

# LA JOLLA COMMUNITY CENTER

## March 2025 Newsletter

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)

### Fourth Friday Jazz Series

#### Dave Scott: Rat Pack Tribute

Experience the music of Frank, Sammy, and Dean - the icons of crooning, cocktails and cool. Dave will also share a bit of Tom Jones, and a few original compositions. Pianist Bobby Lanuza and drummer Kevin Koch round out this swingin' line-up.

**Friday, March 28. 8-9:15pm. Doors 7pm. Concert 8-9:15pm.**

**No intermission. Complimentary valet parking. Pre-purchase: \$25/M, \$30/NM. Door \$35/person. Refreshments for sale.**



### Day Trip: Balboa Park

Join us for a delightful day trip to Balboa Park on Free Entrance Day for local residents! Stroll through the serene Japanese Friendship Garden, where the cherry blossoms are in full bloom, visit the Museum of Us to discover fascinating exhibits, or head over to the San Diego Automotive Museum for a look at stunning vehicles and automotive history. You'll have free time to explore on your own and enjoy lunch at your leisure in the park.

**Tuesday, March 25. Depart 10:30am, Return 2:30pm. Roundtrip Transportation: \$15/M, \$30/NM.**



### Movie Night: Wicked

Join us for a magical evening featuring *Wicked* on the big screen! Enjoy popcorn, refreshments, and a night of music, friendship, and the untold story of Oz's most famous witches. Don't miss this enchanting experience! Film runs 2h 40m.

**Wednesday, March 26. 3pm. Free/M. \$10/NM.**



### Mexican Train Dominoes

Join us for a fun-filled afternoon! No experience necessary—just bring your enthusiasm and enjoy friendly competition, great company, and plenty of laughs. Come play, learn, and have a great time!

**Wednesday, March 12. 2-4pm. Free, open to all.**



### Tax Planning Strategies for 2025 and Beyond

Join us for a practical and easy-to-understand seminar on tax planning and how it impacts your financial future. This seminar is designed to make tax planning easy to understand and useful for everyone. Don't miss this chance to get answers and take steps toward an optimal financial future. *Presented by Susan Alefi, EA, AAMS®, ChFC®, a Wealth Management Advisor and member of the Financial Planning Association.*

**Thursday, March 20. 1-2pm. Free, open to all.**



### Opera Wednesdays

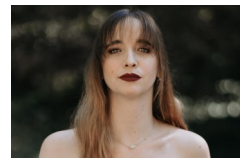
#### Every Second Wednesday of the Month!

Listen to Southern California's Top Opera Singers! Artists consist of Metropolitan Opera Competition Winners, SD Opera performers and guest artists.

**Wednesday, March 12. 7-8:30pm.**

**\$10-20 suggested donation.**

**100% of donations go directly to artists.**



### St. Patrick's Day Happy Hour

Celebrate the luck of the Irish with a delightful afternoon of delicious drinks and decadent desserts. Enjoy Irish-inspired cocktails, beer, and wine, along with a tempting selection of sweet treats. Wear your best green attire and bring the Irish spirit!

**Monday, March 17. 2-4pm. Free/M, \$15/NM.**



### Peer Learning Collaborative

#### Unraveling Homelessness with Caryn Blanton

Discuss What the Data Tells Us, The SD Housing System: What working; what's not? Who are the Players and What Resources are Offered? and a facilitated conversation with live Experience experts and Q and A.

**About your Facilitator:** Caryn is the Director of Shoreline Community Services which addresses the unmet needs of unsheltered individuals and their families in the Central Beach Area of San Diego—making sure the most vulnerable are cared for with compassion and equity through the efforts of community members and community partner.

**Thursdays, March 6- 27. 2:45-3:45pm. FREE/M, \$35/NM.**



### Spring Equinox Somatic Yoga and Sound Bath

Relax, rejuvenate, and welcome Spring at the Somatic Yoga and Sound event. Enjoy a calming, gentle yoga session followed by a serene sound bath. This fun event blends breath, movement, and meditation and is suitable for everyone. Light refreshments served.

**Saturday, March 22. 1-3pm. Prepurchase: \$25/M, \$35/NM. Door: \$40.**



### Concerts in the Courtyard Returns April 4!

Join us every 1st and 3rd Friday of the month from 12-1pm for free concerts. Enjoy live music in a beautiful outdoor setting—the perfect way to unwind and soak in the sounds of talented musicians.

**Free & open to all. Mark your calendars and don't miss this fantastic musical series!**

Reservations are required for new classes & events. All programs are subject to change or cancellation based on attendance.

