



MIRA MESA  
SENIOR CENTER

## Program Calendar – September 2016

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

**Free classes through San Diego Continuing Education are as below. Just show up at the time indicated. More classes to come soon!**

### **LIFE PAINTING - FREE**

*Monday 10:00 am to 1:00 pm*

### **OBSERVATIONAL PAINTING - FREE**

This class is designed around observation and perceptual painting. Students will paint from life and still life.

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

### **WATERCOLOR PAINTING CLASS - FREE**

Basic techniques for color mixing and creating light texture, value and depth in your painting. In class demonstrations. Work at your own pace.

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

### **GOLDEN FRIENDS**

Get Together For Friends. Fun talks or entertainment. \$20 annual membership. Be our guest for first 3 meetings

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

### **SERVING SENIORS LUNCH - Donation**

Our healthy meals provide a third of the daily requirements needed for older adults. Food service staff develops nutritious and satisfying meals that accommodate various dietary restrictions including low sodium and low fat. Ages 60 and up.

*No eligible person shall be denied a meal because of failure to pay*

*Every Monday through Friday 12 noon*



Take a chance and enjoy a game or two in this relaxed and friendly atmosphere.

*Fridays 9:00 am to 11:00 am*

### **DANCE DA NIGHT AWAY - FREE**

Line Dancing - 5:30 pm to 7:00 pm

Ballroom and Social Dancing - 7:00 pm to 10:00 pm

*Every Thursday Night*

### **TAI CHI - FREE**

If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE), which promotes serenity through gentle, flowing movements

*Every Tuesday 8:00 am to 9:30 am*

### **YOGA - FREE**

Yoga is a system of exercises for mental and physical health that teaches a person to experience inner peace by controlling the body and mind.

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

### **ZUMBA - FREE**

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.

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

### **ANGEL'S DEPOT**

Distribution center free to older residents living in poverty in San Diego County. Call: 760-599-7093 for more information.