

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance 10:30am How to Start A Painting: Art Class 4:45pm NEW! Meditation (No class 4/2)	EVERY TUESDAY 8:15am Zumba 10am Silver Age Yoga 10:30am French Conversation 1:30pm Mat Pilates	EVERY WEDNESDAY 9am Svaroopaa Yoga 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club 7pm Qi Gong Style Tai Chi	EVERY THURSDAY 9am Silver Age Yoga 10:15am Chair Yoga 10:30am Qi Gong Tai Chi 1:30pm iPad & iPhone Class 2:30pm Strength & Flexibility 3:30pm Exploring Portraits Art Class	EVERY FRIDAY 8:30am Zumba 9:30am NEW! Stretch & Balance Class 10:30am Paint the Masters! 10:45am Kundalini Yoga 1pm Laughter Yoga	EVERY SATURDAY 9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
2	3	4	5	6	7
	9am Italian Conversation 10am Bridge by Farr Level III	11am Memory Café: "Let's Take A Trip! Share Your Travelogue"	10am Bridge by Farr Level II		10am Art Class with Live Model: Uninstructed 4pm A Tribute to Spring: Artist Reception
9	10	11	12	13	14
10:30am Bridge by Farr Level I 2:30pm Bridge by Farr Level II	9am Italian Conversation 10am Bridge by Farr Level III 11:30am Cooking with Chef Phillis Carey	7pm Opera Wednesdays' 4th Anniversary Celebration!	10am Bridge by Farr Level II 1pm The Mind Fit Series 2pm French for Beginners	6:30pm Blues and Rock'n Roll Night	10am Art Class with Live Model: Uninstructed
16	17	18	19	20	21
10:30am Bridge by Farr Level I 2:30pm Bridge by Farr Level II 6pm Canvas Design & Wine Art Class	9am Italian Conversation 10am Bridge by Farr Level III	11am Memory Café: "The Aging Process"	10am Bridge by Farr Level II 11:30am What Can Short Term Insurance Do for You? 2pm French for Beginners 3pm Bankers Life Music Appreciation Series: Jazz - American Creativity Front and Center		10am Art Class with Live Model: Uninstructed
23	24	25	26	27	28
8am Day Trip: LACMA 10:30am Bridge by Farr Level I 1pm 2:30pm Bridge by Farr Level II 4:45pm Bridge Dinner	9am Italian Conversation 10am Bridge by Farr Level III 11:30am Cooking with Chef Phillis Carey		10am Bridge by Farr Level II 2pm French for Beginners 6:30pm Wine in the Gilded Age	12pm Kiwanis Club of La Jolla Luncheon 7pm Fourth Friday Jazz Series featuring The Robert Dove Trio	10am Art Class with Live Model: Uninstructed
30	May 1	May 2	May 3	May 4	May 5
	10:30am Four Pillars of Brain Longevity Part I 11:30am Cooking with Chef Phillis Carey				Cinco de Mayo!

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*

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

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