

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance* 10:30am How to Start A Painting: Art Class 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	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 8:30am Zumba* 9:30am Stretch & Balance 10:30am Paint the Masters! 10:45am Kundalini Yoga	EVERY SATURDAY 9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
2	3	4 Happy Independence Day! Center Closed	5	6	7 10am Art Class with Live Model: Uninstructed
9 10am To the Rhythm of Blues, Dance & Movement Class 4pm Salsa & Latin Rhythms	10 11:30am Cooking with Chef Phillis Carey 3pm Music Appreciation Series: The Music of Aaron Copland	11 11am Memory Café 7pm Opera Wednesdays	12	13 9am Painting with Oils I 12pm Kiwanis Club of La Jolla Meeting	14 10am Art Class with Live Model: Uninstructed 7pm Romance La Jolla Concert
16 9am Paint Your Pet's Portrait Art Class (Part 1) 10am To the Rhythm of Blues, Dance & Movement Class 4pm Salsa & Latin Rhythms 6pm Canvas Design & Wine Art Class	17 9am Day Trip: The Bowers Museum 10:30am Brain Longevity Workshop (Part 1) 2pm Secrets of Pro Golfers (Part 1)	18 11am Memory Café	19 11:30am Seminar: California Medicare Birthday Rules 1pm The Mind Fit Series for Brain Health	20 9am Painting with Oils II 6:30pm Blues Dance Lesson 7pm Blues and Rock'n Roll Dance Night	21 10am Art Class with Live Model: Uninstructed
23 9am Paint Your Pet's Portrait Art Class (Part 2) 10am To the Rhythm of Blues, Dance & Movement Class 4pm Salsa & Latin Rhythms 7pm La Jolla Theatre Ensemble	24 10:30am Brain Longevity Workshop (Part 2) 2pm Secrets of Pro Golfers (Part 2) 6pm Cooking with Chef Phillis Carey	25 7pm La Jolla Theatre Ensemble	26	27 9am Painting with Oils III 11am Hand Full of Music with Polina Sisman 7pm Fourth Friday Jazz Series presents the Music of Duke Ellington	28 10am Art Class with Live Model: Uninstructed
30 9am Paint Your Pet's Portrait (Part 3) 10am To the Rhythm of Blues, Dance & Movement Class 4pm Salsa & Latin Rhythms	31 10:30am Brain Longevity Workshop (Part 3) 11:30am Cooking with Chef Phillis Carey 2pm Secrets of Pro Golfers (Part 3)				

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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