

# OCTOBER 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

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

**Melissa Morgan · Sam Hirsh · Alex Frank**

#### Highlights from The Great American Songbook

Los Angeles based jazz vocalist Melissa Morgan returns to San Diego to perform the best-loved tunes that highlight the Great American Songbook. A Thelonious Monk International Competition semi-finalist, Morgan was selected by internationally renowned Downbeat Magazine as a Rios Star and was considered for 2017 Grammy nominations in Best Vocal Jazz Album and Best Improvised Solo categories. She will be joined by emerging artist Sam Hirsh, one of the hottest pianists in the LA jazz scene today, and upright bassist Alex Frank, a second place winner in the 2013 International Society of Bassists' biennial jazz competition.



**Fri, Oct 26. Reception 7pm, Concert 8-9:15pm.**

**Pre-purchase: \$18/M, \$23/NM. Door \$25/person. Tickets include concert, hors d'oeuvres, and free valet parking.**

#### The Music of Cuba and Puerto Rico

Join Puerto Rican recording artist, Diana Vega, as she explores the music and culture of Cuba and Puerto Rico. Diana's repertoire includes the songs of legendary composers, Rafael Hernandez, Pedro Flores, Sylvia Rexach, Miguel Matamoros, and many more. Diana will be accompanied by Carlos Velasco on guitar and Kevin Moraine on bass. Experience the sounds and culture of these sister islands! Valet parking included. Beverages available for sale.



**Fri, Oct 5, Doors 6:30pm, Concert 7pm**

**Pre-purchase: \$15, door: \$20.**

#### Day Trip: Valle de Guadalupe Adventure (Baja)

Experience beautiful boutique wineries, delicious street food and a gourmet farm-to-table lunch in the middle of the quiet Baja wine country. What's included? Private transportation from La Jolla, Luxury high-roof vans, Bottled waters and wine on-board, Amazing street tacos in Rosarito, Two premium wine tastings, Private winery tour, Farm-to-table lunch at Finca Altozano, Cover charge at Cuatro Cuatros, Gratuity for your guide, Service and Processing Fee. Our private tour guide is Boca Roja | Baja Wine Adventures, #1 rated private wine and food tour company featuring Valle de Guadalupe.



**Mon, Oct 29, Depart 8am, Return 8pm. \$199/person.**

**Limited seats available, registration deadline October 22.**

**Passport required to attend.**

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

#### Blues & Rock'n Roll Dance Night

#### Live Music & Dancing Every Third Friday of the Month!

#### Featuring the Robin Henkel Band

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, Oct 19 6:45-9pm. \$10/person. Dance class 6:45-7:30pm. Music starts at 7:30pm. Beverages available for sale.**

#### Italian for Travelers Workshop

Planning a trip to Italy? This lively two hour workshop will equip students with a basic set of handy communicative tools for comfortable interaction with the Italian people. Participants will learn key expressions, vocabulary words, and idioms necessary for the traveler. Travel tips, cultural aspects, regional characteristics, and social protocol and customs will also be presented. Course taught by Paola Baracco.



**Note: No previous knowledge of Italian is required.**

**Thu, Oct 18, 10:30am-12:30pm. \$25/M, \$30/NM.**

**Registration required by Oct 15.**

#### La Jolla Theatre Ensemble

The Laramie Project marks the 20th Anniversary of the death of University of Wyoming student Matthew Shepard. Based on interviews conducted by members of the Tectonic Theatre Project and their reflections, The Laramie Project is the powerful, transcendent, and somehow ultimately hopeful story of an American town in the wake of a terrible hate crime and tragedy. Eight Actors play more than 50 characters in total in what the New York Times calls a "deeply moving" piece of theatre "determined to find the light in an event of harrowing darkness." The staged reading is directed by John Tessmer. **Sun, Oct 28, 4pm. \$10 Suggested Donation.**

## 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 - NEW TIME!

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, Oct 11, 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!

