



AT THE Riford

6811 La Jolla Blvd.
La Jolla, CA 92037
(858) 459-0831
rifordemail@gmail.com
www.rifordcenter.org

FEBRUARY 2012

“LA JOLLA’S COMMUNITY CENTER FOR ACTIVE ADULTS”

OUR MISSION IS TO PROVIDE ACTIVITIES ENJOYED BY ADULTS OF ALL AGES INCLUDING:
LEARNING, FITNESS & HEALTH, ARTS, CULTURAL & SOCIAL ACTIVITIES

WINE & ROSES – WINE TASTING & VALENTINE’S DAY AFFAIR

Enjoy a very unique wine tasting and pairing lead by wine expert, Frank Brennan. Spend the evening savoring 8 different wines and enjoying Frank’s great humor. Apart from tasting 8 fantastic wines, and an overall great night, you will get to purchase all of the different wines and take them home. You will also enjoy fabulous cheeses, chocolates and beautiful floral arrangements to continue celebrating the month of Love. Relish in great wines, love and friendship.

Sat, Feb. 18 4:30pm. Please RSVP before Feb. 10, Limited seating. \$40/Members, \$50/Non-Members

DISTINGUISHED SPEAKER SERIES

- CHARLES HARTFORD: “THE POWER OF ONE”

Lt. Colonel Charles Hartford, US Army, led the ground convoy portion of the successful Iraq war rescue efforts to secure the release of an American prisoner of war. A Bronze Star recipient, Hartford will share personal anecdotes from his 19-year military service and five War on Terror support deployments, with combat in Iraq and Afghanistan. Charles is a 1989 graduate of the United States Military Academy at West Point and holds Masters Degrees in History and in Diplomacy and International Commerce from the University of Kentucky and the Patterson School in Lexington, Kentucky.

Wed, Feb. 29, 5:30pm. Light Refreshments Served. Please RSVP.

ANTIQUES APPRAISAL SHOW WITH FRANK KAMINSKI

Frank Kaminski, a nationally renowned antique estimator and dealer from Boston is back! Kaminski’s appraisal team features professionally trained and licensed individuals, specializing in all genres and periods of antiques and fine art. The firm’s extensive clientele includes institutions, businesses, local historical societies, and private individuals. Attendees are invited to bring any item for appraisal, excluding only coins, stamps and musical instruments. Those with larger items, such as furniture or large paintings, are invited to bring photos to the event or schedule a home visit.

Tue, Feb 21, 1pm-5pm. Please call to register. \$25 per person, up to 5 items. Additional items: \$10/each

DAY TRIP - THE GETTY CENTER

The Getty Center in Los Angeles presents the Getty’s collection of Western art from the Middle Ages to the present against a backdrop of dramatic architecture, tranquil gardens, and breathtaking views. Exclusive exhibitions and tours are available. Price includes roundtrip transportation in a Deluxe Bus, admission to the museum, drinks and snacks.

Wed, Feb 15. Depart 8AM / Return 6PM. \$35/Member \$45/Non-Member. Please RSVP. Limited Seating.

“HOME-COOKED DINNER” W/ URS “LE CHEF”

Learn how to cook light and healthy dishes the easy way. Enjoy a full meal, wine and fun and easy recipes. Give the cooking a break and enjoy being served a delicious meal while learning how to prepare it in the future. Bring a friend and enjoy! Spots are filling up fast, call today!

- Home-made delicious chunky vegetable soup
- Freshly baked garlic bread
- Spinach salad served with chopped apples and eggs w/ raspberry dressing
- Fettuccini “La Jolla” w/ fresh shrimp, grilled asparagus & red peppers w/ creamy bourbon sauce
- Red wine poached pears with vanilla bean ice cream

Thu, Feb 23, 6 – 8:30pm \$40/Members, \$45/Non-Members. Please RSVP.

BRIDGE IS BACK!

