

Mon	Tue	Wed	Thu	Fri	Sat
<b>EVERY MONDAY</b> 9am Ico-Dance 11am Dance & Condition to the Rhythm of Blues 1pm Salsa & Latin Rhythms	<b>EVERY TUESDAY</b> 8:30am Zumba 10am Silver Age Yoga 10:30am French Conversation 2:45pm Brain Longevity Yoga and Meditation	<b>EVERY WEDNESDAY</b> 9am Svaroopaa Yoga 10am 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club 2:15pm Café Español 7pm Qi Gong Tai Chi	<b>EVERY THURSDAY</b> 9am Silver Age Yoga 10:15am Chair Yoga 10:30am Qi Gong Tai Chi 1:30pm iPad & iPhone Class 2:30pm Strength & Flexibility*	<b>EVERY FRIDAY</b> 10:45am Kundalini Yoga	<b>EVERY SATURDAY</b> 9am Ashtanga Flow Yoga 10:25am Jazz Dance 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
1 10:30am Bridge Level I (Part 4) 2:30m Bridge Level II (Part 4)	2 9am Italian: Intermediate (Part 5) 10am Bridge Level III (Part 4) 1pm Four Pillars: Intro Class <b>11:30am Cooking with Chef Phillis Carey</b>	3 <b>11am Memory Café</b>	4 9am Italian: Beginner (Part 5)	5 10:30am Paint the Masters! <b>7pm The Music of Cuba and Puerto Rico</b>	6 10am Art Class with Live Model: Uninstructed
8 <b>COLUMBUS DAY CENTER CLOSED</b> <b>ONLY OPEN FOR BRIDGE CLASS WITH SCOTT FARR 1030-1230pm &amp; 230-430pm</b>	9 9am Italian: Intermediate (Part 6) 10am Bridge Level III (Part 5) 1pm Four Pillars (Part 1)	10 <b>7pm Opera Wednesdays</b>	11 9am Italian: Beginner (Part 6) <b>1pm The Mind Fit Series for Brain Health</b>	12 10:30am Paint the Masters!	13 10am Art Class with Live Model: Uninstructed
15 10:30am Bridge Level I (Part 6) 10:30am How to Start A Painting 2:30m Bridge Level II (Part 6)	16 9am Italian: Intermediate (Part 7) 10am Bridge Level III (Part 6) 1pm Four Pillars (Part 2)	17 <b>11am Memory Café</b>	18 9am Italian: Beginner (Part 7) <b>9:30am Art History (Part 1)</b> <b>10:30am Italian for Travelers</b> <b>11:30am Compare Your Medicare Options</b>	19 9am Paint Your Pet's Portrait (Part 1) 10:30am Paint the Masters! <b>6:45pm Blues Dance Lesson</b> <b>7:30pm Blues and Rock'n Roll Dance Night</b>	20 10am Art Class with Live Model: Uninstructed
22 9am Paint Your Pet's Portrait (Part 1) 10:30am How to Start A Painting 10:30am Bridge Level I (Part 7) 2:30m Bridge Level II (Part 7) <b>6pm Canvas Design &amp; Wine Art Class</b>	23 9am Italian: Intermediate (Part 8) 10am Bridge Level III (Part 7) 1pm Four Pillars (Part 3)	24 <b>6pm Depression in Older Adults: Recognizing the Signs and Symptoms</b>	25 9am Italian: Beginner (Part 8) <b>10am Demystifying Online Music Streaming (Part 1)</b> <b>11:30 Demystifying Online Shopping (Part 1)</b>	26 9am Paint Your Pet's Portrait (Part 2) 10:30am Paint the Masters! <b>8pm Fourth Friday Jazz Series featuring Melissa Morgan</b>	27 10am Art Class with Live Model: Uninstructed
29 <b>8am Day Trip: Valle de Guadalupe Wine Tour Adventure</b> 9am Paint Your Pet's Portrait (Part 2) 10:30am How to Start A Painting 10:30am Bridge Level I (Part 8) 2:30m Bridge Level II (Part 8)	30 10am Bridge Level III (Part 8) 1pm Four Pillars (Part 4)	31 <b>Happy Halloween!</b>		<b>SAVE THE DATE</b> <b>Jacquelyne Silver presents... From Rags to Riches - A Musical Adventure! Thu, Nov 8, 7pm.</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*

**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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