

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance 10:30am How to Start A Painting: Art Class 1pm Line Dancing: Payment and registration in advance required.	EVERY TUESDAY 8:15am Zumba 10am Silver Age Yoga 10:30am French Conversation 1:30pm Mat Pilates	EVERY WEDNESDAY 9am Svaroopaa Yoga 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club 7pm Qi Gong Style 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 3:30pm Exploring Portraits with Acrylics Art Class	EVERY FRIDAY 8:30am Zumba 10:30am Paint the Masters! 10:45am Kundalini Yoga 1pm Laughter Yoga	EVERY SATURDAY 9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
			1	2	3
			9am Italian Beginner 10am Bridge by Farr Level II 11:30am Four Pillars of Brain Longevity® Workshop Part III	9:30am Balance Class 9:45am The Journey of the Soul: Kundalini Yoga	10am Art Class with Live Model: Uninstructed
5	6	7	8	9	10
10:30am Bridge by Farr Level I 2:30pm Bridge by Farr Level II	10am Bridge by Farr Level III	11am Memory Café: "Oscar's Talk"	10am Bridge by Farr Level II 11:30am Four Pillars of Brain Longevity® Workshop Part IV 1pm The Mind Fit Series		
12	13	14	15	16	17
10:30am Bridge by Farr Level I 2:30pm Bridge by Farr Level II 6pm Canvas Design & Wine Art Class	9am Italian Conversation 10am Bridge by Farr Level III 11:30am Cooking with Chef Phillis Carey	7pm Opera Wednesdays	10am Bridge by Farr Level II 11:30am News About Medicare		10am Art Class with Live Model: Uninstructed
19	20	21	22	23	24
10:30am Bridge by Farr Level I 2:30pm Bridge by Farr Level II	9am Italian Conversation 10am Bridge by Farr Level III 1pm Do You Own Your Stuff? 7pm La Jolla Theatre Ensemble presents...	10:30am Memoir Writing 11am Memory Café: "March through History"	10am Bridge by Farr Level II 10:30am Lunch Bunch at Nordstrom UTC 7pm Zlata Razdolina in Concert	7pm Fourth Friday Jazz Series featuring The Rob Thorsen Trio	10am Art Class with Live Model: Uninstructed 6:30pm KatieCat & Cain Dance Party
26	27	28	29	30	31
10:30am Bridge by Farr Level I 2:30pm Bridge by Farr Level II	9am Italian Conversation 10am Bridge by Farr Level III 11:30am Cooking with Chef Phillis Carey	8am Day Trip: Huntington Library 10:30am Memoir Writing	10am Bridge by Farr Level II 6:30pm Wine in the Gilded Age		

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