



MIRA MESA  
SENIOR CENTER

## Program Details – September 2019

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

Free classes through San Diego Continuing Education are listed below.

### 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 Wednesday, 9:30am to 11:30pm*

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

### FUN ACTIVITIES

#### TAI CHI

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

*Every Wednesday, 7:30am to 9:15am*

#### FIT AND MOVE

*Every Tuesday, 9:30 to 10:30am*

#### SQUARE DANCING

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

#### ZUMBA

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

#### 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*

### 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*



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