

LA JOLLA COMMUNITY CENTER

MONTHLY NEWSLETTER SEPTEMBER 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

Open House: You're Invited!

Connect and create with neighbors! Join us for a fun morning and help us welcome our neighbors to learn about the LJCC! This event is open to all members and those interested in learning who we are and what we do. Join us for complimentary continental breakfast, class samplings, music, raffles & more!

Sat, Sep 30, 9am-12pm. Free! Members: Bring a guest and get entered for a chance to win dinner for 2 at Nine-Ten Restaurant & Bar.



Fourth Friday Jazz Series presents...

Peter Sprague · Leonard Patton · Tripp Sprague
The Jazz Tradition of Improvisation

The Peter Sprague Trio explores The Beatles, Stevie Wonder, Bob Marley, Jimi Hendrix, James Taylor, and Cream from a jazz viewpoint. Enjoy familiar songs delivered in a new sonic light. The trio includes Tripp Sprague on sax, flute, chromatic harmonica and percussion. Leonard Patton on vocals and cajon (percussion box). Peter Sprague plays the double neck guitar and has an array of special pedals.

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

Fri, Sep 22. Doors open at 7pm, Show begins at 8pm.



Carlos Velasco y Las Divas de la Canción

Carlos Velasco, mainly known for guitar and vocals, is an accomplished musician and composer from Mexico City. Having trained at the Conservatorio Nacional de Musica, Carlos is well versed in many styles of music, with his core being Latin Jazz. Carlos will be joined by the "Three Divas," Lorena Guzman, Eunice Fidawi, and Diana Vega. Kevin Moraine will accompany them on guitar and bass. **Sat, Sept 30, 7pm. \$20/person. Bites and beverages available for purchase. Valet parking included.**



Opera Wednesdays

Listen to Southern California's Top Opera Singers, every 2nd 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, Sep 13, 7pm. \$10 suggested donation.**



Distinguished Speaker Series presents... Pearls to Awaken Your Healing Potential by World-Renowned Cardiologist, Dr. Mimi Guarneri

Dr. Guarneri will offer and sign her new book, "108 Pearls to Awaken Your Healing Potential." An Integrative Cardiologist, Dr. Guarneri translates the science of health and healing into practice, presenting a step by step healing journey to transform your body, mind and spirit for well-being and longevity.

Tue, Sep 19. Free, open to all. Light hors d'oeuvres served. Reception 5-6pm, Lecture with Q&A 6-7pm.



Una Serata con Maestro Averone One Night Only!

Internationally-renowned classical pianist Alessio Averone will present a musical journey for the senses, highlighted by two of the most difficult pieces ever written for the piano. Join us for an evening filled with pieces inspired by Averone's passion for music, art and discovery. Averone will be performing Chopin, Liszt and Gershwin. The intimate performance will be Italian style aperitivo. **Ticket includes free valet parking and hors d'oeuvres from the Piedmont Region. Wine available for purchase.**

**Sat, Sep 23, Reception 7pm, Show 8pm.
Pre-purchase \$20/M, \$25/NM. Door: \$30/person**



Better Bridge by Farr: 10 Week Course

Level 1: Mon: Sep 11 – Nov 13, 2:30-4:30pm
Level 2: Mon: Sep 11 – Nov 13, 10:30am-12:30pm
Level 3: Tue: Sep 12 – Nov 14, 10:00am-Noon
Level 4: Thu: Sep 14 – Nov 16, 10:00am – Noon
\$150/Members & \$175/Non-members
**Instructor: Scott Farr, Questions & Registration:
(858) 455-5406, spoggi@san.rr.com**

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, Sep 25, 4:45pm - 8pm. \$20/M, \$25/NM. Reservations required. Registration deadline: September 22. Cancellations must be made 72 hours in advance to receive a refund.**



Your Home & Technology's Role

Learn how technology can enable you to stay in your home environment longer. Technology is immersing our living spaces; experience how sensors, voice controlled devices, and other assistive technologies can enhance the livability in your own home. Presented by Smart House.



Thu, Sep 28, 3pm. Free, open to all. Registration required.

Cafe Social presents the Kaizen Brain Center

The Kaizen Brain Center offers state-of-the-art, proven effective care for people living with a variety of brain disorders including traumatic brain injury, concussion and Alzheimer's Disease, specializing in treating patients seeking clarity, answers and an accurate diagnosis. Kaizen's team of specialists will be answering questions and presenting about future cognitive health, prevention, treatment and care. Lunch will be served.