**Wed, Oct 3 & 17, 11am. Free, open to all. Light refreshments.**

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

## Four Pillars of Brain Longevity Workshop

Learn about the latest evidence-based research, conducted by leading universities, on how to prevent cognitive decline through lifestyle changes. This workshop is intended to spread awareness and educate people of all ages about lifestyle choices they can make to promote a happy and healthy life thereby reducing the risk of chronic diseases, including dementia. *Presented by Sasha Briskin, BS Cognitive Science (UCSD), Certified Brain Longevity® Therapy Specialist, Certified Yoga Instructor, Certified Healing Touch Therapist.*



**Tue, Oct 2: Introductory Class.** New Scientific Paradigm Shift in understanding and treating causes of disease.

**Attendance for Oct 2 Class required.**

**Tue, Oct 9:** Pillar 1 - Physical and Mental Brain Stimulation

**Tue, Oct 16:** Pillar 2 - Stress and Sleep Management

**Tue, Oct 23:** Pillar 3 - Healthy Gut (Diet, Herbs, Supplements)

**Tue, Oct 30:** Pillar 4 - Happy and Balanced Life

**Tue, Oct 2 - Oct 30, 1pm-2:30pm. 5-Week Workshop**

**\$60/M, \$80/NM. Drop-in Cost per Class: \$16/M, \$22/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, Oct 7, 3-5pm. This healing session is donation-based.**



## 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, Oct 22, 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 [dottieartist@gmail.com](mailto:dottieartist@gmail.com) Model Fee + Free/M, \$5/NM.**



## Paint Your Pet's Portrait - 2 Part Workshop

Join us for a fun series of painting your own pet! Enjoy painting your own pet's portrait (cat or dog) using acrylics. Paint and learn alongside San Diego's leading pet portrait artist, Jackie Warfield. Class cost includes 9x12 canvas and supplies. *Please submit 2 images of your pet by Oct 17. Registration deadline is October 17.*

**Mon, Oct 22 & 29 OR Fri Oct 19 & 26, 9-10am. \$80/2 classes**

## How to Start a Painting!

Class concentrates on shape, value and color using acrylics. **Mondays, 10:30am-12:30pm. \$30/class.**

## Paint the Masters Portrait Class

Class will focus on famous portraits created by master artists. **Fridays, 10:30am-12:30pm. \$30/class.**

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



## Art History Series, Part 1: The Life and Contributions of the Impressionists

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, Oct 18, 9:30-10:30am. 3 classes: \$30/M, \$40/NM.**

**Drop ins: \$12/M, \$15/NM. Coming up: Nov 15- Artistic Storytelling in the Dutch Golden Age, Dec 20- The Contributions of WPA Artists and Contemporary Connections.**



## 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, Oct 18, 11:30. FREE, open to all. Light refreshments. Reservations required (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

## Strength & Flexibility - NO CLASS OCT 18

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.**

## Brain Longevity Yoga and Meditation

Yoga and meditation can reduce the risk of cognitive decline by 50%. Learn how to balance and activate left and right hemispheres of your brain through yoga and breathing meditation techniques. Instructor: Sasha Briskin. **Oct 2 - Oct 30, 2:45-3:30. \$5/M, \$8/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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LA JOLLA COMMUNITY CENTER

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### “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.**



### Depression in Older Adults: Recognizing the Signs and Symptoms

The holiday season is just around the corner. And, for many, this time of year may ignite a depression that has been smoldering underneath the surface. While depression can be common in older adults, it is not normal. It can happen to any one of us, at any age, regardless of background. Monarch Cottage La Jolla invites you to this very special discussion, lead by an esteemed panel of experts, as we learn to recognize the signs and symptoms and discuss the types of support available.

Panel to include: Dr. Jason Keri, MD, Dr. Khai Nguyen, MD, Dr. Mary Beth Bryan, PsyD, and Dr. Rebecca Montano, PhD.

**Wed, Oct 24, 6-8pm. Hors d'oeuvres and refreshments served. Limited seating, please RSVP 619-990-1307.**



### Demystifying Online Music Streaming - 4 WK 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. Week 1: Pandora, Week 2: iHeartRadio, Week 3: Spotify, Week 4: Youtube Music

**Thu, Oct 25, 10-11:30am. 4 week course: \$40/M, \$55/NM, Drop-in cost: \$12/M, \$15/NM. Registration required.**

### Demystifying Online Shopping - 4 WK 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. Week 1: Amazon, Week 2: Yelp, Week 3: eBay, Week 4: TripAdvisor

**Thu, Oct 25, 11:30am-1pm. 4 week course: \$40/M, \$55/NM, Drop-in cost: \$12/M, \$15/NM. Registration required.**

### Save the Date...and Your Seat!

**Jacquelyne Silver presents...**

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

**Thu, Nov 8, 7pm.**

**Limited Seating, RSVP (858) 459-0831**

