

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance 1pm Line Dancing	EVERY TUESDAY 8:15am Zumba 10am Silver Age Yoga-No class 11/21 10:30am French Conversation	EVERY WEDNESDAY 9am Svaroopaa Yoga 11am Deep Yoga Flow 12:30pm Social Bridge 2pm International Movie Club 2:15pm Café Español 7pm Qi Gong Style Tai Chi	EVERY THURSDAY 9am Silver Age Yoga - No class 11/23 10:15am Chair Yoga 10:30am Qi Gong Tai Chi 1pm Line Dancing 1:30pm iPad & iPhone Class	EVERY FRIDAY 8:30am Zumba 10:45am Kundalini Yoga	EVERY SATURDAY 9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
		1 10:30am Capturing Your Memoir	2	3 10:30am Paint the Masters!	4 10am Art Class with Live Model: Uninstructed 5pm Night at the Opera
6 10:30am Bridge Level 2 10:30am How to Start A Painting: Art Class 11am Ukulele Class 2:30pm Bridge Level I	7 10am Bridge Level 3 2pm Spanish Conv & Int	8 8am Day Trip: Getty Center & Hammer Musuem 10:30am Capturing Your Memoir 7pm Opera Wednesdays	9 10am Bridge Level 4 1pm The Mind Fit Series	10 10:30am Paint the Masters!	11 10am Art Class with Live Model: Uninstructed
13 10:30am Bridge Level 2 10:30am How to Start A Painting: Art Class 11am Ukulele Class 2:30pm Bridge Level I 6pm Canvas Design & Wine: Art Class with Dottie Stanley	14 10am Bridge Level 3 2pm Spanish Conv & Int 2:30pm Social Scrabble Game	15 10am Memory Café 12:15pm Lunch & Learn: Rate Reform by SDG&E	16 10am Bridge Level 4 11:30am News About Medicare Open Enrollment 7pm A Fabulous Feast of Music with Jacqui Silver	17 10:30am Paint the Masters! 7pm Noche Latina presents... Eunice Fidawi & Carlos Velasco	18 10am Art Class with Live Model: Uninstructed 7pm Peter Sprague Trio
20 10:30am How to Start A Painting: Art Class 11am Ukulele Class 4:45pm Social Bridge & Dinner	21 2pm Spanish Conv & Int	22	23 Happy Thanksgiving! Center Closed	24 Center Closed	25 10am Art Class with Live Model: Uninstructed
27 10:30am How to Start A Painting: Art Class 11am Ukulele Class	28 11:30am Cooking with Phillis Carey 2pm Let's Make A Deal - Trivia Day 2pm Spanish Conv & Int 2:30pm Social Scrabble Game	29 6pm Sweet Talkers Diabetic Support Group	30	SAVE THE DATE Annual Holiday Luncheon Friday, December 8 11am - 2pm	SAVE THE DATE Noche Latina presents... Dinner Dance Saturday, December 2 6:30- 9:00pm

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