The ensemble for Ms. Coley's series of 10-Minute Plays and Ms. Samaniego's one-act "thriller" about an Amber Alert will consist of 6 women and 4 men. SWAN Day is officially March 31st, but events are taking place across the country all month.



**Sun, Mar 18, 2pm and Tue, Mar 20, 7pm. \$10 suggested donation.**

#### 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, Mar 14, 7-8:30pm. \$10 suggested donation.**

#### KatieCat & Cain Dance Party

KatieCat & John Cain live in South America and have been on a month long musical performance tour of the USA, reconnecting with friends and fans. This will be their final performance before heading back to South America. Light appetizers served, no-host bar and a fabulous evening of dancing, music and entertainment!



**Sat, Mar 24, 6:30-9:30pm. \$15/person. Limited seating, please RSVP.**

#### Zlata Razdolina: Between Jazz, Romance and Klezmer

Don't miss the Queen of Romance! Zlata Razdolina is a Russian and Jewish composer, singer-songwriter and renowned performer. She will cover it all between Jazz, Romance and Klezmer. Zlata will be accompanied by Andrey Chuguev on guitar, Emile Luxemburg on violin and Enrico Pat on the Saxophone. Limited seating.



**Thu, Mar 22, 7-9pm. Pre-purchase \$35/person, Door \$40/person. Tickets available at (619) 857-7359.**

#### Italian: Intermediate/Conversation, 8-Wk Course

This course will provide the framework that is necessary to communicate effectively in real life situations. Instructor: Paola Baracco. TEXTBOOK: Ritorno alle origini (Back to the origin) Editor: EDILINGUA, Livello: B1-B2, Author: Valentina Mapelli.



**Tue, Mar 13, 9-10am. \$135/M, \$145/NM. Minimum student sign up required. Please register in advance. Interested in a beginner course? Call us and let us know (858) 459-0831.**

## Lunch Bunch at Nordstrom's Bazille

Join the group as we lunch around town! This month enjoy lunch at UTC's newly remodeled Nordstrom! We will lunch at their fabulous restaurant, Bazille, and will have free time to shop and explore after. Meet us at the LJCC where we will carpool and Uber there to avoid parking hassles. **Seating limited, please register.**



**Thu, Mar 22. Depart LJCC 10:30am, Lunch at 11:30am. Return by 1:30pm. \$30/person, includes transportation. Prices may vary depending on menu items selected.**

## Memory Café (formerly Café Social)

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

**March 7 - "OSCARS TALK!"**

We'll talk about the Oscars and our favorite recent movies, movie trivia and our favorite movies of years past.

**March 21 - "MARCH THROUGH HISTORY"**

Join this fun and lively discussion of events throughout history that happened in the month of March!

**Sponsored by Monarch Cottage.**

**Refreshments will be served.**

**Wed, Mar 7 & 21, 11am. Free, open to all.**

## The Mind Fit Series - For Brain Health!

Take pro-active 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 including: Memory, Executive Functioning, Language, Visual Spatial Perception and Attention. **Sponsored by Home Care Assistance.**

**Thu, Mar 8, 1pm. Free, open to all.**

## Phillis Carey "The Casual Gourmet"

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

**Fast and Fabulous Everyday Entrees**

**Tue, Mar 13, 11:30am. \$50/M, \$55/NM.**

**Springtime Appetizers**

**Tue, Mar 27, 11:30am. \$50/M, \$55/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, Mar 21, 10:30am-12pm. \$65/M, \$75/NM. Registration required. Minimum 8 students.**

## COMING SOON! Monthly Community Healing Clinic: The Healing Art of the Yogis

Experience a non-invasive healing method that addresses physical, mental, and emotional conditions. Join us for a "donation-based" healing session.

**First Sunday of each month, starting Sun, May 6, 3-5pm. Open to all, donation-based.**

## NEW! Exploring Portraits with Acrylics

Class concentrates on shape, value and color using acrylics.

**Thursdays, 3:30-5:30pm. \$30/per class.**

## How to Start a Painting!

Class concentrates on shape, value and color using acrylics.

**Mondays, 10:30am-12:30pm. \$30/per class.**

## Paint the Masters Portrait Class

Class will focus on famous portraits created by master artists.

**Fridays, 10:30am-12:30pm. \$30/per class.**

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

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

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



## 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, Mar 12, 6pm. \$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.

