



MIRA MESA
SENIOR CENTER

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Golden Friends Get Together 10am - 11am	5 Tai Chi 8:30am-10:30am Lunch - 12pm Zumba 5pm - 6pm	6 Watercolor Painting Class 8:15am - 11:30am Lunch - 12pm Yoga - 4pm-5pm Dance - 5:30p-10p	7 Bingo! 9am - 11am Lunch - 12pm	8
9	10 Life Painting 10am - 1pm Lunch - 12pm Observational Painting 1pm - 5pm	11 Golden Friends Get Together 10am - 11am Lunch - 12pm Match Ups 3:30pm - 5:30pm	12 Tai Chi 8:30am-10:30am Lunch - 12pm Zumba 5pm - 6pm	13 Watercolor Painting Class 8:15am - 11:30am Lunch - 12pm Yoga - 4pm-5pm Dance - 5:30p-10p	14 Bingo! 9am - 11am Lunch - 12pm	15
16	17 Life Painting 10am - 1pm Lunch - 12pm Observational Painting 1pm - 5pm	18 Golden Friends Get Together 10am - 11am Lunch - 12pm Match Ups 3:30pm - 5:30pm	19 Tai Chi 8:30am-10:30am Lunch - 12pm Zumba 5pm - 6pm	20 Watercolor 8:15am - 11:30am Lunch - 12pm RSVP-12:30p-2p Yoga - 4pm-5pm Dance - 5:30p-10p	21 Bingo! 9am - 11am Lunch - 12pm Bingo! 1:30pm - 3:30pm	22
23	24 Life Painting 10am - 1pm Lunch - 12pm Observational Painting 1pm - 5pm	25 Golden Friends Get Together 10am - 11am Lunch - 12pm Match Ups 3:30pm - 5:30pm	26 Tai Chi 8:30am-10:30am Lunch - 12pm Zumba 5pm - 6pm	27 Watercolor Painting Class 8:15am - 11:30am Lunch - 12pm Yoga - 4pm-5pm Dance - 5:30p-10p	28 Bingo! 9am - 11am Lunch - 12pm Bingo! 1:30pm - 3:30pm	29
30	31 Life Painting 10am - 1pm Lunch - 12pm Observational Painting 1pm - 5pm		SPECIAL EVENT October 11 Free Flu Shots 1:30pm - 4:30pm			