

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance 1pm Line Dancing	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 1pm Line Dancing 1:30pm iPad & iPhone Class	EVERY FRIDAY 8:30am Zumba 10:45am Kundalini Yoga	EVERY SATURDAY 9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
1 HAPPY NEW YEAR! CENTER CLOSED	2	3 10am Memory Café: Scent of the New Year	4	5	6 10am Art Class with Live Model: Uninstructed
8 10:30am How to Start A Painting: Art Class 2:30pm Bridge Level I Review	9 9am Italian Conversation	10 7pm Opera Wednesdays	11 9am Italian Beginner 1pm The Mind Fit Series	12 10:30am Paint the Masters!	13 10am Art Class with Live Model: Uninstructed 4pm Art Reception featuring Dottie Stanley
15 10:30am How to Start A Painting: Art Class 10:30am Music Appreciation 2:30pm Bridge Level I Review	16 9am Italian Conversation 11:30am Cooking with Chef Phillis Carey	17 10am Memory Café: Name Your Tune	18 9am Italian Beginner 11:30am Cooking with Chef Maribel 11:30am News About Medicare	19 10:30am Paint the Masters!	20 10am Art Class with Live Model: Uninstructed 7pm Latin Explosion Concert
22 10:30am How to Start A Painting: Art Class 10:30am Music Appreciation 2:30pm Bridge Level I Review 4:45pm Social Bridge Dinner	23 9am Italian Conversation	24	25 8am Day Trip: The Broad 9am Italian Beginner 11:30am Cooking with Chef Maribel	26 10:30am Paint the Masters!	27 10am Art Class with Live Model: Uninstructed
29 10:30am How to Start A Painting: Art Class 10:30am Music Appreciation 2:30pm Bridge Level I Review 6pm Canvas Design & Wine Art Class	30 9am Italian Conversation 11:30am Cooking with Chef Phillis Carey 7pm La Jolla Theatre Ensemble presents...	31 6pm Wine in the Gilded Age			

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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Individuals \$120/year Dual/Couples \$200/year

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

Saturday: Open only for scheduled classes and special events