



MIRA MESA  
SENIOR CENTER

## Program Calendar — July 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, 4:00pm to 5:00pm*

#### **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*