

# NOVEMBER 2018 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

Jacquelyne Silver presents...

#### **From Rags to Riches - A Musical Adventure!**

Take a fascinating look at life backstage with dynamic piano personality, Jacquelyne Silver, as she spins the magical story of her life as an artist, from the banks of the Mississippi in St. Louis to the high-powered city of New York. A child prodigy, Jacqui began the piano at the age of 3, soloed with the St. Louis Symphony at 8, and went on to a full scholarship to the prestigious Juilliard School of Music at 15.



**"Immense energy and excitement - a terrific performance!"**

...THE NEW YORK TIMES

**"Witty, dynamic and wonderfully entertaining!"**

...THE WALL STREET JOURNAL

What was it like to be a young woman at a time when women were not welcome on the stage, and the glass ceiling seemed impenetrable? Jacqui will share her extraordinary life story—a story of fortitude and spunk. She'll share her joy of music from Ragtime to Rachmaninoff, from Brahms to Broadway - working with such luminaries as Leonard Bernstein, Benny Goodman, Tony Randall, Luciano Pavarotti, Dame Joan Sutherland and Marilyn Horne. Listen and sing to the music of My Fair Lady, Oklahoma, Fiddler on the Roof, Showboat, West Side Story, and many, many more!

**Thu, Nov 8, 7pm. \$20/M, \$25/NM. Limited seating.**

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

#### **A World-Wide Musical Show**

A thrilling and exciting musical performance by internationally acclaimed vocalists Yevgeni Shapovalov, Susana Poretsky and Alexander Gounko accompanied by guest pianist Olena Galytska. Enjoy music from around the world sang in Hebrew, Russian, English, French, Italian and more. An unforgettable night not to be missed.



**Thu, Nov 15. Doors open 7:30pm, Music 8pm. Pre-purchase tickets \$40, \$45 at the door. Beverages available for sale. Tickets available at (718) 776-7240.**

#### **Duetto in Concert**

Join tenor Bernardo Bermudez and soprano Victoria Robertson as they perform memorable music from Opera, Musical Theatre and much more. Victoria and Bernardo have been friends and colleagues for over ten years, performed together at the San Diego Opera and have been constantly thrown together in Symphony concerts across the west coast. Bernardo's lush bari-tenor voice combined with Victoria's vibrant soprano tones make for a full warm spectrum of sound demonstrating the beauty and power of the human voice.



**Fri, Nov 2. Doors open at 7:30pm, Music 8pm.**

**\$30/person. Beverages available for sale. Limited seating.**

#### **Dia de los Muertos: A Benefit Concert**

Don't miss the festivities featuring tenor Gerardo Gaytan and vocal ensemble "SONO" presenting a concert of Opera, Musical theatre and American and Mexican favorites. Theme dress optional. Ticket includes appetizers and valet parking.



Beverages available for sale. Concert to benefit Foundation for Healthier Children. Tickets are tax-deductible.

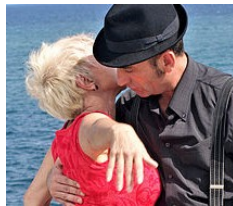
**Sat, Nov 3, 4-7pm. \$50/person. Limited seating.**

**Tickets available at (619) 252-2674**

#### **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! This monthly event is presented in partnership with world-renowned dancer and Instructor, Alicia Quaini. Feel free to dress it up! Please RSVP (858) 459-0831



**Fri, Nov 16, 6:45-9pm. \$10/person. Dance class 6:45-7:30pm. Music starts at 7:30pm. Beverages available for sale.**

#### **One-Night-Only with John Cain**

Pianist and singer John Cain returns to San Diego for a one-night-only Solo Performance! Don't miss a fabulous evening of dancing, music and entertainment! Cain and his wife KatieCat have spent the last 2-1/2 years living in South America, but he's back for 1 night! **Limited seating, please RSVP.**



**Fri, Nov 30. Doors open 6:30pm, Music 7:30pm. \$15/person.**

## Dance & Condition to the Rhythm of Blues

Improve and correct posture, strengthen main muscle groups, increase flexibility, balance and more. Recuperate a range of movements and strength all while enjoying the magic of various styles of music. Instructor, Alicia Quaini.

