

# LA JOLLA COMMUNITY CENTER

## December 2024 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)

*Happy Holidays! We are thankful for you!*

### Holiday Celebration

Celebrate the Holidays with us! Get in the spirit and join us for a fun evening of shopping, live music, festive fare, and drinks. Come early to visit with friends and shop for gifts for the Holidays from fantastic vendors (including handcrafted goods), bid on our silent auction and so much more!



#### Event Program

5:00-8:00pm Silent Auction with GREAT items!  
5:00-8:00pm Vendor Holiday Shopping  
5:30-7:30pm Live Entertainment by IT TAKES TWO  
5:30-7:30pm Festive Fare catered by Taquizas Guadarrama  
**Friday, December 13. 5-8pm. Free/Sustaining Members, \$10/M, \$25/NM. Complimentary Valet Parking. RSVP required by December 10.**

### Cooking Demo with Chef Nikki

#### Beef Wellington Workshop

Join us for an interactive cooking workshop and learn to craft the ultimate showstopper: Beef Wellington. Perfect for special occasions or impressing dinner guests, this classic dish combines tender beef, earthy mushrooms, and flaky puff pastry. Our expert chef will guide you step-by-step through the process, from preparing the savory duxelles to achieving the perfect golden crust. You'll also learn essential tips and techniques to ensure your Beef Wellington is as delicious as it is stunning.



**Tuesday, December 17. 2-4:30pm. \$35/M, \$50/NM. Reservations required by December 14.**

### Holiday Bingo Afternoon

Join us for a festive afternoon! You are invited to an enjoyable afternoon filled with games, laughter, and the spirit of community. Come test your luck, socialize with friends, and maybe even win some seasonal prizes. Light refreshments and snacks will be served to make the event even more delightful.



Don't miss out on this special holiday celebration!  
**Thursday, December 19. 2-4pm. Social hour 2-3pm. Bingo 3-4 pm. Free/open to all. No cash prizes.**

**PLEASE NOTE THE CENTER WILL BE CLOSED  
THE WEEK OF DECEMBER 23 - 27**

### 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, December 11. 7-8:30pm. \$10-20 suggested donation. 100% of donations go directly to artists.**



### iPhone/iPad Assistance/Open Forum

Bring your questions and inquiries to this open forum. Level covered: Basics and General Settings. REQUIRED: Apple ID and PW.

**Wednesdays, December 4, 11. 12:30-1:30pm. Free/M, \$10/NM per class.**

*One-on-One lessons available by appointment for personalized questions.*



### Holiday Movie Nights

Get into the festive spirit with a delightful lineup of holiday classics each week! Cozy up with friends and family, enjoy seasonal treats, and experience the magic of the season on the big screen. Don't miss this opportunity to create joyful memories!

**Monday, December 2. Home Alone**

**Monday, December 9. It's A Wonderful Life**

**Monday, December 16. A Christmas Story**  
Films begin at 4pm. Doors open at 3:45pm. Free/Members. \$10/NM.

**Popcorn and refreshments included.**



### Day Trip to Coronado: Celebrate the Holidays at the Hotel Del

Experience the magic of the Holidays at Hotel del Coronado! Create timeless memories at Skating by the Sea – The Del's legendary beachfront ice rink and be enchanted by the thousands of sparkling lights and vintage inspired decorations throughout the resort. You'll have free time to enjoy the beautiful Giant Christmas Tree, shop around, sightsee and more.

**Wednesday, December 18. Check-in at 12:30pm. Depart 1pm. Return 5pm. Light refreshments provided before departing. \$10/M, \$20/NM. Reservations required.**



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

## Round Table Recollections

Sponsored by Monarch Cottage

Join us to socialize, reminisce, learn something new, and keep your brain active in this lively and supportive discussion group! This is a supportive social group designed to engage the brain through discussion, social interaction, reminiscence, brain exercises + more.

*Please note that care is not provided at these meetings. Anyone needing assistance must bring their own care support.*

**Wednesday, December 11. 11:45am-12:45pm. Free.**



A tradition of excellence from local artists since 1918

LA JOLLA  
art ASSOCIATION

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

## LJAA Exhibition

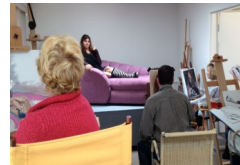
Visit the new exhibition from October 7 - December 30. Art featured will include watercolor, photography, oils, digital art and acrylics. **To view the art during the week, please call in advance as some galleries may not be available.**

**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

Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok.

