

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance 10:30am How to Start A Painting: Art Class 10:30am NEW: German Conversation 4:45pm NEW! Meditation	EVERY TUESDAY 8:15am Zumba 10am Silver Age Yoga 10:30am French Conversation	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 Art Class	EVERY FRIDAY 8:30am Zumba 9:30am NEW! 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 Svaroopaa Yoga
	1 9am Italian Conversation 10:30am Four Pillars of Brain Longevity (Part 1) 11:30am Cooking with Chef Phillis Carey	2 11am Memory Café: "Brothers and Sisters Day"	3	4	5 10am Art Class with Live Model: Uninstructed
7 9am Paint Your Pet's Portrait Art Class (Part 1)	8 10:30am Four Pillars of Brain Longevity (Part 2) 11:30am Cooking with Chef Phillis Carey 3pm Bankers Life Music Appreciation Series: 600 Years of Music in 60 Minutes	9 7pm Opera Wednesdays	10 11:30am Understand Long-Term Care Coverage 1pm The Mind Fit Series	11 6:30pm Blues Dance Lesson 7pm Blues and Rock'n Roll Dance Night	12 10am Art Class with Live Model: Uninstructed
14 9am Paint Your Pet's Portrait Art Class (Part 2) 6pm Canvas Design & Wine Art Class	15 10:30am Four Pillars of Brain Longevity (Part 3) 11:30am Cooking with Chef Phillis Carey	16 11am Memory Café: "The Mother of All Memory Cafés"	17	18 10am A Lifetime of Healthy Living Health Fair	19 10am Art Class with Live Model: Uninstructed 5pm Violin with Love: A Concert of Violin and Piano
21 9am Paint Your Pet's Portrait Art Class (Part 3)	22 10:30am Four Pillars of Brain Longevity (Part 4) 11:30am Cooking with Chef Phillis Carey 6pm Distinguished Speaker Series presents "Seasons of a Woman's Life" with Dr. Moira Fitzpatrick	23 7pm La Jolla Theatre Ensemble "That Championship Season"	24 7pm La Jolla Theatre Ensemble "That Championship Season"	25 7pm Fourth Friday Jazz Series featuring The Danny Green Trio	26 10am Art Class with Live Model: Uninstructed
28 Memorial Day Center Closed	29	30	31	June 1 7pm Opera Night featuring Salvador Padilla and Anna Belaya	June 2

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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