## Sound Bath Healing

This sound healing bath session incorporates body scan meditation, intention setting, and the use of vibrations such as crystal bowls, chimes, Native American Pueblo drum and Shamanic Amazon flute and Shiwido to create the perfect environment to relax your mind and body. Benefits include restful sleep and mindfulness awakening. Taught by Sofia Puerta Webber Wellness Consultant & Founder Shiwido™

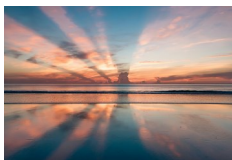


**Wednesday, March 26. 2:15-3:15pm. \$15/M, \$20/NM.**

**Advanced Registration Required.**

## Mindfulness Awareness: Aging with Wisdom

This is a comprehensive stress and pain reduction program that draws upon the foundational principles of mindfulness, meditation, and yoga. This course is designed to help participants cultivate a heightened sense of awareness and presence in their daily lives. The program emphasizes the connection between mind and body, promoting a balanced approach to mental and physical well-being. Taught by Sofia Puerta, Certified Yoga Therapist and MBSR instructor.



**Wednesdays, April 2-23. 3:30-5pm. \$160/M, \$200/NM.**

**Advanced Registration Required.**

## Brain Health Lecture Series

### Lifestyle Strategies to Enhance Memory and Prevent Dementia

Discover the science-backed lifestyle strategies to protect your brain, enhance your memory, and safeguard against dementia in this comprehensive and engaging course. Designed for anyone eager to take control of their cognitive health, this course is rooted in over a century of Alzheimer's research and cutting-edge scientific discoveries. Presented by Sasha Sebald and Jeanne Rawdin. **Thursdays, February 27 – April 24. 1-2pm. 9 week course: \$115/M, \$160/NM. Drop-In: \$15/M, \$20/NM.**



## iPhone/iPad for Beginners, Part 1

Join the online world using your iPad & iPhone. Technology can bring many potential advantages to seniors such as enhancing communication, bonding with family and friends, and reducing loneliness. Learn the basic functions, applications, & other fun features.



**Wednesdays, Feb 19, 26, March 5, 12, 19, 26.**

**12-1pm. Free/M, Drop-In: \$20/NM per class.**

## A Night with the Classics

Immerse yourself in an evening of timeless masterworks as Joe Houry, piano prodigy, returns and presents an enchanting program that opens with the dreamy elegance of Debussy's *Clair de Lune*, followed by Liszt's passionate *Liebestraum*, Mozart's *Sonata in A Major*, Bach's *Prelude in C Major* and *Fugue in C Minor*, and more.



**Friday, April 11. 6-7:30pm. Doors open at 5:30. Free, open to all. Suggested Donation \$10-20/person.**

## Afternoon Bingo

Enjoy great company, lighthearted competition, and plenty of laughs—no cash prizes, just good times. Everyone's a winner with fun and friendly games!

**Tuesday, March 25. 2:30-3:30pm. Free, open to all.**

A tradition of excellence from local artists since 1918



The La Jolla Art Association exhibits their work at the La Jolla Community Center

## LJAA Exhibition

Visit the new exhibition from Jan 1 - Mar 31\* Art featured will include watercolor, photography, oils, digital art and acrylics. **\*To view the art during the week, please call in advance as some galleries may not be available.**

**Reception: Saturday, March 8. 3-5pm. Free, open to all.**

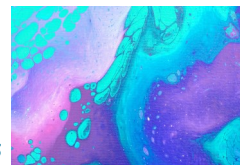
**More info: [www.lajollaartassociation.org](http://www.lajollaartassociation.org)**

## Painting from the Model, Uninstructed

Test your figure drawing or painting skills in this uninstructed painting session. Models vary and will be costumed or nude. **Participants split the model fee. All levels welcome. Fridays, 10am-1pm. Secure your spot: Email [dottieartist@gmail.com](mailto:dottieartist@gmail.com). Free/M, \$5/NM.**

## Acrylic Pour Workshop with Beverly Brock

Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok. **Friday, March 28. 2-3pm. \$20/M, \$30/NM. \*painting pick up is available during the week.**



## Collage Art with Peggy Hinaekian

Unleash your creativity in this hands-on collage-making class! Explore different techniques, textures, and materials to create your own unique artwork. See supply list online.

