

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance	EVERY TUESDAY 8:30am Zumba 10am Silver Age Yoga 10:30am French Conversation	EVERY WEDNESDAY 9am Svaroopaa 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	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	EVERY FRIDAY 9:30am Zumba -NEW! 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 10:30am Paint the Masters! 11am Memory Café	3	4 12pm Cooking with Anne Masri, Board Certified Nutritionist	5 10am Art Class with Live Model: Uninstructed
7 10:30am How to Start A Painting	8 11:30am Cooking with Chef Phillis Carey 2pm Mat Pilates 2pm Music Appreciation Series 3pm Senior Silver Fitness	9 10:30am Paint the Masters! 7pm Opera Wednesdays	10 11:30am Learn About the New Fundamental Long-Term Care Insurance 1pm The Mind Fit Series for Brain Health	11 12pm Healthy Recipe Variations Cooking Class	12 10am Art Class with Live Model: Uninstructed
14 10am New Year's Goals: How to Get Results Workshop 10:30am How to Start A Painting 6pm Canvas Design & Wine Art Class	15 2pm Mat Pilates 3pm Senior Silver Fitness	16 10:30am Paint the Masters! 10:30am Capturing Your Memoir, 1 11am Memory Café	17 9:30am Art History Series 11:30am Medicare Advantage Open Enrollment 3:30pm Happy Hour Chasers at 910 Restaurant	18 12pm Cooking with Anne Masri, Board Certified Nutritionist 6:45pm Blues Dance Lesson 7:30pm Blues and Rock'n Roll Dance Night	19 10am Art Class with Live Model: Uninstructed 7pm La Jolla Theatre Ensemble
21 10:30am How to Start A Painting 7pm La Jolla Theatre Ensemble	22 9am Italian Intermediate 11:30am Cooking with Chef Phillis Carey 1pm Brain Longevity Part 1 2pm Mat Pilates 3pm Senior Silver Fitness	23 10:30am Paint the Masters! 10:30am Capturing Your Memoir, 2 7pm Movie Night: Crazy Rich Asians	24 9am Italian for Beginners 6pm Monarch Cottage presents...When You're Caring for Two: Finding Caregiver Life Balance and Avoiding Burnout	25 12pm Kiwanis Club of La Jolla Meeting	26 10am Art Class with Live Model: Uninstructed
28 10:30am How to Start A Painting	29 9am Italian Intermediate 11:30am Cooking with Chef Phillis Carey 1pm Brain Longevity Part 2	30 8am Daytrip: Palm Spring Art Museum 10:30am Paint the Masters! 10:30am Capturing Your Memoir, 3	31 9am Italian for Beginners	Feb-1 12pm Kiwanis Club of La Jolla Meeting	Feb-2 10am Art Class with Live Model: Uninstructed

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