**Tuesday, December 10. 2-3pm.**

**Wednesday, December 18. 2-3pm.**

**\$20/M, \$30/NM. Second canvas available for purchase for \$20. \*painting will be wet after class. Pick up is available during the week.**



## 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, December 11. 1-2pm. \$15/M, \$20/NM.**

**Registration Required by December 9.**



## American Mahjong for Beginners 6-Week Course

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

Course taught by Carol Cohn.

**Thursdays, January 23, 30, February 6, 13, 20, 27. 10am-12:30pm. \$165/M, \$190/NM.**

**Mahjong card not included.**

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



## Spanish Beginner 3

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

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.**

## Peer Learning Collaborative

**Coming Up In 2025...**

**January:** Four Great 60's movies to remember and dissect

**February:** Falls, hips, knees, shoulders

**March:** Three fact-based conversations about homelessness

**April:** Three conversations about challenges in the health insurance landscape

**PLUS SO MUCH MORE!**

**See the schedule at [www.ljcommunitycenter.org/plc](http://www.ljcommunitycenter.org/plc)**



## Please Consider Making An End of Year Contribution

As the year comes to a close, we at the La Jolla Community Center reflect on a year filled with connections, enrichment, and joy. Our programs, events, and services for adults and seniors have brought vitality and community spirit to so many.

We rely on the generosity of supporters like you to keep these essential programs running. Your end-of-year donation can make a significant impact—whether it's supporting wellness classes, cultural events, or social activities that combat isolation and promote well-being among our community members.

Please consider making a contribution today. Your support will ensure that we can continue to provide meaningful experiences and resources that foster a vibrant, inclusive environment for all.

Donations can be made at [www.ljcommunitycenter.org/donate](http://www.ljcommunitycenter.org/donate) or by contacting us at (858) 459-0831.

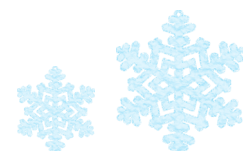
No gift is too small, and every gift is appreciated

Thank you for being an invaluable part of our community. Together, we can make 2025 even more enriching.

Warmest wishes and Happy Holidays,

*Nancy Walters*

Executive Director



# 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](http://www.ljcommunitycenter.org) | (858) 459-0831 | [info@ljcommunitycenter.org](mailto: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 Andrea Ogden

**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 Guru Amrit

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.**

### Strength Clinic with Andrea Ogden

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. **Class Prerequisite: Ability to perform 5 modified push-ups in quadruped (table top) position.**

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

### 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.**

### 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 "Cartas de Cuba" by Raquel Behar. **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- 3pm. 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. Films begin at 1pm. Free/M, \$5/NM.**

### Attention Members & Volunteers!

Interested in joining a Committee? Want to start a new social group? Do you want to teach/lead a new class? Give us a call! (858) 459-0831

**To support our programs, please consider making a tax-deductible contribution!**  
**[www.ljcommunitycenter.org/donate](http://www.ljcommunitycenter.org/donate)**

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	<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>EVERY FRIDAY</b> 9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model
2 <b>4pm Holiday Movie Night</b>	3 1pm Movie Club	4 12:30pm iPhone/iPad Open Forum	5	6
9 <b>4pm Holiday Movie Night</b>	10 1pm Movie Club <b>2pm Acrylic Pour Workshop</b>	11 <b>11:45am Round Table Recollections</b> 12:30pm iPhone/iPad Open Forum <b>1pm Sound Bath Healing</b>  <b>7pm Opera Wednesdays</b>	12	13 <b>12pm Kiwanis Meeting</b>  <b>5pm Holiday Celebration</b>
16 <b>4pm Holiday Movie Night</b>	17 1pm Movie Club <b>2pm Cooking Demo with Chef Nikki: Beef Wellington Workshop</b>	18 <b>1pm Day Trip: Hotel Del Coronado</b> <b>2pm Acrylic Pour Workshop</b>	19 <b>3pm Holiday Bingo Afternoon</b>	20
23 <b>CENTER CLOSED</b> <b>HAPPY HOLIDAYS!</b>	24 <b>CENTER CLOSED</b> <b>HAPPY HOLIDAYS!</b>	25 <b>CENTER CLOSED</b> <b>HAPPY HOLIDAYS!</b>	26 <b>CENTER CLOSED</b> <b>HAPPY HOLIDAYS!</b>	27 <b>CENTER CLOSED</b> <b>HAPPY HOLIDAYS!</b>
30	31 1pm Movie Club	Jan-1 <b>CENTER CLOSED</b> <b>HAPPY NEW YEAR!</b>	Jan-2	Jan-3

**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*

Like us on facebook! [www.facebook.com/ljcommunitycenter](http://www.facebook.com/ljcommunitycenter)  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