

Mon	Tue	Wed	Thu	Fri	Sat
<b>EVERY MONDAY</b> 9am Ico-Dance 10:30am iPad & iPhone Class  1pm Line Dancing* <b>2pm Strong Core, Happy Back</b>	<b>EVERY TUESDAY</b> 8:15am Zumba 10am Silver Age Yoga 10:30am French Conversation  <b>1pm Yoga for Healthy Bones</b> 4:45pm Guided Sound Meditation	<b>EVERY WEDNESDAY</b> 9am Svaroopaa Yoga 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club <b>2:15pm Café Español</b>  7pm Qi Gong Style Tai Chi	<b>EVERY THURSDAY</b> 9am Silver Age Yoga 10:15am Chair Yoga 10:30am Qi Gong Style Tai Chi 1pm Line Dancing* 1:30pm iPad & iPhone Class* <b>2pm Craft Hour: Pop-Up Cards</b>	<b>EVERY FRIDAY</b> 8:30am Zumba 10am Balance Class 11:15am Kundalini Yoga: Video Only	<b>EVERY SATURDAY</b> 9am Ashtanga Flow Yoga <b>10:25am Jazz Dance</b> 11:30am Deep Yoga Flow*  2:30pm Svaroopaa Yoga*
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					<b>4pm Muses &amp; Musings Art Reception</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
10:30am Bridge Beg I <b>10:30am How to Start A Painting - Art Class</b>  2:30pm Bridge Beg II	9am Italian Intermediate 10am Bridge Intermediate I  <b>2pm Spanish Conv &amp; Int</b>	<b>10:30am Capturing Your Memoir</b>  <b>2pm Jewelry Making Class</b>	10am Bridge Intermediate II	11am Ukulele Class	10am Art Class with Live Model: Uninstructed
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
10:30am Bridge Beg I <b>10:30am How to Start A Painting - Art Class</b>  2:30pm Bridge Beg II	9am Italian Intermediate <b>9:30am Big Picture Planning</b> 10am Bridge Intermediate I <b>11:30am Cooking with Phillis Carey</b>  2pm Spanish Conv & Int <b>2:30pm Social Scrabble Game</b>	10:30am Capturing Your Memoir  <b>7pm 3 Year Anniversary Celebration: Opera Wednesdays</b>	10am Bridge Intermediate II  11:30am Mind Fit Series  <b>6pm Cooking Class with Chef April</b>	9:45am Functional Flow 11am Ukulele Class  <b>12pm Kiwanis Club of La Jolla Meeting</b>	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10:30am Bridge Beg I <b>10:30am How to Start A Painting - Art Class</b>  2:30pm Bridge Beg II	9am Italian Intermediate 10am Bridge Intermediate I  <b>11:30am Cooking with Phillis Carey</b> <b>11:30am This Month in LJ History</b>  <b>1pm Demistifying Facebook</b> 2pm Spanish Conv & Int	10:30am Capturing Your Memoir  <b>11am Café Social: A Social Gathering for Seniors</b>  <b>2pm Jewelry Making Class</b>	10am Bridge Intermediate II <b>10am Day Trip: Flower Fields &amp; Oceanside Museum of Art</b>  <b>11am Lunch and Learn: All About Short-Term Care</b> 11:30am Mind Fit Series	11am Ukulele Class	10am Art Class with Live Model: Uninstructed
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
10:30am Bridge Beg I <b>10:30am How to Start A Painting - Art Class</b>  2:30pm Bridge Beg II	9am Italian Intermediate 10am Bridge Intermediate I  1pm Demistifying Facebook <b>1:30pm How to Create Glamour Using Your Jeans Workshop</b>  2pm Spanish Conv & Int <b>2:30pm Social Scrabble Game</b>	10:30am Capturing Your Memoir	<b>8am Day Trip: Palm Springs Art Museum</b> 10am Bridge Intermediate II 11:30am Mind Fit Series  <b>6pm Cooking Class with Chef April</b>	9:45am Functional Flow 11am Ukulele Class  <b>7pm Fourth Friday Jazz Series: Lorraine Castellanos +2: Sarah Vaughn Highlights</b>	10am Art Class with Live Model: Uninstructed

**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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**Not a Member? Join today!**  
 Individuals \$120/year    Dual/Couples \$200/year  
**Hours of Operation: Monday-Friday: 9am-5pm**  
**Saturday: Open only for scheduled classes and special events**