**Registration required.**

**Mon, 11am, 4 classes \$50/M, \$55/NM. Drop in \$15/class.**

## Salsa and Latin Rhythms

Energizing, fat dropping, endorphin releasing, all of that and more in the Salsa and Latin Rhythms for every age. Instructor, Alicia Quaini. **Registration required.**

**Mon, 1pm, 4 classes \$50/M, \$55/NM. Drop in \$15/class.**

## 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, Nov 8, 1pm. Free, open to all.**

## Memory Café

**Every 1st & 3rd Wednesday!**

Come join us and perk up your memory! Reminisce, socialize, learn something new, and keep your brain active in this fun, lively and supportive group!

**Sponsored by Glenner Alzheimer's Family Centers.**

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

## New Class - Sat Nam Rasayan

Everyone has an innate capacity for healing: to heal ourselves, to heal others and to help others heal themselves. You can begin today to access your own healing abilities. The purpose of healing is not just to rid us of disease and not only a measure to restore that which has been lost. Healing is the work of coming into balance in the present moment. Sat Nam Rasayan is believed to be the oldest known method of healing. In class you will learn through meditation and focus, to enter a transcendent realm, in which you can practice this sensitive process of healing. This healing practice leads to awareness, balance, inner happiness, peace and flexibility – the essentials of healing. **Every First Sunday of each month.**

**Sun, Nov 4, 2-3:30pm. \$18/M, \$20/NM.**

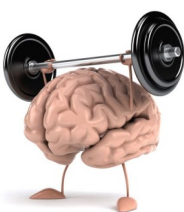
## Monthly Community Healing Clinic:

**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, Nov 4, 3-5pm. This healing session is donation-based.**



## "Saints, Sinners and Spaces Between" Artist Reception

Caroline Morse and Gwen Nobil, both award winning local artists, have portrayed clowns in costume and religious figures to comment on the infinite variety of human beings. In addition to images of these unique individuals are landscapes and pleasant places to inhabit. Meet and greet the featured artists and mingle while enjoying a glass of wine and light hors d'oeuvres. Exhibit is will be displayed in the Las Patronas room.

**Fri, Nov 2, 5-7pm. Free, open to all.**



## Canvas Design & Wine with Dottie Stanley

Canvas Design & Wine with Dottie is 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. Registration required. \$25/M, \$35/NM per class.**

**Mon, Nov 19, 6-8pm.**



## 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 [dottie-artist@gmail.com](mailto:dottie-artist@gmail.com) Model Fee + Free/M, \$5/NM.**



## Art History Series, Part 2: Artistic Storytelling in the Dutch Golden Age

Each class will provide participants with a visually rich background of the era and the art created. For an hour, participants will travel back in time to learn about the socio, politic, and economic influences upon artists and see how the world in which artists worked is reflected in their artwork. The format will be lecture and discussion. The series will continue once a month on the third Thursday. About your Instructor: Rene' MacVay studied Art History at the University of Michigan. She has taught AP Art History at different school levels and spoken at conferences, workshops, and seminars.

**Thu, Nov 15, 9:30-10:30am. \$12/M, \$15/NM per class.**

**Coming up: Dec 20- The Contributions of WPA Artists and Contemporary Connections.**



## Phillis Carey "The Casual Gourmet"

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

### Mediterranean Favorites

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

### Low Carb and Loving It!

**Tue, Nov 27, 11:30am. \$50/M, \$55/NM.**

### Let Us Entertain You!

**Tue, Dec 4, 11:30am. \$50/M, \$55/NM.**

### Bubbly Cocktails and Holiday Appetizers

**Tue, Dec 11, 6pm. \$50/M, \$55/NM.**



**HAVE AN IDEA FOR A CLASS?  
GIVE US A CALL (858) 459-0831**



# 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.

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

# FITNESS & WELLNESS

**NEW! 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. Bring a mat and towel.

**Tue, 2pm. 7 class session (Nov 6, 13, 20, 27, Dec 4, 11, 18)**

**Session \$90/M or \$15/class, \$100/NM or \$18/class**

## NEW! Senior Silver Fitness

Have fun working the entire body with options to fit all fitness levels. 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, helps you get a good night's sleep and more!

