



MIRA MESA
SENIOR CENTER

Program Calendar – October 2017

8460 Mira Mesa Boulevard, San Diego, CA 92126
858-860-5355 / MiraMesaCenter@MiraMesaCenter.org

Free classes through San Diego Continuing Education are listed below.

LIFE PAINTING - FREE

Every Monday, 10:30am to 1:30pm

OBSERVATIONAL PAINTING - FREE

Every Monday, 1:00pm to 5:00pm

WATERCOLOR PAINTING CLASS - FREE

Every Thursday, 8:15am to 11:30am

ARTS & CRAFTS - FREE

Every Wednesday, 1:00pm to 4:00pm

UKULELE & GUITAR CLASS – FREE

Every Thursday, 1:00pm to 3:00pm

HEALTHY AND FUN ACTIVITIES

SQUARE DANCING - FREE

Every Tuesday, beginner class at 1:15pm and advanced at 2:00pm

ZUMBA - FREE

Every Wednesday, 5:00pm to 6:00pm

BALLROOM DANCING – FREE

Every Wednesday, 6:00pm to 7:00pm

TAI CHI - FREE

Every Wednesday, 8:00am to 10:00am

SEASONAL GARDENING – FREE

Learn gardening and tips for growing plants.

Every Wednesday, 10:00am to 12 noon

YOGA - FREE

Every Thursday, 4:00pm to 5:00pm

BINGO!

Only 25 cents for three cards (no entry after 10am).

Fridays 9:00am to 11:00am

SERVING SENIORS LUNCH - Donation

Ages 60 and up. No eligible person shall be denied a meal because of failure to donate.

Every Monday through Friday, 12 noon



ELDER LAW & ADVOCACY – FREE

Free legal Advice for seniors-Including basic estate planning, landlord/tenant issues, probate. By appointment only, call 858-565-1392

1st Monday of each month, 10:00am to 12:00pm

HICAP – FREE

Medicare Counseling on location. Call to schedule a one-on-one appointment. 1 800 434 0222

1st and 3rd Wednesday of each month



LEGAL AID SOCIETY – FREE

On site FREE Consumer Health Help and much more. Call Viviana 619-471-2733 to make an appointment.

2nd Wednesdays, 10:00am to 12 noon

FOOTLOOSE FRIDAY - FREE

Dance like nobody is watching!

Third Friday of the month, 4:00pm to 8:00pm.

COLOR TIME – FREE

Relax with coloring time, anytime we are open.

Limited materials are available. We encourage you to bring your own books and coloring supplies.