

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance 10:30am Musical Mondays 10:45am Functional Flow 1pm Line Dancing 2pm Strong Core, Happy Back	EVERY TUESDAY 8:15am Zumba 10am Silver Age Yoga 10:30am French Conversation 1pm Yoga for Healthy Bones 4:45pm Guided Sound Meditation	EVERY WEDNESDAY 9am Svaroopaa 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 9am Silver Age Yoga 10:15am Chair Yoga 10:30am Qi Gong Style Tai Chi 1pm Line Dancing 1:30pm iPad & iPhone Class	EVERY FRIDAY 8:30am Zumba* 10am Balance Class* 11:15am Kundalini Yoga: Video Only*	EVERY SATURDAY 9am Ashtanga Flow Yoga 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
10:30am How to Start A Painting - Art Class 1	1pm Demystifying Facebook 2pm Spanish Conv & Int 2	2pm Jewelry Making Class 6pm Sweet Talkers Diabetic Self-Help Group 3	11:30am Mind Fit Series 4	9:45am Functional Flow 11am Ukulele Class 12pm Cinco de Mayo Potluck 5	10am Art Class with Live Model: Uninstructed 6
10:30am How to Start A Painting - Art Class 8	1pm Demystifying Facebook 2pm Spanish Conv & Int 2:30pm Social Scrabble Game 9	7pm Opera Wednesdays 10	11:30am Mind Fit Series 7pm From Brahms to Broadway featuring Jacqui Silver 11	11am Ukulele Class 12	10am Art Class with Live Model: Uninstructed 7pm La Jolla Theatre Ensemble presents "The Last Minute Gang" 13
10:30am How to Start A Painting - Art Class 15	11:30am Cooking with Phillis Carey 11:30am This Month in LJ History 1pm Demystifying Facebook 7pm La Jolla Theatre Ensemble presents "The Last Minute Gang" 16	11am Café Social: A Social Gathering for Seniors 2pm Jewelry Making Class 17	10:30am Learning to Use UBER Workshop 11:30am Mind Fit Series 18	11am Ukulele Class 5th Annual Health Fair "A Lifetime of Healthy Living" 10am - 2pm 19	10am Art Class with Live Model: Uninstructed 10:25am Jazz Dance 20
10:30am How to Start A Painting - Art Class 22	12pm Lunch Bunch at The LOT 1pm Demystifying Facebook 2pm Spanish Conv & Int 2:30pm Social Scrabble Game 23	8am Day Trip: The Huntington 10:30am Capturing Your Memoir 24	11:30am Mind Fit Series 6pm Cooking with Chef April "Delicious Spring Dinner" 25	11am Ukulele Class 1pm Computer Neck Syndrome Workshop 7pm Fourth Friday Jazz Series: Danny Green Trio 26	10am Art Class with Live Model: Uninstructed 10:25am Jazz Dance 27
CENTER CLOSED Memorial Day 29	1:30pm The Art of the Scarf Workshop with Donna Dotson 2pm Spanish Conv & Int 5pm The Seasons of a Woman's Life by Dr. Moira Fitzpatrick 30	10:30am Capturing Your Memoir 2pm Jewelry Making Class 31			SAVE THE DATE Sun, May 21, 2pm Concert by winners of LJ Symphony & Chorus 2017 Young Artists Competition followed by a hosted reception. Where: Chateau La Jolla

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

Saturday: Open only for scheduled classes and special events