

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance 10:30am How to Start A Painting: Art Class 10:30am German Conversation 4:45pm Meditation	EVERY TUESDAY 8:15am Zumba 10am Silver Age Yoga 10:30am French Conversation	EVERY WEDNESDAY 9am Svaroopa Yoga 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club 2:15pm Café Español 7pm Qi Gong Style Tai Chi	EVERY THURSDAY 10:15am Chair Yoga 10:30am Qi Gong Tai Chi 1:30pm iPad & iPhone Class 2:30pm Strength & Flexibility 3:30pm Exploring Portraits Art Class	EVERY FRIDAY 8:30am Zumba 9:30am Stretch & Balance Class 10:30am Paint the Masters! 10:45am Kundalini Yoga	EVERY SATURDAY 9am Ashtanga Flow Yoga 10:25am Jazz Dance (No Class 5/5) 11:30am Deep Yoga Flow 2:30pm Svaroopa Yoga
				1 12pm Kiwanis Club of La Jolla Meeting 7pm Opera Night Concert with Salvador Padilla and Anna Belaya	2 10am Art Class with Live Model: Uninstructed 7pm Ilya Akselrod Stand Up Comedy Show
4	5 The LJCC is a Polling Site	6 11am Memory Café: "Let's Celebrate Fathers!"	7	8	9 10am Art Class with Live Model: Uninstructed 4-6pm Summertime Artist Reception
11 9am Paint Your Pet's Portrait Art Class (Part 1)	12 11:30am Cooking with Chef Phillis Carey 3pm Bankers Life Music Appreciation Series: Orchestral Music for the Movies	13 7pm Opera Wednesdays	14 11:30am Seminar: California Medicare Birthday Rules 1pm The Mind Fit Series	15 6:30pm Blues Dance Lesson 7pm Blues and Rock'n Roll Dance Night	16 10am Art Class with Live Model: Uninstructed 11am Fall Prevention Class
18 9am Paint Your Pet's Portrait Art Class (Part 2) 6pm Canvas Design & Wine Art Class	19 11:30am Cooking with Chef Phillis Carey	20 11am Memory Café: "Storytelling and the Brain, guest presenter Michelle Wile of Home Care Assistance."	21 10am Italian for Travelers Workshop	22 7pm Fourth Friday Jazz Series featuring Lori Bell, Ron Satterfield & Josh Nelson	23 10am Art Class with Live Model: Uninstructed
25 9am Paint Your Pet's Portrait (Part 3)	26	27	28	29 7pm SONO In Concert	30 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

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