



MIRA MESA  
SENIOR CENTER

## Program Calendar — September 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, 10:30am to 1:30pm*

**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**

**SQUARE DANCING - FREE**

*Every Tuesday, beginner class at 1:15pm and advanced at 2:00pm*

**ZUMBA - FREE**

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

**BALLROOM DANCING - FREE**

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

**TAI CHI - FREE**

*Every Wednesday, 8:00am to 10:00am*

**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*

**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*

**FOOTLOOSE FRIDAY - FREE**

Dance like nobody is watching!

*Third Friday of the month, 4:00pm to 8:00pm.*

**COLOR TIME - FREE**

Relax with coloring time, anytime we are open.

Limited materials are available. We encourage you to bring your own books and coloring supplies.