**Wednesday, March 19. 2-4pm. \$20/M, \$35/NM.**



## New Class! Practical Prana & Breathwork

Students will explore breathwork, practice guided meditation, and enjoy gentle Yoga-inspired movements in this fun, creative class suitable for all fitness levels. Key focus areas include enhancing overall health and vitality, promoting better sleep, boosting energy and concentration, balancing the nervous system, inviting relaxation, and reducing stress and anxiety. Class taught by Jody Blume. **Thursdays. 1:15-2:15pm. Free in March. \$5/M, \$10/NM starting in April.**

## Cooking Demo with Chef Nikki

### Risotto Mastery: From Creamy Perfection to Crispy Arancini

Join us for a fun cooking demonstration where you'll learn the secrets to making rich, velvety risotto and how to transform leftovers into delicious, golden arancini.

**Tuesday, March 18. 2-4pm. SOLD OUT.**

**Tuesday, April 1. 2-4pm. \$30/M, \$45/NM.**



## Thai Taste Adventure

Master the art of Pad Thai and discover the rich, aromatic flavors of authentic Thai curry - from the perfect balance of sweet, sour, salty, and spicy to the comforting, creamy depth of curry.

**Tuesday, April 29. 2-4pm. \$35/M, \$48/NM.**



## American Mahjong for Beginners: 6-Week Course

Learn the basics and fundamental rules of Mahjong. Classes will include handouts and time for gameplay.

**Thursdays, April 3-May 8. SOLD OUT**

**Thursdays, May 26-July 3. 10am-12:30pm. \$165/M, \$190/NM.**

**A \$15 mahjong card can be purchased at 1st class.**



# MEMBERSHIP & DONATION INFORMATION

## Become A Member!

Individual Membership: \$120 | Couple Membership: \$200

**Please consider making a contribution today and make a lasting investment in our future!**

- Your 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

**The La Jolla Community Center is a 501(c)(3) Tax ID 20-8682354**

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

## ONGOING PROGRAMS

**Register now! Limited seating and registration required. To register:  
www.ljcommunitycenter.org | (858) 459-0831 | info@ljcommunitycenter.org**

### Zumba Gold & Tone with Ruth Karhu

Focuses on Latin rhythms and easy-to-follow moves. Benefits include toning, enhanced bone density, strength & flexibility, boosted metabolism & improved cognitive functions.

**Zumba Gold: Tuesdays, 10-11am. Free/M, \$10/NM.**

**Zumba Gold & Tone: Fridays, 9-9:50am. Free/M, \$10/NM.**

### Gentle Hatha Yoga with Hollie Berry

A very gentle style of hatha yoga designed to meet the specific health concerns and challenges seniors face including balance, posture, breathing and stretching.

**Thursdays, 10:30-11:30am. \$5/M, \$10/NM.**

### Deep Yoga Flow with Anne Marie Welsh

Connects breath to movement, so the physical practice of yoga (asana) becomes a meditation in motion that fosters flexibility, strength, focus and clarity.

**Mondays & Wednesdays, 11am-12:15pm. \$5/M, \$10/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.

**Fridays, 10-11am. Free/M, \$10/NM.**

### Strength & Balance Class with Taylor Newcomb

**Sponsored by Reneu Health**

Age is no barrier to exercise. At any age, you can see improvement in your strength, balance, stamina, flexibility and more importantly the mental health benefits of exercise should never be underestimated.

**Wednesdays, 1-2pm. Free/M, \$10/NM.**

### Chair Yoga & Meditation with Victor Nguyen

This gentle form of yoga is practiced sitting on a chair and is especially suitable for people with balance or coordination issues and disabilities. Increase flexibility, lung capacity, circulation and strength, improve balance, and relieves stress. Class incorporates breathing exercises, stretching, yoga postures, and final relaxation along with Meditation techniques.

**Tuesdays, 11:30am-12:30pm. Free/M, \$10/NM.**

### Qi Gong Style Tai Chi with Sherlie Miller VIRTUAL

Gentle exercise benefits 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.

**Thursdays, 10:30-11:15am. Free/All.**

### Strength Clinic with Taylor Newcomb

Class focuses on enhancing upper body strength through targeted mat exercises designed to load and challenge the upper extremities. Complementing these strength-building exercises are agility drills aimed at improving coordination and overall athleticism. Ideal for those looking to advance their strength and agility.

**Thursdays, 12-1pm. \$15/M, \$20/NM.**

### French Conversation Led by Mark Van Roode

Whether you're a native Francophone or not, conversation groups are a fantastic way to keep up your speaking and listening skills – plus you will make *de bons amis*.

