

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>EVERY MONDAY</b> 9am Ico-Dance 10:30am iPad & iPhone Class  1pm Line Dancing*	<b>EVERY TUESDAY</b> 8:15am Zumba 10am Silver Age Yoga 10:30am French Conversation  4:45pm Guided Sound Meditation	<b>EVERY WEDNESDAY</b> 9am Svaroopaa Yoga <b>9am Strong Core, Happy Back</b> 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club <b>2:15pm Café Español</b> 7pm Qi Gong Style Tai Chi	<b>EVERY THURSDAY</b> 9am Silver Age Yoga 10:15am Chair Yoga 10:30am Qi Gong Style Tai Chi 1pm Line Dancing* 1:30pm iPad & iPhone Class* <b>2pm Craft Hour: Pop-Up Cards and Paper Structures</b>	<b>EVERY FRIDAY</b> 8:30am Zumba 9:45am Functional Flow 10am Balance Class 11:15am Kundalini Yoga	<b>EVERY SATURDAY</b> 9am Ashtanga Flow Yoga 11:30am Deep Yoga Flow  2:30pm Svaroopaa Yoga
		<b>1</b>	<b>2</b> 10am Bridge Intermediate II  11:30am Mind Fit Series	<b>3</b> 11am Ukulele Class	<b>4</b> <b>9:30am Mindful Self Compassion Half-Day Retreat</b> 10am Art Class with Live Model: Uninstructed
<b>6</b> 10:30am Bridge Beg I <b>10:30am How to Start A Painting - Art Class</b>  2:30pm Bridge Beg II	<b>7</b> 9am Italian Intermediate 10am Bridge Intermediate I  <b>2pm Spanish Conv &amp; Int</b>	<b>8</b>  <b>2pm Jewelry Making Class</b>  <b>7pm Opera Wednesdays</b>	<b>9</b> 10am Bridge Intermediate II  11:30am Mind Fit Series	<b>10</b> 11am Ukulele Class	<b>11</b> 10am Art Class with Live Model: Uninstructed
<b>13</b> 10:30am Bridge Beg I <b>10:30am How to Start A Painting - Art Class</b>  2:30pm Bridge Beg II	<b>14</b> 9am Italian Intermediate 10am Bridge Intermediate I  <b>11:30am This Month in LJ History</b>  2pm Spanish Conv & Int <b>2:30pm Social Scrabble Game</b>	<b>15</b>  <b>11am Café Social: A Social Gathering for Seniors</b>	<b>16</b> 10am Bridge Intermediate II  11:30am Mind Fit Series	<b>17</b> 11am Ukulele Class	<b>18</b> 10am Art Class with Live Model: Uninstructed
<b>20</b> 10:30am Bridge Beg I <b>10:30am How to Start A Painting - Art Class</b>  2:30pm Bridge Beg II	<b>21</b> 9am Italian Intermediate 10am Bridge Intermediate I  2pm Spanish Conv & Int	<b>22</b>  <b>2pm Jewelry Making Class</b>	<b>23</b> 10am Bridge Intermediate II <b>11am Lunch and Learn: All About Short-Term Care</b> 11:30am Mind Fit Series  <b>7pm Anna Belaya and 2 Tenors in Concert</b>	<b>24</b> 11am Ukulele Class  <b>7pm Fourth Friday Jazz Series: Gilbert Castellanos Trio</b>	<b>25</b> 10am Art Class with Live Model: Uninstructed  <b>7pm La Jolla Theatre Ensemble: Love, Loss and What I Wore</b>
<b>27</b> 10:30am Bridge Beg I <b>10:30am How to Start A Painting - Art Class</b>  2:30pm Bridge Beg II	<b>28</b> 9am Italian Intermediate 10am Bridge Intermediate I <b>11:30am Lunch Bunch: ISOLA</b>  <b>1:30pm Color Harmony Workshop</b> <b>2:30pm Social Scrabble Game</b>  <b>7pm La Jolla Theatre Ensemble: Love, Loss and What I Wore</b>	<b>29</b>  <b>5pm Distinguished Speaker Series featuring Councilmember Barbara Bry</b>	<b>30</b> <b>8am Day Trip: Bowers Museum</b> 11:30am Mind Fit Series  <b>6pm Sweet Talkers: Diabetes Support Group</b>	<b>31</b>	

**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