

Mon	Tue	Wed	Thu	Fri	Sat
<b>EVERY MONDAY</b> <b>9am Ico-Dance</b> <b>1pm Line Dancing</b>	<b>EVERY TUESDAY</b> 8:15am Zumba 10am Silver Age Yoga 10:30am French Conversation	<b>EVERY WEDNESDAY</b> 9am Svaroopaa Yoga 11am Deep Yoga Flow 12:30pm Social Bridge 1:30pm International Movie Club <b>7pm Qi Gong Style Tai Chi</b>	<b>EVERY THURSDAY</b> 9am Silver Age Yoga 10:15am Chair Yoga <b>10:30am Qi Gong Tai Chi</b> <b>1pm Line Dancing</b> 1:30pm iPad & iPhone Class	<b>EVERY FRIDAY</b> 8:30am Zumba 11am Kundalini Yoga	<b>EVERY SATURDAY</b> 9am Ashtanga Flow Yoga <b>10:25am Jazz Dance</b> 11:30am Deep Yoga Flow 2:30pm Svaroopaa Yoga
				<b>1</b> <b>10:30am Paint the Masters!</b> 11am Ukulele Class	<b>2</b> 10am Art Class with Live Model: Uninstructed
<b>4</b> <b>LABOR DAY</b> <b>CENTER CLOSED</b>	<b>5</b> 2pm Spanish Conv & Int	<b>6</b> <b>9:30am Museum Inspired Master Art Class</b>	<b>7</b>	<b>8</b> <b>10:30am Paint the Masters!</b> 11am Ukulele Class	<b>9</b> 10am Art Class with Live Model: Uninstructed
<b>11</b> <b>10:30am Bridge Level 2</b> <b>10:30am How to Start A Painting - Art Class</b> <b>2:30pm Bridge Level I</b>	<b>12</b> <b>10am Bridge Level 3</b> 2pm Spanish Conv & Int <b>2:30pm Social Scrabble Game</b>	<b>13</b> <b>9:30am Museum Inspired Master Art Class</b> 2:15pm Café Español <b>7pm Opera Wednesdays</b>	<b>14</b> <b>10am Bridge Level 4</b> <b>6pm Sweet Talkers Diabetic Support Group</b>	<b>15</b> <b>10:30am Paint the Masters!</b> 11am Ukulele Class <b>7pm La Jolla Theatre Ensemble presents <i>Going to St. Ives</i></b>	<b>16</b> 10am Art Class with Live Model: Uninstructed
<b>18</b> 10:30am Bridge Level 2 <b>10:30am How to Start A Painting - Art Class</b> 2:30pm Bridge Level I <b>7pm La Jolla Theatre Ensemble presents <i>Going to St. Ives</i></b>	<b>19</b> 10am Bridge Level 3 <b>11:30am Cooking with Phillis Carey</b> 2pm Spanish Conv & Int 4:45pm Guided Meditation <b>5pm Pearls to Awaken Your Healing Potential by Dr. Mimi Guarneri</b>	<b>20</b> <b>9:30am Museum Inspired Master Art Class</b> <b>11am Café Social presents... The Kaizen Brain Center</b> 2:15pm Café Español	<b>21</b> 10am Bridge Level 4 <b>11:30am Compare Your Medicare Options</b>	<b>22</b> <b>10:30am Paint the Masters!</b> 11am Ukulele Class <b>7pm Fourth Friday Jazz Series: The Jazz Tradition of Improvisation ft. Peter Sprague &amp; Leonard Patton</b>	<b>23</b> <b>11am Book Reading &amp; Signing: Of Julia &amp; Men</b> <b>7pm Una Serata con Maestro Averone, Concert Pianist</b>
<b>25</b> 10:30am Bridge Level 2 <b>10:30am How to Start A Painting - Art Class</b> 2:30pm Bridge Level I <b>4:45pm Social Bridge &amp; Dinner</b>	<b>26</b> 10am Bridge Level 3 2pm Spanish Conv & Int <b>2:30pm Social Scrabble Game</b> 4:45pm Guided Meditation	<b>27</b> <b>9:30am Museum Inspired Master Art Class</b> 2:15pm Café Español	<b>28</b> 10am Bridge Level 4 <b>3pm Your Home &amp; Technology's Role</b>	<b>29</b> <b>10:30am Paint the Masters!</b>	<b>30</b> <b>9am Open House! Community Event</b> <b>7pm Carlos Velasco y Las Divas de la Canción</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*

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**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**