



MIRA MESA
SENIOR CENTER

Program Details – August 2019

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

Free classes through San Diego Continuing Education are listed below. Classes will be on summer hiatus after the first week of June. Some classes will return for the summer starting July 1st. All classes will return in the fall.

LIFE PAINTING

Every Monday, 10:30am to 1:00pm

OBSERVATIONAL PAINTING

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

REDISCOVER SAN DIEGO

Every Tuesday, 9:30am to 12:00noon

COMMUNICATING WITH TECHNOLOGY

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

PIANO CLASS

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

WATERCOLOR PAINTING CLASS

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

UKELELE & GUITAR CLASS

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

FUN ACTIVITIES

SQUARE DANCING

Every Tuesday, 3:00pm to 5:00pm

ZUMBA

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

TAI CHI

Every Monday, 8:00am to 9:30am

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

SEASONAL GARDENING

Every Wednesday, 10:00am to 12:00pm

YOGA

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

BINGO! – Only 25 cents for three cards

Every Friday, 9:00am and 11:00am

SERVING SENIORS LUNCH - Donation

Food service staff develops nutritious meals that accommodate various dietary restrictions including low sodium and fat. Ages 60+. No eligible person shall be denied a meal because of failure to pay.

Every Monday through Friday 12 noon

ELDER LAW & ADVOCACY – FREE

Free legal advice for seniors – including basic estate planning, landlord/tenant issues, probate, etc. By appointment only, call 858-565-1392.

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

TUESDAY MORNING FRIENDS – FREE

Bring your favorite snacks or dishes to share, enjoy coffee and tea, relax with arts and crafts, talks, and make new friends! Will end on August 27 and be replaced with Fit & Move starting Sept. 10)

Every Tuesday, 10:00am to 11:00am

TECHNOLOGY FOR SENIORS 101 – FREE

Learn to use your smart phone, tablets, and more. Learn basic features and advanced settings.

2nd Tues. of the month, 10:00am to 12:00pm

HICAP – FREE

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

1st and 3rd Wednesday of the month

LEGAL AID SOCIETY – FREE

On-site FREE Consumer Health Help and much more. Call Paula Barron at 619-471-2686 to make an appointment

2nd Wed. of the month, 10:00am to 12:00pm

SUMMERTIME FIT & MOVE – FREE

Have fun this summer while getting fit. Aerobic moves & grooves, walking.

Every Thursday, 9:00am to 10:00am