



MIRA MESA SENIOR CENTER

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Tai Chi - 8a - 930a Life Painting 10:30am - 1:30pm Lunch - 12pm Obs. Painting 1pm - 5pm	3 Tuesday Morning Friends - 10am Lunch - 12pm Square Dancing (Beginner) - 1:15p (Advanced) - 2:00p	4 JULY 4TH CELEBRATION Pancake Breakfast - 7a-11am (\$8.00) Ice Cream Social - 12pm-1:30pm (Free)	5 Watercolor 8:15am - 11:30am Lunch - 12pm Ukulele & Guitar 1pm - 3pm	6 Bingo! 9am - 11am Lunch - 12pm CLOSED at 2pm	7
8	9 Tai Chi - 8a - 930a Life Painting 10:30am - 1:30pm Lunch - 12pm Obs. Painting 1pm - 5pm	10 Tuesday Morning Friends - 10am Lunch - 12pm Square Dancing (Beginner) - 1:15p (Advanced) - 2:00p	11 Tai Chi - 8a - 10a Garden - 10a-12p Lunch - 12pm Arts/Craft - 1pm Zumba - 4:00pm	12 Watercolor 8:15am - 11:30am Lunch - 12pm Ukulele & Guitar 1pm - 3pm	13 Bingo! 9am - 11am Lunch - 12pm CLOSED at 2pm	14
15	16 Tai Chi - 8a - 930a Life Painting 10:30am - 1:30pm Lunch - 12pm Obs. Painting 1pm - 5pm	17 Tuesday Morning Friends - 10am Lunch - 12pm Square Dancing (Beginner) - 1:15p (Advanced) - 2:00p	18 Tai Chi - 8a - 10a Garden - 10a-12p Lunch - 12pm Arts/Craft - 1pm Zumba - 4:00pm	19 Watercolor 8:15am - 11:30am Lunch - 12pm Ukulele & Guitar 1pm - 3pm Yoga - 4pm-5pm	20 Bingo! 9am - 11am Lunch - 12pm CLOSED at 2pm	21
22	23 Tai Chi - 8a - 930a Life Painting 10:30am - 1:30pm Lunch - 12pm Obs. Painting 1pm - 5pm	24 Tuesday Morning Friends - 10am Lunch - 12pm Square Dancing (Beginner) - 1:15p (Advanced) - 2:00p	25 Tai Chi - 8a - 10a Garden - 10a-12p Lunch - 12pm Arts/Craft - 1pm Zumba - 4:00pm	26 Watercolor 8:15am - 11:30am Lunch - 12pm Ukulele & Guitar 1pm - 3pm Yoga - 4pm-5pm	27 Bingo! 9am - 11am Lunch - 12pm CLOSED at 2pm	28
29	30 Tai Chi - 8a - 930a Life Painting 10:30am - 1:30pm Senior Tech 10am-12pm Lunch - 12pm Obs. Painting 1pm - 5pm	31 Tuesday Morning Friends - 10am Lunch - 12pm Square Dancing (Beginner) - 1:15p (Advanced) - 2:00p		REDISCOVER SAN DIEGO OFF SITE CLASSES July 3 - Petco Park, Downtown (\$14) July 10 - Mission San Luis Rey, Oceanside (\$12) July 17 - Marine Corp Recruit Depot Museum (Free) July 24 - Heritage of the Americas, El Cajon (\$2) July 31 - UCSD Englekirk Structural Engineering Center, La Jolla (Free)		