

LA JOLLA COMMUNITY CENTER

MONTHLY NEWSLETTER OCTOBER 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

Fourth Friday Jazz Series presents...

Christopher Hollyday · Ed Kornhauser · Mackenzie Leighton
A Tribute to Duke Ellington

With over a 20 year impactful presence in the SD jazz scene, Christopher Hollyday was the youngest person to play the Village Vanguard in New York during the late 80s. The following year, he toured worldwide with Maynard Ferguson as a soloist. Joining Hollyday is Jazz pianist Ed Kornhauser, frequently heard performing with SD's favorite vocalists. Rounding out the trio on bass is Mackenzie Leighton, a local favorite who studied with the highly-respected Bob Magnusson. The group will perform music by the beloved Duke "The Duke" Ellington, including classics such as "Don't Get Around Much Anymore," "Mood Indigo," "Caravan" and "Take the 'A' Train."



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

Fri, Oct 27. Show begins at 8pm. Reception is at 7pm.

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

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.



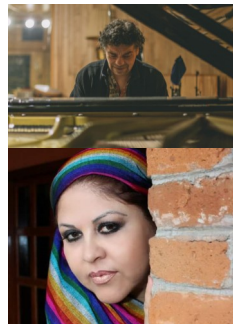
Wed, Oct 11, 7pm. \$10 suggested donation.

Noche Latina presents...

Eunice Fidawi & Carlos Velasco en Concierto

Enjoy classic Latin music sung by the talented and animated Eunice Fidawi! Fidawi will be joined by the accomplished musician, Carlos Velasco on guitar and vocals. Fidawi will also be joined by poet Araceli Valenzuela who's poetry she will vocalize.

Sat, Oct 21, 7pm. \$20/person. Bites and beverages available for purchase. Valet parking included.



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. You do not need a partner. Max number of participants is 40. The event is for intermediate players.

Mon, Oct 23, 4:45pm - 8pm. \$20/M, \$25/NM. Reservations required. Deadline: Oct 20. Cancellations must be made 72 hours in advance to receive refund.

Night of the Singing Dead 2

Join us for a spooky night of music, tricks, and treats! Enjoy an evening of traditional songs and arias sung by the usual suspects, Erica Austin, Lisa Austin-Frisque, Bernardo Bermudez, Chad Frisque. Your ticket includes wine tasting, appetizers and silent auction. Log on to Eventbrite.com and search "Night of the Singing Dead 2." This concert will benefit Houston Grand Opera floods disaster relief and San Diego Opera.



Sun, Oct 29, 5pm. \$30/per person

A Fabulous Feast of Music with the One & Only Jacquelyne Silver!

Think Magic! Think Music! Think Glamour! Jacquelyne Silver, that splendid storyteller and mistress of the keyboard is back with a program you will love... a mixture of Broadway, jazz, classical, and her special way of joining them together in a tasty recipe of enthralling music! It will be an exceptional evening that sparkles, enchants, and delights! 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, Benny Goodman, Marilyn Horne, Tony Randall and Barry Tuckwell, to name a few!



Thu, Nov 16, 7:00pm. \$20/M, \$25/NM.

Lunch Bunch: Museum Café - Closing Nov 4!

Join the group as we lunch around town! This month we are celebrating fall and enjoying a fabulous lunch at the soon to be closed Museum Café. Have one last "hurrah" with us as we enjoy European inspired fare spiced with a dash of Italian flair. **Wed, Oct 25, 11:30am. \$25/per person. Registration required.**



Café Social is now Memory Café

Monarch Cottage's Café Social is proud to announce a partnership with Memory Café. You can look forward to an array of new programming, guest speakers and other changes designed to enhance your Café experience. This month join us for our very own "Antiques Road show - Show and Tell." Bring some antiques, photographs, art pieces or mementos that have great meaning for you and share your stories.

Lunch will be served. Sponsored by Monarch Cottage.

Wed, Oct 18, 11:00am. Free, open to all.

Please RSVP by Oct 16, (619) 955-0492.

La Jolla Fantasia - Artist Reception

The Allied Artists Association presents a new exhibition, La Jolla Fantasia, the new work of artists Peggy Hinaekian and Leah Higgins. Join us for an evening of art, wine, and light appetizers. You are invited to browse the many other works of artists exhibiting throughout the center. All purchases support both local AAASD artists along with the many wonderful programs offered at the LJCC.

Sat, Oct 14, 4-6pm. Free, open to all.

Ukulele Class for Beginners

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. October theme is "TAB Big Book." 4 classes and monthly music book included.

Mon, Oct 2, 9, 16, 23 11am-12pm. \$80/M, \$90/NM.

Registration Required. Only 10 spots available.



Phillis Carey "The Casual Gourmet"

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

Quick & Easy Every Night Cooking

Tue, Oct 3, 11:30am. \$50/M, \$55/NM

Fall Harvest Soups

Tue, Oct 24, 11:30am. \$50/M, \$55/NM



News About Medicare Open Enrollment 2018

Have questions 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.**

Thu, Oct 19, 11:30. FREE, open to all. Please RSVP.



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! Course includes 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.

Wed, Oct 4 - Nov 8, 10:30am.

\$65/M, \$75/NM. Registration required.



