

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance 11am Dance & Condition to the Rhythm of Blues 1pm Salsa & Latin Rhythms	EVERY TUESDAY 8:30am Zumba 10am Silver Age Yoga 10:30am French Conversation 2pm Mat Pilates 3pm Senior Silver Fitness	EVERY WEDNESDAY 9am Svaroopaa Yoga 10am Meditation for Deep Healing 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club 2:15pm Café Español 7pm Qi Gong 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	EVERY FRIDAY 10:45am Kundalini Yoga	EVERY SATURDAY 9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
			1 10am Demystifying Online Music Streaming (Part 2) 11:30 Demystifying Online Shopping (Part 2)	2 5pm Saint, Sinners and Spaces Between Artist Reception 7:30pm Duetto in Concert	3 10am Art Class with Live Model: Uninstructed 4pm Dia de Los Muertos Benefit Concert
5 10:30am Bridge Level I (Part 9) 2:30m Bridge Level II (Part 9)	6 10am Bridge Level III (Part 9)	7 11am Memory Café	8 10am Demystifying Online Music Streaming (Part 3) 11:30 Demystifying Online Shopping (Part 3) 1pm The Mind Fit Series for Brain Health 7pm From Rags to Riches with Jacquelyne Silver!	9	10 10am Art Class with Live Model: Uninstructed
12 10:30am Bridge Level I (Part 10) 2:30m Bridge Level II (Part 10)	13 10am Bridge Level III (Part 10) 11:30am Cooking with Chef Phillis Carey	14 7pm Opera Wednesdays	15 9:30am Art History (Part 2) 10am Demystifying Online Music Streaming (Part 4) 11:30 Demystifying Online Shopping (Part 4) 11:30am Compare Your Medicare Options 7:30pm A World-Wide Musical Show	16 6:45pm Blues Dance Lesson 7:30pm Blues and Rock'n Roll Dance Night	17 10am Art Class with Live Model: Uninstructed
19 6pm Canvas Design & Wine Art Class	20	21 11am Memory Café	22 HAPPY THANKSGIVING! Center Closed	23 HAPPY THANKSGIVING! Center Closed	24 10am Art Class with Live Model: Uninstructed
26 8am Day Trip: KING TUT Exhibit at California Science Center	27 11:30am Cooking with Chef Phillis Carey	28	29	30 6:30pm One-Night-Only with John Cain	Dec 1

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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