



MIRA MESA
SENIOR CENTER

Program Calendar – February 2017

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

Free classes through San Diego Continuing Education are listed below.

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

UKULELE & GUITAR CLASS – FREE

Every Thursday, 1:00pm to 3:00pm

HEALTHY AND FUN ACTIVITIES

TUESDAY SOCIAL - FREE

Every Tuesday, 2:00pm to 5:00pm

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

SEASONAL GARDENING – FREE

Learn gardening and tips for growing plants.

Every Wednesday, 10:00am to 12 noon

YOGA - FREE

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

BINGO!

Only 25 cents for three cards (no entry after 10am).

Fridays 9:00am to 11:00am

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

ELDER LAW & ADVOCACY – FREE

Free legal Advice for seniors-Including basic estate planning, landlord/tenant issues, probate. By appointment only, call 858-565-1392

1st Monday of each month, 10:00am to 12:00pm

SENIOR MOBILE TECHNOLOGY LAB – FREE

FREE one on one help with cell phones, email, Facebook, YouTube, Skype and more. To make an appointment, call 619-471-2713.

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

NUTRITIONAL CLASSES – FREE

Learn about balanced diet, nutrition labels, sugar intake and more. Six week program. Ends Feb. 21.

Every Tuesday, 12:30am to 1:30pm

TAX PREPARATION – FREE

Free tax preparation w/ AARP beginning February 7th.

Tuesdays and Thursdays, 10:00am to 3:00pm

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

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