**Tue, 3pm. 7 class session (Nov 6, 13, 20, 27, Dec 4, 11, 18)**

**Session \$90/M or \$15/class, \$100/NM or \$18/class**

## 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.**

## 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.**

## Meditation for Deep Healing - NEW TIME AND DAY

Science continues to prove the profound health benefits of mindful meditation, which recalibrates your nervous system, promotes inner harmony, and can diminish physical and emotional pain, relieve anxiety, lower blood pressure, create a positive outlook, and promote true healing. Led by Anne Marie Welsh, a veteran Deep Yoga teacher whose meditation practice changed her life. **Wed, 10am. \$5/M, \$8/NM.**

## Svaroopa® Yoga for A Healthy Back

Improve your balance and stamina. Learn how to take yoga into the midst of your life. Yoga poses, deep relaxation and pranayama breathing to decompress and release tension in your whole spine from tail to top. Everyone welcome.

**Sat, 2:30-4pm; Wed 9-10:30am. \$13/M, \$15/NM.**

## Zumba - NEW TIME!

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, 8:30am, \$8/M, \$10/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 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

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.**

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**\$15 Roundtrip, Non-Members**

## Day Trip: KING TUT Exhibit at CA Science Center

Join us on one of these final tour dates to the California Science Center in Los Angeles to view KING TUT: Treasures of the Golden Pharaoh before it departs the U.S. on January 6th. The largest King Tut exhibition ever toured, you'll discover over 150 authentic artifacts from King Tut's celebrated tomb including gold jewelry, gilded wood furniture, and ornate ritual objects—60 of which have never traveled outside of Egypt. Come experience these priceless treasures before they return to Egypt forever! Prior to your timed-entry into the exhibit, soar over the great pyramids of Giza as ancient Egypt comes to life in "Mysteries of Egypt," an IMAX presentation on a 7-story screen. Your excursion includes free time for lunch on your own and timed-entry to see the Space Shuttle Endeavour up close, another major California Science Center exhibit.



**Mon, Nov 26. Depart 8am, Return 7pm. \$95/M, \$115/NM. Reservations required.\*Minimum of 20 passengers required.**

## Compare Your Medicare Options

Have questions about Medicare? Want to learn about your Medicare coverage choices? Presented by Bassie Kanon, LUTCF, who has been educating seniors for over 24 years.



**Thu, Nov 15, 11:30. FREE, open to all. Light refreshments. Reservations required (858) 459-0831**

## Demystifying Online Music Streaming - Workshop

This class is geared towards those who have limited technical experience and are eager to learn more about what music is available online and how to access it. Topics include: What is music streaming? How to download apps, Searching for songs/artists and more. Each week will cover a different app and you will learn about the app, why use it, how to use it, and hands-on exercises.



**Thu, Nov 1: iHeartRadio**  
**Thu, Nov 8: Spotify**  
**Thu, Nov 15: Youtube Music**  
**10-11:30am. \$12/M, \$15/NM per class.**

## Demystifying Online Shopping - Workshop

This class is geared towards those who have limited technical experience and are eager to learn more about how to shop online. Topics include: Why shop online at all? How to download apps, Using product reviews to make buying decisions and more. Each week will cover a different app and you will learn about the app, why use it, how to use it, and hands-on exercises.



**Thu, Nov 1: Yelp**  
**Thu, Nov 8: eBay**  
**Thu, Nov 15: TripAdvisor**  
**11:30am-1pm. \$12/M, \$15/NM per class.**