

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance	EVERY TUESDAY 8:15am Zumba 10am Silver Age Yoga 10:30am French Conversation 1:30pm Mat Pilates	EVERY WEDNESDAY 9am Svaroopo 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 Class	EVERY FRIDAY 8:30am Zumba 10:45am Kundalini Yoga 1pm Laughter Yoga	EVERY SATURDAY 9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopo Yoga
			1 3:30pm Exploring Portraits with Acrylics Art Class	2 9am Balance Class 10:30am Paint the Masters!	3 10am Art Class with Live Model: Uninstructed 7pm Poretzky and Shapovalov in Concert
5 10:30am How to Start A Painting: Art Class 2:30pm Bridge Level I Review	6 9am Italian Conversation	7 10am Memory Café: Name Your Tune	8 9am Italian Beginner 1pm The Mind Fit Series 3:30pm Exploring Portraits with Acrylics Art Class	9 10:30am Paint the Masters!	10 4pm AAASD Reception 7pm Valentine's Day Concert & Dance
12 10:30am How to Start A Painting: Art Class 2pm Yoga 101 Workshop 6pm Canvas Design & Wine Art Class	13 9am Italian Conversation 11:30am Cooking with Chef Phillis Carey	14 7pm Opera Wednesdays Valentine's Day Special	15 9am Italian Beginner 11:30am News About Medicare 11:30am Four Pillars of Brain Longevity® Workshop Part I 6pm Wine in the Gilded Age	16 12pm Lunch Bunch at Manhattan of La Jolla	17 10am Art Class with Live Model: Uninstructed
19 9am Svaroopo Yoga Half Day Workshop 10:30am How to Start A Painting: Art Class 10:30am Bridge by Farr Level I 2pm Svaroopo Yoga Pain Free Clinic 2:30pm Bridge by Farr Level II	20 9am Italian Conversation 10am Bridge by Farr Level III 6pm Cooking with Chef Maribel	21 10am Memory Café: Name Your Tune 6:30pm SD Opera presents... Storytelling, Magical Realism, and Florencia	22 9am Italian Beginner 10am Bridge by Farr Level IV 11:30am Four Pillars of Brain Longevity® Workshop Part II 3:30pm Exploring Portraits with Acrylics Art Class 6pm Distinguished Speaker Series featuring Dr. Mimi Guarneri	23 10:30am Paint the Masters! 12:30pm Music Appreciation 7pm Fourth Friday Jazz Series featuring Gilbert Castellanos	24 10am Art Class with Live Model: Uninstructed
26 10:30am How to Start A Painting: Art Class 10:30am Bridge by Farr Level I 2:30pm Bridge by Farr Level II 4:45pm Social Bridge Dinner	27 9am Italian Conversation 10am Bridge by Farr Level III 11:30am Cooking with Chef Phillis Carey	28 8am Day Trip: The Getty Villa			

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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