



MIRA MESA
SENIOR CENTER

Program Calendar — June 2018

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

TAI CHI - FREE

*Every Monday, 8:00am to 9:30am
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 800-434-0222 to schedule a one-on-one appointment.

1st and 3rd Wednesday of each month

LEGAL AID SOCIETY – FREE

On site FREE Consumer Health Help and much more. Call Paula Barron at 619-471-2686 for an appointment.

2nd Wednesdays, 10:00am to 12 noon

COLOR TIME – FREE

Relax with coloring time, anytime we are open. Limited materials are available.

TECHNOLOGY FOR SENIORS 101

Learn to use your smart phone, tablets, and more. Learn basic features and advanced settings!

Last Monday of the month, 10:00am to 12 noon

REDISCOVER SAN DIEGO/OFF-SITE

Escorted tours through exciting places in San Diego.

Every Tuesday, 9:30am to noon

TUESDAY MORNING FRIENDS

Games, coffee, chats, talks, etcetera etcetera.

Every Tuesday, 10:00am to 11:00am