



MIRA MESA
SENIOR CENTER

Program Calendar – December 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.

ART CLASSES

LIFE PAINTING - FREE

Every Monday, 10:00am to 1:00pm

OBSERVATIONAL PAINTING - FREE

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

WATERCOLOR PAINTING CLASS - FREE

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

ARTS & CRAFTS - FREE

Every Wednesday, 1:00pm to 4:00pm

SERVING SENIORS LUNCH - Donation

Ages 60 and up. No eligible person shall be denied a meal because of failure to donate.

Every Monday through Friday, 12 noon

BINGO!

Try your luck in this relaxed atmosphere. Only 25 cents for three cards (no entry after 10am).

Fridays 9:00am to 11:00am

HEALTHY AND FUN ACTIVITIES

ZUMBA - FREE

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

BALLROOM DANCING – FREE

Every Wednesday, 6:00pm to 7:00pm

TAI CHI - FREE

Every Wednesday, 8:30am to 10:30am

YOGA - FREE

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

DANCE DA NIGHT AWAY - FREE

Every Thursday Night, 5:30pm to 7:00pm

MATCH UPS – FREE

Intergenerational: painting, civic education, and language programs for youth and seniors to engage and learn together in mutually beneficial activities.

Every Tuesday, 3:30pm to 5:30pm

HICAP – FREE

Medicare Counseling on location. Call to schedule a one-on-one appointment. 1 800 434 0222

1st and 3rd Wednesday of each month

SENIOR MOBILE TECHNOLOGY LAB – FREE

FREE one on one help with cell phones, email, Facebook, YouTube, Skype and more. To make an appointment, call 619-471-2733.

1st Monday of each month, 11:30am to 1:30pm

LEGAL AID SOCIETY – FREE

On site Free Consumer Health Help and much more. Call 877-534-2524 to make an appointment.

2nd Wednesdays, 10:00am to 12 noon

SEASONAL GARDENING – FREE

Learn gardening and tips for growing plants.

Every Wednesday, 10:00am to 12 noon

SPECIAL EVENTS

MMSC Christmas Party - \$10 by RSVP

Food and Entertainment. RSVP by December 5 by calling Mitz Lee or Sandy Smith at 858.860.5355

Sunday, December 11th, 1:00pm - 3:00pm

Toys for Tots – FREE

Councilman Chris Cate serves pancakes. Bring an unwrapped toy! Space is limited and an RSVP is required. Email jeharris@sandiego.gov

Saturday, December 17th, 8:30 am - 10:30am