

Mon	Tue	Wed	Thu	Fri	Sat
EVERY MONDAY 9am Ico-Dance	EVERY TUESDAY 8:15am Zumba* 10am Silver Age Yoga 10:30am French Conversation 2pm Stretch & Balance*	EVERY WEDNESDAY 9am Svaroopaa Yoga 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 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
3 LABOR DAY CENTER CLOSED	4 9am Italian: Intermediate (Part 1) 10:30am Brain Longevity Workshop (Part 6) 12pm Brain Longevity Yoga and Meditation	5 11am Memory Café	6 9am Italian: Beginner (Part 1)	7 10:30am Paint the Masters!	8 10am Art Class with Live Model: Uninstructed
10 10:30am Bridge Level I (Part 1) 10:30am How to Start A Painting 11am Dance & Condition to the Rhythm of Blues 1pm Salsa & Latin Rhythms 2:30m Bridge Level II (Part 1)	11 9am Italian: Intermediate (Part 2) 10am Bridge Level III (Part 1) 11:30am Cooking with Chef Phillis Carey 3pm Music Appreciation Series: The Music of Grofe & Gershwin	12 5:30pm Paint Night! Art Class 7pm Opera Wednesdays	13 9am Italian: Beginner (Part 2) 10am Bridge Level IV (Part 1) 11:30am Compare Your Medicare Options 1pm The Mind Fit Series for Brain Health	14 10:30am Paint the Masters! 12pm Kiwanis Club of La Jolla Meeting 7pm Noche Latina: Salvador Padilla en Concierto	15 10am Art Class with Live Model: Uninstructed 6:45pm Blues Dance Lesson 7:30pm Blues and Rock'n Roll Dance Night
17 9am Paint Your Pet's Portrait (Part 1) 10:30am Bridge Level I (Part 2) 10:30am How to Start A Painting 11am Dance & Condition to the Rhythm of Blues 1pm Salsa & Latin Rhythms 2:30m Bridge Level II (Part 2) 6pm Canvas Design & Wine Art Class	18 9am Italian: Intermediate (Part 3) 10am Bridge Level III (Part 2) 11:30am Cooking with Chef Phillis Carey	19	20 9am Italian: Beginner (Part 3) 10am Bridge Level IV (Part 2)	21 9am Paint Your Self-Portrait (Part 1) 10:30am Paint the Masters! 6:30pm 10 Years: A Decade of Making a Difference, Member Appreciation Reception	22 10am Art Class with Live Model: Uninstructed 2pm "People and Places" Artist Reception 7pm Musical Fusion with Alaina Martin
24 9am Paint Your Pet's Portrait (Part 2) 10:30am Bridge Level I (Part 3) 10:30am How to Start A Painting 11am Dance & Condition to the Rhythm of Blues 1pm Salsa & Latin Rhythms 2:30m Bridge Level II (Part 3)	25 9am Italian: Intermediate (Part 4) 10am Bridge Level III (Part 3) 11:30am Cooking with Chef Phillis Carey	26 6:30pm Laughter, Lechery and Lust at the San Diego Opera	27 9am Italian: Beginner (Part 4) 10am Bridge Level IV (Part 3)	28 9am Paint Your Self-Portrait (Part 2) 10:30am Paint the Masters! 7pm Reception 8pm Fourth Friday Jazz Series presents Sacha Boutros & Mikan Zlatkovich	29 10am Art Class with Live Model: Uninstructed

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