

LA JOLLA COMMUNITY CENTER

June 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 | info@ljcommunitycenter.org

Fourth Friday Jazz Series

Lori Bell: Remembering Joe Henderson

This tribute performance will celebrate the legacy of the legendary jazz saxophonist Joe Henderson. Lori Bell, known for her exceptional talent and soulful interpretations, will be bringing her unique flute stylings to the forefront as she explores Henderson's rich musical contributions. The concert promises to be a night of intricate melodies, dynamic improvisation, and a heartfelt homage to one of jazz's greats. Bell will be accompanied by Tamir Hendelman, piano, and Ron Satterfield, vocals/guitar.



Friday, June 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.

Blues & Rock'n Roll Dance Night with Robin Henkel

Robin Henkel performs blues with an intensity rarely seen in San Diego. Dance to the tunes of Muddy Waters, Fred McDowell, Robert Johnson and more! Henkel is accompanied by Kevin Koch on drums.

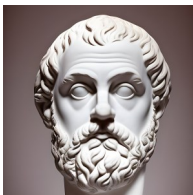


Friday, June 21. 7-8:30pm. Doors open at 6:30pm. \$15/M, \$25/NM. Refreshments for sale.

Peer Learning Collaborative

Rhetoric & Persuasion: Plato to the Present

This four-week course will examine rhetorical theory beginning with Plato and the Sophist Gorgias in the 3rd Century BC and ending with contemporary theories of persuasion. What moves us to believe what we believe, or to take a certain action? How do we evaluate the things we read, see, and hear? Facilitator: Dr. Deborah Williams. [More info online.](#)



Thursdays, June 6, 13, 20, 27. 3-4pm. Followed by drinks and appetizers. \$15/M, \$35/NM for 4-week course.

Bingo

Enjoy a friendly game to play and a fun way to win prizes! [No cash prizes.](#)

Wednesdays, June 19, 26. 3-4pm. Free.



Cooking Demo with Chef Nikki

Mastering Pie Crust for Sweet and Savory Recipes

Delve into the fundamentals of crafting the perfect pie crust, from choosing the right ingredients to mastering rolling and shaping techniques. Chef Nikki will demonstrate how to achieve that ideal flaky texture and golden-brown finish, whether you're making perfect pie dough, empanadas or a crostata.



Tuesday, June 25. 2-4pm. \$30/M, \$40/NM.

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, June 12. 7-8:30pm. \$10-20 suggested donation.

100% of donations go directly to artists.

Concerts in the Courtyard

Every first and third Friday of the month!

Featuring local artists from genres including jazz, opera, classical, world music and more. Doors open at 11:45am.

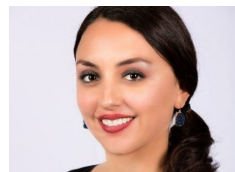
Earlier entry and seating is not available.

Friday, June 7. 12-1pm.

The Steph Johnson Trio: 100 Years of Jazz Friday, June 21. 12-1pm.

Fred Benedetti: Music from Spain & SA

Please note, entrance to Concerts in the Courtyard is FREE, but donations are welcome and greatly appreciated. [More info online.](#)



Cheers to Dads: A Father's Day Event

Join us for an afternoon of celebration filled with fun activities! Work on your putt on our mini golf course, show off your cornhole skills, and savor light refreshments.

Thursday, June 13. 1-3pm. Free/M. \$20/NM.

Day Trip: Whale Watching

Prepare for the best whale watching in San Diego! The on-staff naturalists have endless wildlife facts to share about the beautiful marine ecosystem San Diego has to offer. Trip Highlights: Dive into a 3-hour whale-watching cruise, Enjoy live commentary from our certified marine naturalists, Experience a tour filled with whales, dolphins, sea lions, and birds. [More info online.](#)



Tuesday, June 18. Depart 11am, Return 4:30pm. \$75/M, \$95/NM. Space limited, reservation required.

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, June 12. 11:45am-12:45pm. Free/Open to all.

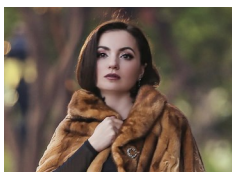


Reservations required. All programs are subject to change or cancelation based on attendance.

June Arias: A Night of Opera Elegance

Featuring Anna Belaya, soprano, Gerardo Gaytan, tenor and Michele Scanlon, piano. Experience an evening of musical splendor. Join us for an enchanting journey into the captivating world of opera. Immerse yourself in the timeless beauty of classical arias, performed by renowned vocalists whose voices will soar with passion and grace.

Saturday, June 15. 6:30-8pm. Doors open at 6pm.
Early bird tickets end June 14, 12pm: \$50. Door: \$60.



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

LJAA Exhibition

Visit the new exhibition from Jun 3 - Jul 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.**

More info: www.lajollaartassociation.org

Next Reception: Saturday, June 8, 3-5pm. Free, open to all.

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™

Monday, June 12. 2:30-3:30pm. \$15/M, \$20/NM per class.
Coming Up: June 27, 2-3pm and July 17, 2:30-3:30pm.



Refresh Your Financial Plan

An Educational Course for Age 55+

Making your money last throughout retirement has never been more challenging. People are living longer, and fewer retirees have traditional pensions. While most retirees are covered by Social Security, this program also faces financial challenges. This course will help you develop a personalized retirement income plan and help you reassess your current financial situation. Presented by Susan Alefi, AAMS®, ChFC®, a Wealth Management Advisor and member of the Financial Planning Association.

Thursday, June 20. 1-2pm. Free/Open to all.
Registration required.



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.