Beginners I - Mon, 10:30-12:30pm, Starts Feb 20

Beginners II - Thu, 10am-NOON, Starts Feb 23

Intermediate I - Tue, 10-NOON, Starts Feb 21

Intermediate II - Thu, 2:30-4:30, Starts Feb 23

10 Week Course \$125/Members \$150/Non-Members

Register today: (858) 455-5406

WEIGHT WATCHERS

Have a New Year’s Resolution? Try Weight Watchers! The Holidays are over and the timing is perfect. This is Resolution time, what are you waiting for? Smarter choices become second nature with WW! You’ll be guided towards smarter and delicious choices that make your body work harder while providing better nutrition throughout the day.

Tue, 6pm & Thu, 12:30pm.

JEWELRY MAKING

Learn how to make beautiful jewelry with expert jewelry maker, Yolanda! Whether it's for yourself or for gifts, making jewelry is a fun way to bring out your creative side and make a gift from the heart. Bring a friend and any supplies to have creative fun. Beads, stones and hardware available for purchase to make earrings, necklaces and bracelets

Mon, Feb. 13 & 27, 2:30pm. \$15/Members, \$20/Non-Members PER CLASS.

NEW CLASS - PILATES MAT CLASS

Try Pilates with Fiona! This class is great for building strength in a safe way and helping with a loss of balance as we age. More than that, it is engaging and fun.

Every Fri at 10:15am. Free

KUNDALINI YOGA

Everyone who has tried Kundalini at the Riford loves it! Kundalini Yoga is the most ancient and therapeutic type of yoga. Every movement and pose is executed with a keen focus on breath. Each Kundalini class begins with a chant that has a strong positive impact on brain activities. This is followed by exercises to stretch the spine and improve flexibility.

Every Wed and Fri, 11am, FREE

READER'S THEATRE – "STEEL MAGNOLIAS"

Please join us for a reprise performance of Robert Harling's "Steel Magnolias" on Feb 13. One week later on Feb 20th, we will be having a spontaneous, "unrehearsed" reading of Act II of Neil Simon's "Laughter on the 23rd Floor." Come on back – or for the first time – and act, read, listen, participate, and laugh!

Mon, Feb 13 & 20 at 7:30pm. \$5-\$10 donation

Back by Popular Demand –

ART HISTORIAN, DOUGLAS BARKER

Join Douglas Barker as he returns to the Riford with another extraordinary lecture – "The French Ambassadors and the Secret Horoscope" The year is 1533. King Henry VIII has England as well as the Continent in an uproar over his plans to take over the Church in England and divorce his very Catholic Spanish queen, Catherine of Aragon, who has been unable to provide him with a male heir. However, the pope has refused to grant an annulment. Jean de Dinteville, the French ambassador, walks a tightrope of diplomacy as he attempts to smooth relations between Henry and Francois I, the French king. Come prepared to learn more and enjoy some outstanding examples of Renaissance art masterpieces.

Tue, Feb 28 at 7pm. Free. Refreshments served. Please RSVP.

ITALIANO WITH PAOLA

Paola is an amazing instructor who makes learning Italian fun and easy. Catch this 8 week course starting soon! .

Beginner II -Tue, Feb. 14 at 9am

Beginner I – Tue, Feb. 14 at 10am

\$112/Members, \$130/Non-Members. Registration required.

PHOTOSHOP

Want to learn how to use Photoshop? Give us a call to get you started in March. (858) 459-0831 .

WANT TO LEARN SPANISH?

Join your instructor, Alicia, for a fun and intensive course. Alicia is from Lima, Peru and has taught Spanish at San Dieguito Adult Education Program in North County since 2006. Enjoy engaging in lively dialogues and conversations.

Beginners I - Wed, Feb 1, 9am. 8 week course. \$135/Members, \$150/Non-Members. Registration required.

YOUR Ad HERE!

Contact us at **(858) 459-0831** for more information.

LAUGHTER YOGA

Laughter Yoga is a revolutionary idea – simple and profound. An exercise routine, it is sweeping the world and is a complete wellbeing workout. Laughter Yoga combines Unconditional Laughter with Yogic Breathing (Pranayama). This innovative concept has a worldwide following, and has been featured by many popular publications like TIME Magazine, National Geographic, Wall Street Journal, Los Angeles Times plus more..