The Mind Fit Series

Join this one-hour 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 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. An additional brain health component of the Mind Fit classes is the social component of a group setting where participants can socialize and share life experiences. **Sponsored by Home Care Assistance.**

Thu, Oct 12, 1pm · Thu, Nov 9, 1pm · Thu Dec 14, 1pm

Free, open to all. 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

How to Start a Painting!

Class concentrates on shape, value and color using acrylics.

Mondays, 10:30am-12:30pm.

Museum Inspired Master Class

Class will focus on recreating San Diego museum paintings - still life and landscapes.

Wednesdays, 9:30-11:30am.

Paint the Masters Portrait Class

Class will focus on famous portraits created by master artists.

Fridays, 10:30am-12:30pm.

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

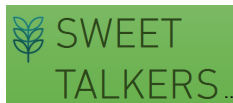
\$28/M, \$30/NM per class. Buy 4 classes, get 1 free!

Private lessons available.

Sweet Talkers: Diabetics Self-Help Group

Join this unique group focused on finding, eating and making delicious and healthy foods to maintain optimal blood sugar levels and health. 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. Led by Lisa Van Herik, MSW/Diabetes Educator/Nutritionist, assisted by Sweet Talkers Co-founder and CEO, Mark Goros. **Wed, Oct 18, 6-8pm. Free, open to all.**

RSVP at www.sweettalkers.org



Jazz Dance Class with Alexandra

Enjoy one-hour of jazz dance! 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. Come alone or with friends!

Class is taught by Alexandra Jeannin. This class is made possible thanks to The San Diego Foundation and the Florence Riford Community Fund.

Saturdays, 10:25am. Free/Members, \$10/NM.



FITNESS FOR THE MIND

Learn to Use Your iPad & iPhone

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.

Social Scrabble Group

Please call in advance to reserve a seat to play.

Tue, Oct 10 & 24, 2:30pm. FREE/M, \$5/NM.

Movie Club: International Films

** All films subject to change without notice.*

All showings Wednesdays at 2pm. Free/M, \$5/NM.

Art Class with Live Model - Uninstructed

Join artists from all levels to paint a live model.

Sat, 10am-1pm. Free/M, \$5/NM plus splitting the Model Fee.

Reservations required: dottieartist@gmail.com

French Conversation

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

Learn Spanish: Intermediate Conversation

Tue, Oct 3, 10, 17, 24, 2:05-3:30pm. Instructor Alicia Flores.

\$65/M, \$75/NM. 4-week session.

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

Kundalini Yoga with Guru Amrit

Kundalini Yoga balances the body, the 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.

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.

Qi Gong Style Tai Chi

T'ai 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.

Svaroop@ Yoga for A Healthy Back

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. 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. \$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 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

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 and Thu, 1pm. \$5/M, \$7/NM.

Interested in starting a Mahjong
or Canasta Group?
Contact Allyson at (858) 459-0831 or
allyson@ljcommunitycenter.org

Have an idea for a class?
Let us know!
(858) 459-0831



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The Getty Center: Pacific Standard Time: LA/LA Latin American & Latino Art in LA

If you haven't heard about Pacific Standard Time LA/LA, the Times is calling it the biggest deal in the fall art season. 70 museums throughout Southern California are participating. The exhibits are focused on the artworks of Latin-American, Mexican-American and Chicano artists. It also includes the work of Afro-Brazilians, Chinese from the Caribbean, and Japanese in Lima and Mexico.



Join us as we visit one of the most important exhibitions at the Getty Center, currently showing four interesting exhibits: Golden Kingdoms: Luxury and Legacy in the Ancient Americas; The Metropolis in Latin America: 1830-1930; Photography in Argentina: Contradiction and Continuity; Making Art Concrete: Works from Argentina and Brazil. Lunch is on your own. Brown bag lunch encouraged; café and restaurant available for lunch purchase.

*There is a possibility of additionally visiting the Hammer Museum and their special exhibition; Radical Women: Latin American Art, 1960-1985. If interested, please let us know.

Wed, Nov 8. Depart at 8am, Coffee & bagels served at 7:30am. Return by 7pm. \$60/M, \$70/NM.

Reserve your seat today! Registration deadline is Oct 30. Minimum 15 sign-ups required.

Piano Lessons with Polina

Learn to read music, count and play the piano with Polina Sisman. You will not only learn the basics, but you will also learn how to recognize a composer's intentions, how to play a piece with the skills that include those intentions and your personal interpretation.



Mrs. Sisman worked as an accompanist for the CA Ballet Co., Dance Deptmt. of Grossmont College, Campobello Dance Co. Mexico, and Ballet des Arts International, Montreal, Canada. Currently Mrs. Sisman works as an accompanist and teaches Music Appreciation Classes for dancers at San Diego Civic Youth Ballet.

Fridays 9:45am & 12:15pm. Must register for a minimum of 4 classes. \$75/M, \$80/NM per class. Ask about shared lessons!

Planned Giving

Make a lasting investment in our future!

- Your planned gift will help us carry out our mission for many years ahead
 - Enjoy significant tax savings while providing for a cause that's meaningful to you
- Among other plans, you can give a future gift through your estate or an immediate gift that returns income

**For more information, please contact
Nancy Walters, Executive Director, (858) 459-0831**