

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance* 4:45pm Meditation	EVERY TUESDAY 8:15am Zumba* 10am Silver Age Yoga* 10:30am French Conversation 12pm Brain Longevity Yoga & Meditation 1pm Healing Touch Therapy (1-5pm)	EVERY WEDNESDAY 9am Svaroopaa Yoga 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club 2:15pm Café Español (No class Aug 15 & 22)	EVERY THURSDAY 9am Silver Age Yoga* 10:15am Chair Yoga 1:30pm iPad & iPhone Class 2:30pm Strength & Flexibility	EVERY FRIDAY 8:30am Zumba* 9:30am Stretch & Balance 10:45am Kundalini Yoga	EVERY SATURDAY 9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
		1 11am Memory Café	2	3 10:30am Paint the Masters!	4 10am Art Class with Live Model: Uninstructed 5pm Dana Levine Art Exhibition & Reception
6 10am Intro to Svaroopaa Yoga 11am Dance & Condition to the Rhythm of Blues 1pm Half Day Program Svaroopaa Yoga 1pm Salsa & Latin Rhythms	7 10:30am Brain Longevity Workshop (Part 2) 11:30am Cooking with Chef Phillis Carey	8 7pm Opera Wednesdays	9 1pm The Mind Fit Series for Brain Health	10 12pm Kiwanis Club of La Jolla Meeting	11 10am Art Class with Live Model: Uninstructed
13 9am Paint Your Pet's Portrait Art Class (Part 1) 10:30am How to Start A Painting 11am Dance & Condition to the Rhythm of Blues 1pm Salsa & Latin Rhythms 6pm Canvas Design & Wine Art Class	14 10:30am Brain Longevity Workshop (Part 3) 3pm Music Appreciation Series: The Music of Tchaikovsky's 1812 Overture 6pm Cooking with Chef Phillis Carey	15 11am Memory Café	16 6pm Women's Awareness Long-Term Care Seminar	17 9am Painting with Oils I 10am Paint Your Grandkid I 10:30am Paint the Masters! 6:45pm Blues Dance Lesson 7:30pm Blues and Rock'n Roll Dance Night	18 10am Art Class with Live Model: Uninstructed 7pm David Roberts & the Sounds of Sinatra
20 9am Paint Your Pet's Portrait Art Class (Part 2) 10:30am How to Start A Painting 11am Dance & Condition to the Rhythm of Blues 1pm Salsa & Latin Rhythms	21 10:30am Brain Longevity Workshop (Part 4) 11:30am Cooking with Chef Phillis Carey	22 6pm The Elephant in the Room: Recognizing and Addressing the Need for Assisted Living	23	24 9am Painting with Oils II 10am Paint Your Grandkid II 10:30am Paint the Masters! 7pm Fourth Friday Jazz Series presents The Peter Sprague Trio	25 10am Art Class with Live Model: Uninstructed
27 9am Paint Your Pet's Portrait (Part 3) 10:30am How to Start A Painting 11am Dance & Condition to the Rhythm of Blues 1pm Salsa & Latin Rhythms	28 10:30am Brain Longevity Workshop (Part 5)	29 11:45am Day Trip: Padres vs. Mariners	30	31 9am Painting with Oils III 10am Paint Your Grandkid III 10:30am Paint the Masters!	

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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Hours of Operation: Monday-Friday: 9am-5pm

Saturday: Open only for scheduled classes and special events