Every Wed, 10:15am, FREE

BOARD GAME NIGHT

Do you like Scrabble, Pictionary, or Trivial Pursuit? Then you will love our Board Game night! Bring your friend or just yourself and enjoy a night of fun filled playing and easy going conversations. Feel free to bring snacks and drinks!

Thu, Feb 9, 4pm. Light refreshments served. FREE

HULA DANCE CLASS

If you're looking to learn how to hula then you've made it to the best destination for learning with Hawaii Native and Hula Instructor, Noana. Learn part of the Hawaiian culture and get a great work out at the same time!

Thu, Feb 16 2pm. \$10/Members, \$15/Non-Members

JAZZERCISE – NEW CLASS ON THURSDAYS @ 7:30AM!

Find your Resolutions at Jazzercise...Fitness, Friendship & Fun!! Jazzercise is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. Jazzercise caters to all ages, levels, and sizes - a willingness to participate is the only requirement! ALL are welcome -low impact /chair options available. Burn up to 600 calories in 60 minutes. 7 classes a week, first class is always FREE!

Mon, Wed, Fri, Sat 9am, M & W 5:45pm, AND NOW Thu 7:30am.

ZUMBA

Zumba fuses hypnotic Latin rhythms and very easy-to-follow moves to create a one of a kind fitness program that you will fall in love with. Stand or sit, the choice is yours! Come and learn what the ZUMBA craze is all about.

Tue, 8:30am, \$10/Members, \$12/Non-Members

Riford Center Activity Calendar February 2012

www.rifordcenter.org (858) 459-0831

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			8	9	10	11
			15	16	17	18
			22	23	24	25
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Connect with us on [facebook.com/rifordcenter](https://www.facebook.com/rifordcenter) to receive more information on our programs



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INVESTMENT WORKSHOP w/ DOTTIE STANLEY

Join Dottie, as she answers questions on a number of investment issues going on today. Dottie was voted "Best Financial Planner - 2011" by the readers of the La Jolla Village News.

Tue, Feb 7, 2pm. All are welcome

COMPUTER CLASSES

Want to stay in touch with family and friends? Learn how to connect and stay connected. This class is designed for beginners who wish to learn every step of the process. Space is limited so sign up today!

Every Tue, 11am. \$10/Members, \$15.00/Non-Members.

Book Club

Moloka'i by Alan Brennert is a richly imagined novel, set in Hawai'i more than a century ago, is an extraordinary epic of a little-known time and place—and a deeply moving testament to the resiliency of the human spirit.

Tue, Feb 21, 2pm. All are welcome!

DANCE CLASS FROM THE DANCE DOCTOR

The Dance Doctor, Janice Montgomery, who has over 20 years of experience dancing and teaching dance. No experience necessary. The dance patterns covered will be from ballroom, Latin, and swing. Take this class and have more FUN dancing!

Every Tue, 6:30-8pm. \$15/Members, \$20/Non-Members

TAX PLANNING WORKSHOP

Workshop Will Include: What you need to know for the 2012 tax season, Tax planning strategies to help reduce tax liabilities, 4-Page informational take away and Professional advice for all your tax questions.

Fri, Feb 10 at 1:30pm. Free.

FREE CLASS OFFERINGS AT THE RIFORD:

Social Bridge: Every Wed, 12:30pm

Investment Club: w/ Bryan Gould: Every Second Tuesday of the month, 2:00PM

Library: Free Large Print and Regular Print Checkouts

League of Women Voters: Every Second Tuesday of the month, 9:30AM

Computer Room: Daily access to computers with Internet and printers

Investment Workshop: w/ Dottie Stanley: Every fourth Tuesday of the month, 2:00PM

Yoga: Tuesdays 10:00AM, Thursdays 8:45AM

AARP Driver Safety Program: Call to register (619) 641-7020

Elder Law & Advocacy: HICAP: Call to make an appointment (858) 565-8772

French Conversation: Tuesdays at 10:30AM

Kundalini Yoga: Mon & Fri, 11am

Laughter Yoga: Wed, 11am

Pilates Matt Class: Fri, 10:15am