**Tuesdays, 10:30am. Free/M, \$5/NM.**

### Café Español Led by Olga Fabrick

Improve, learn and develop your Spanish conversation skills. Class lead by Olga Fabrick, native speaker and trained in Second Language Acquisition Methodology. Intermediate to Advanced Conversation levels. Currently reading **SOLITO** by **Javier Zamora**.

**Mondays, 2:30pm. Free/M, \$5/NM.**

### Social Mahjong

Join a game of Mahjong! Players must know the basic rules, be able to identify tiles and have a 2023 Mahjong card. Player level is mixed. There is no instruction given during the group play. If you have a set, please bring it.

**Tuesdays, 11am- 2pm. Free/M, \$5/NM.**

### Movie Club

Join our movie club as we delve into the rich tapestry of classic films, from Hitchcock's spine-tingling suspense to Chaplin's heartfelt comedy. Enjoy fun and classic films. Check online for films being shown.

**Every Tuesday. 1pm. Free/M, \$5/NM.**

### Spanish Beginner 3 with Olga Fabrick **No class 3/12-26**

This class focuses on intermediate conversational Spanish. If your goal is to communicate in Spanish using authentic structures and a broad vocabulary, this is for you! Book used for class: *The Ultimate Spanish 101: Complete First-Year Course*.

**Wednesdays, 10-11:30am. \$17.50/M, \$20/NM/class.**

### Spanish Beginner 1 with Olga Fabrick **No class 3/12-26**

This course teaches basic vocabulary, conjugations and conversation skills. Key topics, including common verbs, present tense conjugations, negation, questions, greetings and much more. Book used for class: *The Ultimate Spanish 101: Complete First-Year Course*.

**Mondays, 1-2:30pm. \$17.50/M, \$22/NM/class.**

# Activities Calendar February 2025

To Register or for Class Details  
call (858) 459-0831 or visit  
[www.ljcommunitycenter.org](http://www.ljcommunitycenter.org)

Mon	Tue	Wed	Thu	Fri
<b>EVERY MONDAY</b> 11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español	<b>EVERY TUESDAY</b> 10am Zumba Gold 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation 1pm Movie Club	<b>EVERY WEDNESDAY</b> 10am Spanish Beginners 3 11am Deep Yoga Flow 1pm Strength & Balance	<b>EVERY THURSDAY</b> 10:30am Gentle Hatha Yoga 10:30am Tai Chi: Virtual <b>12pm NEW! Strength Clinic</b> <b>1:15pm NEW! Practical Prana &amp; Breathwork</b>	<b>EVERY FRIDAY</b> 9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model
3	4	5	6	7
	2pm Cooking Demo with Chef Nikki: French Winter Dinner	12pm iPhone/iPad for Beginners	1pm Brain Health Lecture Series 2:45pm Peer Learning Collaborative: Unraveling Homelessness	
10	11	12	13	14
		12pm iPhone/iPad for Beginners 2pm Mexican Train Dominoes 7pm Opera Wednesdays	1pm Brain Health Lecture Series 2:45pm Peer Learning Collaborative: Unraveling Homelessness	12pm Kiwanis Meeting
17	18	19	20	21
HAPPY ST. PATRICK'S DAY! 2pm. St. Patrick's Day Happy Hour	2pm Cooking Demo with Chef Nikki: Risotto Mastery	12pm iPhone/iPad for Beginners 2pm Collage Art Class	1pm Brain Health Lecture Series 1pm Tax Planning Strategies for 2025 and Beyond 2:45pm Peer Learning Collaborative: Unraveling Homelessness	7:30pm Center for World Music
24	25	26	27	28
	10:30am Day Trip: Balboa Park 2:30pm Afternoon Bingo	12pm iPhone/iPad for Beginners 3pm Movie Night: Wicked	1pm Brain Health Lecture Series 2:45pm Peer Learning Collaborative: Unraveling Homelessness	12pm Kiwanis Meeting 2pm Acrylic Pour Workshop 8pm Fourth Friday Jazz Series featuring Dave Scott
31	Apr-1	Apr-2	Apr-3	Apr-4
	2pm Cooking Demo with Chef Nikki: Risotto Mastery		10am American Mahjong 1pm Brain Health Lecture Series	12pm Concerts in the Courtyard

**Interested in a program? Please Register (858) 459-0831**  
 Registration is required. Classes may be canceled if there is not a minimum number of participants registered for a program.  
*\*Please see class descriptions for canceled classes*

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and review us on Yelp! 

**Not a Member? Join today!**  
 Individuals \$120/year Dual/Couples \$200/year  
 Hours of Operation: Monday-Friday: 9am-5pm  
 (858) 459-0831