

SEPTEMBER 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 | info@ljcommunitycenter.org

Reservations Required for Special Events & New Classes

The Fourth Friday Jazz Series presents...

Sacha Boutros · Mika Zlatkovich Sacha Sings Sinatra

Grammy-nominated Jazz recording artist Sacha Boutros will sing a selection of Sinatra songs including his biggest hits and other favorites from the extensive Frank Sinatra catalogue. San Diego-native Boutros and her fabulous and accomplished pianist, Mikal Zlatkovich, are set to dazzle the audience with a night of everything Francis Albert. Witness one of today's top Jazz artists do it "her way!"

Fri, Sep 28. 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.



Noche Latina: Salvador Padilla en Concierto

Salvador Padilla is a classically trained, world-renowned baritone and Latin genre singer. Padilla has toured throughout Europe and performed extensively with the Tijuana Opera. The evening will feature Latin music including boleros, cha chas, rumbas, and rancheras. Don't miss the opportunity to listen to one of the world's finest voices. Salvador will be joined by Carlos Velasco on guitar, Kevin Moraine on bass, and Julian Navarrette on percussion.

Fri, Sep 14, 7pm. \$20/person. Bites and beverages available for sale. Free valet parking. Please RSVP.



Bankers Life Music Appreciation Series

American Creativity: The Music of Grofe, Gershwin and the Ultimate Collaboration

Ferde Grofe painted American landscapes with gorgeous musical notes and collaborated with George Gershwin to create some of the best orchestral music ever composed. Prepare to be enchanted with Grofe's musical descriptions of the Mississippi River and the Grand Canyon. Marvel at his orchestrations of George Gershwin's "Rhapsody in Blue," and "Porgy and Bess," to name a few!

Tue, Sep 11, 3pm. Free/M, \$15/NM. Please RSVP.



Better Bridge by Farr -Fall 10 Week Course

Level I: Mondays (Sep 10 - Nov 12) 10:30am -12:30pm

Level II: Mondays (Sep 10 - Nov 12) 2:30pm - 4:30pm

Level III: Tuesdays (Sep 11 - Nov 13) 10:00am - Noon

Level IV: Thursdays (Sep 13 - Nov 15) 10:00am - Noon

All courses are 10 week sessions. \$175/M, \$200/NM, Instructor: Scott Farr. Register (858) 455-5406 or spoggi@san.rr.com

Blues & Rock'n Roll Dance Night Live Music & Dancing Every 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

Sat, Sep 15 6:45-9pm. \$10/person. Dance class 6:45-7:30pm. Music starts at 7:30pm. Beverages available for sale.



Musical Fusion with Alaina Martin

Enjoy an upbeat mix of jazz, rhythm & blues, rock 'n roll and Latin music with singer Alaina Martin accompanied by Carlos Velasco (piano and guitar) and Kevin Moraine (bass) with added brass and percussion. Celebrate artists such as Stevie Wonder, George Benson, Carlos Santana, Bonnie Raitt and Ella Fitzgerald. Enjoy contagious enthusiasm for diverse styles of music and singing! Dancing encouraged!

Sat, Sep 22, 7pm. \$20/person. Ticket includes admission and free valet parking. Beverages available for sale. Please RSVP.



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, Sep 12, 7-8:30pm. \$10 suggested donation.



Paint Night! Art Class with an Opera Twist

Explore your artistic side while being serenaded and influenced by beautiful arias! Paint a beautiful picture with SD's leading portrait artist, Jackie Warfield, and stay after for Opera Wednesdays. **All materials included plus 1 glass of wine.**

Wed, Sep 12, 5:30-7pm. \$30/person. Please RSVP.

Italian for Beginners & Intermediate - 8 Week Course

This course will include grammar and conversation. Instructor: Paola Baracco. Textbook: *Rose rosse per il commissario* Imparare Leggendo, livello Tre B2. Author: R. Assini, S. Longo.

Tue, Sep 4, 9-10am. Intermediate Italian. 8 classes

Thu, Sep 6, 9-10am. Beginners Italian. 8 classes

\$135/M, \$145/NM. Registration required.

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, has over 40 years of experience in performance and teaching and has studied many forms of yoga and dance techniques to improve health and motor skills. Ask about private lessons.



Registration required. Class starts Sep 10.

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, has traveled the world to learn dances in their place of origin. Cumbia and Ballenato in Colombia, Salsa in Peru and Cuba, Tango in Argentina and more.