Wed, Sep 20, 11:00am. Free, open to all.

Please RSVP by Sep 18, (619) 955-0492

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. September theme is "Classical Hits." 4 classes and monthly music book included.

Fri, Sep 1, 8, 15, 22, 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.

Autumn in the Wine Country

Tue, Sep 19, 11:30am. \$50/M, \$55/NM

Fall Harvest Soups

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



Compare Your Medicare Options

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.

Thu, Sep 21, 11:30. FREE, open to all. Light refreshments.



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.



Book Reading & Signing: Of Julia and Men

Meet Peggy Hinaekian, local artist and author, whose book, "Of Julia and Men," has been included in The New York Times Book Review under "Discover New Titles-Great Stories, Unique Perspectives." Of Julia and Men explores the possibilities of what can happen when a smart, passionate, ambitious young woman lets herself really taste what life has to offer--and savor every moment to the very fullest." - Clarion Review. A gift of a signed and numbered print of the cover will be offered for each book purchase. **Sat, Sep 23, 11am. Free, open to all.**



The La Jolla Theatre Ensemble presents...Going to St. Ives

Enjoy a staged reading of Lee Blessing's riveting play, *Going to St. Ives*. The play brings two extraordinary women together and demands everything of them; as the first act comes to a head, the personal, political and ethical all interweave, and then the second act shifts to Africa for still more stunning developments and a captivating conclusion. The Philadelphia City Paper wrote: "Spectacular...emotionally and intellectually engrossing...dazzling..." Note: Reading takes place outdoors.

Fri, Sep 15 and Mon, Sep 18, 7pm. \$10 Suggested Donation.

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 Cofounder and CEO, Mark Goros. **Thu, Sep 14, 6-8pm. Free, open to all. RSVP at www.sweettalkers.org**



Jazz Dance Class with Alexandra

Enjoy 1 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 taught by Alexandra Jeannin. This class is made possible thanks to The San Diego Foundation and the Florence Riford Community Fund.

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



FITNESS FOR THE MIND

Learn to Use Your iPad & iPhone - No Monday Class

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, Sep 12 & 26, 2:30pm. FREE/M, \$5/NM.

Movie Club: International Films

** All films subject to change without notice.*

All showings Wednesdays at 1:30pm. Free/M, \$5/NM.

Art Class with Live Model - Uninstructed

Join artists from all levels to paint a live model.

Sat, 10am-1pm. Model Fee + Free/M, \$5/NM. Reservations required: dottieartist@gmail.com

French Conversation

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

Learn Spanish: Intermediate Conversation

Tue, Sep 5, 12, 19, 26, 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.

Class resumes September 13.

FITNESS & WELLNESS

Kundalini Yoga - NEW INSTRUCTOR

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, 11:00-11:50am. 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.

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. Class resumes September 19!

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.

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.

Svaroopa® Yoga for Stress Relief

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. **Benefits:** 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. Class resumes September 11.

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.

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 favorites dances taught by Pat Murray.

Mon and Thu, 1pm. \$5/M, \$7/NM. Class resumes September 7

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



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“Best Bank – California”
– MONEY Magazine, Nov. 2016

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The La Jolla Community Center will be closed on Monday, September 4, 2017
in observance of Labor Day

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. Ask about shared lessons!

Fridays 9:45am & 12:15pm. Must register for a minimum of 4 classes. \$75/M, \$80/NM.

About Polina Sisman

Mrs. Sisman earned an Honorable Bachelor Diploma in Music and Conducting from Kolessa Music Pedagogy College. Mrs. Sisman studied piano under the guidance of Maria Kokotailo, an esteemed Professor at the Wroclaw Music Academy in Poland. Mrs. Sisman enhanced her pedagogic skills at SDSU under the tutelage of Professor Nancy McDonald.



Mrs. Sisman has worked as an accompanist for the California Ballet Company, Dance Department of Grossmont College, Campobello Dance Co. Mexico, and Ballet des Arts International, Montreal, Canada. Mrs. Sisman was chosen to accompany for Master Classes of the legendary dancers Maya Plisetskaya and Alonso King. Currently Mrs. Sisman works as an accompanist and teaches Music Appreciation Classes for Dancers at San Diego Civic Youth Ballet.

LA JOLLA COMMUNITY CENTER

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**For more information, please contact
Nancy Walters, Executive Director**