Making Life Decisions as You Age

Getting older doesn't mean you are ready to give up control of your decision-making, and there are so many decisions to be made! Join Laura Lorber, J.D., to talk about these issues and start the journey to making choices that are important for the next phase in your life. **Friday, June 21. 11am-12pm. Free/Open to all.**



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.

All levels welcome. Fridays, 10am-1pm.
Secure your spot: Dottie Stanley at dottieartist@gmail.com

Free/M, \$5/NM. Participants split the model fee.



Acrylic Pour Workshop

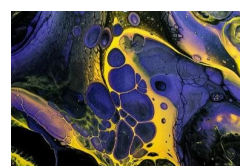
Call it fluid art, liquid art, or acrylic pouring, there's nothing more satisfying than creating abstract masterpieces by letting pigment run amok.

Friday, June 28. 2-3pm. \$20/M, \$30/NM.

Materials included. *painting will be wet after class.

Pick up is available during the week.

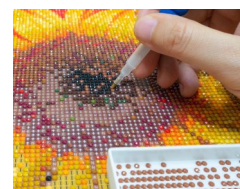
Second canvas available for purchase for \$20.



Craft Hour: Diamond Painting

Diamond painting - a relaxing and satisfying craft where you create stunning mosaic-like artworks by placing colorful resin rhinestones (diamonds) onto a pre-printed adhesive canvas. It's like paint-by-numbers, but with sparkling gems!

Mondays, June 17, 24, Jul 1. 3-4:30pm. Free/M. \$10/NM.



SeniorConnect: iPhone for Beginners, Part 2 6-Week Beginner Course

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

Wednesdays, May 29 - July 3. 12:30-1:30pm.

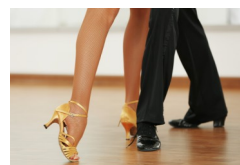
Free/M. \$100/NM Course. Drop-in: \$20/NM.



Salsa Dance

Learn the fundamentals of footwork, partner connection, and basic moves. Receive insights into the history, roots & evolution of salsa dance and music. **Beginner & Intermediate Levels.**

Check online for dates and times.



Better Bridge by Farr: 4-Week REVIEW

Beginning

Mondays, July 8, 15, 22, 29. 10:30 AM - 12:30pm.

Intermediate

Mondays, July 8, 15, 22, 29. 2:00 - 4:00pm.

Advanced

Tuesdays, July 9, 16, 23, 30. 2:00 - 4:00pm.

\$110/Member, \$125/Non-Member, per course, per person.

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, NO CLASS 6/4, 6/7

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 Yoga with Bob Spindler

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, 10-11am. \$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.

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 Bridge

Do you enjoy Bridge? There is a congenial group who meets weekly on Thursdays to play Chicago and Rubber Bridge using common standard conventions. Intermediate and Advanced levels. Walk-ins welcome!

Thursdays. 1-3pm. Free/M, \$5/NM.

Have a private group? Reserve a room during the week.

Various days & times available. 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

Mon	Tue	Wed	Thu	Fri
EVERY MONDAY 11am Deep Yoga Flow 1pm Spanish Beginners 1 2:30pm Café Español	EVERY TUESDAY 10am Zumba Gold 10:30am French Conversation 11am Social Mahjong 11:30am Chair Yoga & Meditation	EVERY WEDNESDAY 10am Spanish Beginners 3 11am Deep Yoga Flow 1pm Strength & Balance	EVERY THURSDAY 10am Gentle Yoga 10:30am Tai Chi: Virtual 1pm Social Bridge	EVERY FRIDAY 9am Zumba Gold & Tone 10am Kundalini Yoga 10am Painting from the Model
3	4 1pm Movie Club 2pm Watercolor Wonders	5 12:30pm SeniorConnect: iPhone for Beginners, Part II	6 10am American Mahjong Beginners 3pm PLC: Rhetoric & Persuasion	7 12pm Concerts in the Courtyard: Steph Johnson Trio
10	11 1pm Movie Club 2pm Watercolor Wonders	12 11:45am Round Table Recollections 12:30pm SeniorConnect: iPhone for Beginners, Part II 2:30pm Sound Bath Healing 7pm Opera Wednesdays	13 10am American Mahjong Beginners 1pm Cheers to Dads: A Father's Day Event 3pm PLC: Rhetoric & Persuasion	14 12pm Kiwanis Meeting 7:30pm Center for World Music Concert (Info: centerforworldmusic.org)
17	18 11am Day Trip: Whale Watching 1pm Movie Club 2pm Watercolor Wonders 3pm Craft Hour: Diamond Painting	19 Juneteenth 12:30pm SeniorConnect: iPhone for Beginners, Part II 3pm Bingo	20 10am American Mahjong Beginners 3pm PLC: Rhetoric & Persuasion	21 11am Making Life Decisions as You Age 12pm Concerts in the Courtyard: Fred Benedetti 7pm Rock N Roll Night with Robin Henkel
24	25 1pm Movie Club 2pm Cooking Demo with Chef Nikki: Mastering Pie Crust 3pm Craft Hour: Diamond Painting	26 12:30pm SeniorConnect: iPhone for Beginners, Part II 3pm Bingo	27 10am American Mahjong Beginners 2pm Sound Bath Healing 3pm PLC: Rhetoric & Persuasion	28 12pm Kiwanis Meeting 2pm Acrylic Pour Workshop 8pm Fourth Friday Jazz Series featuring Lori Bell
Jul-1	Jul-2 1pm Movie Club 3pm Craft Hour: Diamond Painting	Jul-3 12:30pm SeniorConnect: iPhone for Beginners, Part II	Jul-4 CENTER CLOSED	Jul-5 12pm Concerts in the Courtyard: Ed Kornhauser

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



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