



A few blocks from the Pacific Ocean, the Riford is a unique membership club in the village of La Jolla. It is a welcoming place for fitness, learning, enrichment, and social activities for adults in our community.

*The Riford Center* has the feel of a beach house, with a sunny courtyard. Through generous donations, it is being updated and enhanced.

Decades ago, Mrs. Florence Riford funded the Center as a social club for local residents and ultimately deeded the property to the City. Today it is operated and sustained as a nonprofit organization supported by members, volunteers, and contributors.

*The Riford Bridge Club, Fitness Club, Kitchen Club, and Book Club* are of prime interest to members today. A variety of other classes and special events are held throughout the year, including new activities responding to member interests.

*"We're so fortunate to have our own adult community center in La Jolla – we enjoy it, we support it, we run it!"*

## Enjoy and Support the Riford

### Join and Participate!

We welcome all adults in the La Jolla community. Come pursue your interests and develop new ones. A nominal annual membership fee and fees for some activities help pay our operating expenses. Members receive **At the Riford**, our monthly newsletter and calendar.

### Volunteer!

Give your time and talents to help the Riford innovate and expand. Join a committee and help create and conduct new programs and activities, build community awareness, and make new friends. Together we're making the Riford a happening place.

### Contribute!

Contributions from individuals, families, and community organizations are vital to sustain operations at the Riford Center. All contributions are tax deductible. Tax ID 20-8682354. Our plans and financial reports are available on request.

6811 La Jolla Blvd (at Bonair Street)  
La Jolla, CA 92037  
858-459-0831  
www.rifordcenter.org  
info@rifordcenter.org

### Membership and Contributions

Annual membership: Regular member \$100 \_\_\_\_\_ Sustaining Member \$250 \_\_\_\_\_

I want to make a special contribution to support The Riford Center: \$ \_\_\_\_\_

Mr./Mrs./Ms. \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ E-mail: \_\_\_\_\_

\_\_\_\_\_ **Payment** \_\_\_\_\_

Check \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Card No. \_\_\_\_\_ Exp \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_ Yes, you may list me as a contributor \_\_\_\_\_

Please remove and return this form to:

The Riford Center • 6811 La Jolla Blvd. • La Jolla, CA • 92037

## Clubs for Members

Riford members participate in activities that interest them. Each club is directed by a committee of volunteers.

### **The Riford Bridge Club**

Members enjoy social bridge, beginning and intermediate bridge classes, duplicate bridge, special social events and projects.

### **The Riford Fitness Club**

The Riford offers low-impact aerobics, various forms of yoga, T'ai Chi, Qi Gong, NIA, and dancing classes at low cost. Presentations and workshops address fitness, health, and aging topics.

### **The Riford Kitchen Club**

We'll soon be hosting demonstrations, hands-on cooking classes, club dinners, wine tasting, and events yet to be conceived. The committee includes chefs and instructors from the community as well as members.

### **The Riford Book Club**

An afternoon and an evening book group meet each month to discuss a book recommended by members.

### **The Riford Investment Club**

This group discusses investment trends and strategies, the club is informed by a local investment advisor and coordinated by a member.

## And More . . .

### **Computer Lab**

Members enjoy free wireless Internet and a lab with ten new computers. We offer basic computer and Internet classes, individual coaching, and special workshops on specifics such as photos or blogs.

### **Special Interests**

Classes include Spanish (3 levels), conversational French, painting and drawing. Groups have formed around common interests such as Scrabble, and mah-jongg, and community projects. Members enjoy our lending library. Much more will come!

### **Special Events**

Musicians, guest speakers, discussion workshops, community service events, social events, and celebrations are regularly held.

### **Excursions**

Outings are arranged and hosted by the Riford, often with transportation provided, to area events and attractions.

### **Elder Services**

Members are referred to services on aging and eldercare issues including health insurance counseling, legal services, and bereavement groups. We host AARP Driver Safety courses.

### **Rentals**

The Riford Center is available for private or community meetings and events.

## Renovating the Riford Center

We are updating and enhancing our 7,000 square-foot home to support new activities and members.

The great room and The Riford Kitchen are being renovated by La Jolla's Design Studio West. This project has been made possible through a generous gift by Dick and Kaye Woltman, in memory of Dorothy Reasner, Kaye's mother and a past member and President of the Riford.

A new ADA-accessible entrance will be built on Bonair Street. Councilwoman Sherri Lightner is working to obtain funding through a Community Development Block Grant.

Painting and other projects have been funded by grants and hands-on work by the La Jolla Rotary and Kiwanis Club of La Jolla. Local professionals and businesses have donated services and materials.

Additional projects awaiting contributions include additional parking, renovation of the courtyard, expansion of classrooms, and new furnishings and equipment.

For current information visit:  
**[rifordcenter.org](http://rifordcenter.org)**