



MIRA MESA  
SENIOR CENTER

## Program Calendar — May 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**

#### **GAMES & SOCIAL - FREE**

*Every Wednesday, 1:00pm 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*

SERVING  
SENIORS

### **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*

### **TUESDAY TALKS** – FREE

Interesting and informative talks on a variety of subjects in a relaxed and casual setting. See Calendar for weekly topic list.

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

### **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*

### **LEGAL AID SOCIETY** – FREE

On site FREE Consumer Health Help and much more. Call Viviana 619-471-2733 to make an appointment.

*2nd Wednesdays, 10:00am to 12 noon*