Registration required. Class starts Sep 10.

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, Sep 13, 1pm. Free, open to all.



Memory Café (Only meeting once this month)

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, Sep 5, 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.

NEW! Paint Your Self-Portrait - 2 Part Workshop

Want to explore your inner Frida Kahlo? This 2 part workshop will teach you values and composition using black and white acrylics only. You will be immortalized and will walk away with a 9x12 self portrait that you can call your own. Headshot images only. *Please submit the image you wish to paint by Sep 18. Registration deadline is September 18.*

Fri, Sep 21 & 28, 9-10am. \$80 for 2 classes.

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 Sep 14. Registration deadline is September 14.*



Mon, Sep 17 & 24, 9-10am. \$80 for 2 classes.

How to Start a Painting! NO CLASS SEP 3

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.

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, Sep 17, 6-8pm and 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 Model Fee + Free/M, \$5/NM.



Cooking with Phillis Carey, "The Casual Gourmet"

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

Autumn in Wine Country

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

Fast Every Night Fall Cooking

Tue, Sep 18, 6pm. \$50/M, \$55/NM.

Quick Meals Using Rotisserie Chicken

Tue, Sep 25, 11:30am. \$50/M, \$55/NM.

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, Sep 13, 11:30. FREE, open to all. Light refreshments.

Reservations required (858) 459-0831

**MEMOIR WRITING COURSE COMING IN OCTOBER!
INTERESTED? LET US KNOW! (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

Stretch & Balance - NEW DAY & TIME!

Strength training using bands, and your own body weight. This class will enhance body strength, balance, and flexibility. **Tue, 2pm. Free/M, \$5/NM.**

Please call and register for the class in advance.

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.**

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.

Meditation - NO CLASS IN SEPTMEBER

Meditation made easy for beginners. Come and feel your inner peace. Class taught by Anne Marie Welsh.

Mon, 4:45pm. \$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 - PLEASE CALL IN ADVANCE.

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 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.

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.**

**BELLY DANCING IS COMING IN OCTOBER
INTERESTED? LET US KNOW! (858) 459-0831**

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Let's Celebrate
10 Years: A Decade of Making A Difference

MEMBER APPRECIATION RECEPTION

FRIDAY, SEPTEMBER 21, 2018
6:30PM - 9:00PM

ENTERTAINMENT · HEAVY HORS D'OEUVRES
DRINKS · VALET PARKING

PLEASE RSVP BY SEPTEMBER 15
(858) 459-0831

"People and Places" Artist Reception Featuring Leah Higgins and Dottie Stanley

Two Artists with their own special talents. 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.

Sat, Sep 22, 2-4pm. Free, open to all.



Laughter, Lechery and Lust at San Diego Opera A Snapshot of the 2018-19 Season

Join three prominent SDO insiders for a reception and sneak peek at the operas in the 2018-19 season! General Director David Bennett will regale us with an insider's look at *The Marriage of Figaro*, *All is Calm: The Christmas Truce of 1914*, *Three Decembers*, *Rigoletto*, *Carmen* and *One Amazing Night*. Dr. Nicolas Revelles will join the fun and accompany some of SDO's most talented young artists as they sing excerpts from the season. Throughout this fun event Alberto "Albie" Alvarado, Head of the Wig and Makeup Department will turn one lucky volunteer into a cast member of *The Marriage of Figaro*. Event includes reception with wine, beer, and light hors d'oeuvres, and free valet parking.



Wed, Sep 26, 6:30-9:00pm. \$25/SDO Members, \$30/NM.

Kiwanis Club of La Jolla Meeting

Always wanted to learn more about the Kiwanis Club of La Jolla? Join their weekly meeting on September 14, hosted at the LJCC, and see what the Kiwanis Club is all about! Meeting lasts from 12-1:30pm and includes lunch.

Fri, Sep 14, 12-1:30pm. Reservation required.



LA JOLLA COMMUNITY CENTER LJCC Senior Express

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\$10 Roundtrip, Members
\$15 Roundtrip, Non-Members

Call us to learn about the Service Areas & Eligibility Guidelines
Book a ride today! (858) 337-0275

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, Sep 2, 3-5pm. This healing session is donation-based.



Save the Date...and Your Seat!

Jacquelyne Silver presents...
From Rags to Riches - A Musical Adventure!
Thu, Nov 8, 7pm. RSVP (858) 459-0831

