



MIRA MESA  
SENIOR CENTER

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Lunch - 12pm Match Ups 3:30pm - 5:30pm	2 Tai Chi 8:30am-10:30am Lunch - 12pm Zumba 5pm - 6pm HICAP - 9a-12p	3 Watercolor Painting Class 8:15am - 11:30am Lunch - 12pm Yoga - 4pm-5pm Dance - 5:30p-10p	4 Bingo! 9am - 11am Lunch - 12pm Bingo! 1:30pm - 3:30pm	5
6	7 Life Painting 10am - 1pm Lunch - 12pm Observational Painting 1pm - 5pm	8 Lunch - 12pm Match Ups 3:30pm - 5:30pm	9 Tai Chi 8:30am-10:30am Lunch - 12pm Zumba 5pm - 6pm	10 Watercolor Painting Class 8:15am - 11:30am Lunch - 12pm Yoga - 4pm-5pm Dance - 5:30p-10p	11 MIRA MESA SENIOR CENTER CLOSED TODAY	12
13 Thanksgiving Dinner 1 pm - 3 pm (\$10 paid by Nov. 7)	14 Life Painting 10am - 1pm Lunch - 12pm Observational Painting 1pm - 5pm	15 Lunch - 12pm Match Ups 3:30pm - 5:30pm	16 Tai Chi 8:30am-10:30am Lunch - 12pm Zumba 5pm - 6pm HICAP - 9a-12p	17 Watercolor 8:15am - 11:30am Lunch - 12pm Yoga - 4pm-5pm Dance - 5:30p-10p	18 Bingo! 9am - 11am Lunch - 12pm Bingo! 1:30pm - 3:30pm	19
20	21 Lunch - 12pm	22 Lunch - 12pm	23 Tai Chi 8:30am-10:30am Lunch - 12pm Zumba 5pm - 6pm	24 MIRA MESA SENIOR CENTER CLOSED HAPPY THANKSGIVING	25 MIRA MESA SENIOR CENTER CLOSED TODAY	26
27	28 Life Painting 10am - 1pm Lunch - 12pm Observational Painting 1pm - 5pm	29 Lunch - 12pm Match Ups 3:30pm - 5:30pm	30 Tai Chi 8:30am-10:30am Seasonal Gardening 10a-12p Lunch - 12pm Zumba - 5pm - 6pm Arts & Crafts - 1p-4p	Medicare & Medi-Cal Presentation (FREE) November 3rd 2 pm - 4 pm	Senior Mobile Technology Lab (FREE) Intro Monday November 7th 12:30 pm	Legal Aid Society Thursday, November 10 12:30 pm