**Every Saturday 10am-1pm. Reservations required to secure your spot: Dottie Stanley at [dottieartist@gmail.com](mailto:dottieartist@gmail.com)**  
**Model Fee + Free/M, \$5/NM.**

## Four Pillars of Brain Longevity® Workshop

This workshop is intended to spread awareness and educate people of all ages on lifestyle choices they can make to ensure a quality and happy life and to reduce the risk of chronic diseases, including dementia.



**The workshop will consist of a series of four classes that will cover four pillars of successful aging through:**

Class 3. Diet and Supplements

Class 4. Lifestyle choices for emotional and spiritual balance

Presented by Alexandra (Sasha) Briskin, BS Cognitive Science - UCSD, Certified Brain Longevity® Therapy Specialist, Certified Yoga Instructor, and Certified Healing Touch Practitioner.

**Thu, March 1, 8. 11:30am - 1:30pm.**

**Drop in cost per class: \$15/M, \$20/NM.**

## News 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.**

**Thu, Mar 15, 11:30. FREE, open to all. Reservations required.**



# FITNESS FOR THE MIND

## Learn to Use Your iPad & iPhone - No class 3/1 & 3/8

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

## Mat Pilates

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 every-day function, practicing Mat Pilates will enhance balance, coordination, concentration, mobility and strength.

**Tue, 1:30pm. \$5/M, \$7/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.**

## Laughter Yoga

A unique practice which combines unconditional laughter with yogic breathing. This practice helps expand lung capacity, mindfulness and can overall increase gratitude and happiness. Session ends with a guided meditation.

**Fri, 1pm. Free/M, \$5/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.**

## Balance Class

Learn preventative exercises and techniques to keep your balance throughout the day.

**First Friday of the month. Fri, Mar 2, 9:30am. Free/M, \$5/NM.**

## Svaroop@ 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. \$8/M, \$13/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: Payment and Registration required in advance.

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, 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.**

## 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.**

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## Blues and Rock & Roll Dance Night

Dance. Learn. Watch. Join us as a spectator, dance what you know, or arrive early to learn a few new moves. Either way, 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 re-discover those great times. This new monthly event is presented in partnership with world-renowned dancer and Instructor, Alicia Quaini ([www.madameblues.com](http://www.madameblues.com)). Alicia recently relocated to San Diego from Europe, and is ready to share her expertise. Alicia specializes in Blues dancing and aeri-als for swing and rock and roll. Arrive early to take a class before the dance begins!



**Theme nights: In April we will celebrate Rock & Roll from the 50s...So dress it up! Every Second Friday of each month starting in April. Bites and beverages available for sale.**  
**Fri, Apr 13, 6:30-9:30pm. \$10/person.**

## 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. The event is for intermediate players.



**Please register with a partner. Reservations required. Deadline: Apr 20. Mon, Apr 23, 4:45pm - 8pm. \$20/M, \$25/NM.**

## Meditation

Coming soon. Taught by Anne Marie Welsh  
**Starting Mondays in April, 4:45pm. \$5/M, \$8/NM.**

## Diva DeDe Morse in Concert

Diva DeDe will perform variety of classic songs including Broadway's The Impossible Dream, Latin's Sway, Jazz Favorite Speak Low, and Franz Schubert's Classic, Ave Maria. Exciting International Tenor Daniel Hendrick and the talented Carlos Velasco will be featured.

**Sun, Mar 11, Doors open at 1:30pm. Concert begins at 2pm. \$15/person. Free Valet Parking and dessert included. Wine and beer available for purchase.**

## The Journey of the Soul: Kundalini Yoga

This 2-hour workshop will cover a variety of topics including death and dying in relation to Kundalini Yoga. Some meditations that Yogi Bhajan has given will be practiced to help you make the transition easy and graceful when the moment comes. Course taught by Guru Amrit.

**Fri, Mar 2, 9:45-11:45am. \$10 suggested donation.**

## Day Trip: The Huntington Library

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. Explore the Library's treasures of 18th-century British art, including the famous "Pinkie" painting. Experience the serenity of the Japanese and Chinese Gardens, featuring a 1.5-acre lake bordered by Taihu rocks, hand-carved stone bridges, a stream, and a canyon waterfall. You'll have time to visit the conservatory, stroll lush gardens and visit a host of other galleries housing world-class art. **Minimum 20 passengers required.**  
**Wed, Mar 28. Depart 8am, Return 7pm. \$75/M, \$95/NM.**

