



MIRA MESA  
SENIOR CENTER

September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 <b>Open House!</b> 8am - 3pm  <b>Golden Friends Get Together</b> 10am - 11am	7 <b>Lunch - 12pm</b>  <b>Zumba</b> 5pm - 6pm	8 <b>Watercolor Painting Class</b> 8:15am - 11:30am <b>Lunch - 12pm</b> <b>Yoga - 4pm-5pm</b> <b>Dance - 5:30p-10p</b>	9 <b>Bingo!</b> 9am - 11am  <b>Lunch - 12pm</b>	10 <b>Apong Kulas Fiesta</b> 5pm - 11pm
11	12 <b>Life Painting</b> 10am - 1pm <b>Lunch - 12pm</b> <b>Observational Painting</b> 1pm - 5pm	13 <b>Tai Chi</b> 8am - 9:30am <b>Golden Friends Get Together</b> 10am - 11am <b>Lunch - 12pm</b>	14 <b>Lunch - 12pm</b> <b>Zumba</b> 5pm - 6pm	15 <b>Watercolor Painting Class</b> 8:15am - 11:30am <b>Lunch - 12pm</b> <b>RSVP-12:30p-2p</b> <b>Yoga - 4pm-5pm</b> <b>Dance - 5:30p-10p</b>	16 <b>Bingo!</b> 9am - 11am  <b>Lunch - 12pm</b>	17
18	19 <b>Life Painting</b> 10am - 1pm <b>Lunch - 12pm</b> <b>Observational Painting</b> 1pm - 5pm	20 <b>Tai Chi</b> 8am - 9:30am <b>Golden Friends Get Together</b> 10am - 11am <b>Lunch - 12pm</b>	21 <b>Lunch - 12pm</b> <b>Zumba</b> 5pm - 6pm	22 <b>Watercolor Painting Class</b> 8:15am - 11:30am <b>Lunch - 12pm</b> <b>Yoga - 4pm-5pm</b> <b>Dance - 5:30p-10p</b>	23 <b>Bingo!</b> 9am - 11am  <b>Lunch - 12pm</b>	24
25	26 <b>Life Painting</b> 10am - 1pm <b>Lunch - 12pm</b> <b>Observational Painting</b> 1pm - 5pm	27 <b>Tai Chi</b> 8am - 9:30am <b>Golden Friends Get Together</b> 10am - 11am <b>Lunch - 12pm</b>	28 <b>Lunch - 12pm</b> <b>Zumba</b> 5pm - 6pm	29 <b>Watercolor Painting Class</b> 8:15am - 11:30am <b>Lunch - 12pm</b> <b>Yoga - 4pm-5pm</b> <b>Dance - 5:30p-10p</b>	30 <b>Bingo!</b> 9am - 11am  <b>Lunch - 12pm</b>	