

Mon EVERY MONDAY	Tue EVERY TUESDAY	Wed EVERY WEDNESDAY	Thu EVERY THURSDAY	Fri EVERY FRIDAY	Sat EVERY SATURDAY
	8:30am Zumba 10am Silver Age Yoga 10:30am French Conversation	9am Svaroopo Yoga 10am Meditation for Deep Healing 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club 2:15pm Café Español 7pm Qi Gong Tai Chi	9am Silver Age Yoga 10:15am Chair Yoga 10:30am Qi Gong Tai Chi 1:30pm iPad & iPhone Class 2:30pm Strength & Flexibility	10:45am Kundalini Yoga	9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopo Yoga
					1 10am Art Class with Live Model: Uninstructed
3 10:30am How to Start A Painting	4 9am Italian Intermediate 11:30am Cooking with Chef Phillis Carey 2pm Mat Pilates 3pm Senior Silver Fitness	5 10:30am Paint the Masters! 11am Memory Café	6	7	8 10am Art Class with Live Model: Uninstructed 4pm Artist Reception
10 10:30am How to Start A Painting 7pm La Jolla Theatre Ensemble	11 9am Italian Intermediate 2pm Mat Pilates 3pm Senior Silver Fitness 6pm Cooking with Chef Phillis Carey 8:30pm La Jolla Theatre Ensemble	12 10:30am Paint the Masters! 7pm Opera Wednesdays	13 11:30am Learn About the New Fundamental Long-Term Care Insurance 1pm The Mind Fit Series for Brain Health	14 12pm Kiwanis Club of La Jolla Meeting 5pm Holiday Celebration! Shopping, Dinner and Dancing	15 10am Art Class with Live Model: Uninstructed
17 10:30am How to Start A Painting 6pm Canvas Design & Wine Art Class	18 9am Italian Intermediate 11:30am Cooking with Chef Phillis Carey 2pm Mat Pilates 3pm Senior Silver Fitness	19 10:30am Paint the Masters! 11am Memory Café 4pm Daytrip: Celebrate the Holidays at the Hotel Del	20 9:30am Art History Series (Part 3)	21 6:45pm Blues Dance Lesson 7:30pm Blues and Rock'n Roll Dance Night	22 10am Art Class with Live Model: Uninstructed
24 CHRISTMAS EVE Center Closed	25 MERRY CHRISTMAS! Center Closed	26 10:30am Paint the Masters!	27	28	29 10am Art Class with Live Model: Uninstructed
31 NEW YEAR'S EVE Center Closed	January 1 HAPPY NEW YEAR! Center Closed				

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