



MIRA MESA  
SENIOR CENTER

## Program Details – September 2018

8460 Mira Mesa Boulevard, San Diego, CA 92126

858-578-7325 / MiraMesaCenter@MiraMesaCenter.org

**Free classes through San Diego Continuing Education are listed below.**

### **LIFE PAINTING**

*Every Monday, 10:30am to 1:00pm*

### **OBSERVATIONAL PAINTING**

*Every Monday, 1:00pm to 5:00pm*

### **REDISCOVER SAN DIEGO**

*Every Tuesday, 9:30am to 12:00noon*

### **COMMUNICATING WITH TECHNOLOGY**

*Every Tuesday, 1:00pm to 3:00pm*

### **ART & CRAFTS**

*Every Wednesday, 1:00pm to 4:00pm*

### **WATERCOLOR PAINTING CLASS**

*Every Thursday, 8:15am to 11:30am*

### **UKELELE & GUITAR CLASS**

*Every Thursday, 1:00pm to 3:00pm*

### **FUN ACTIVITIES**

#### **SQUARE DANCING**

*Every Tuesday, 3:00pm to 5:00pm*

#### **ZUMBA**

*Every Wednesday, 4:00pm to 5:00pm*

#### **TAI CHI**

*Every Monday, 8:00am to 9:30am*

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

#### **SEASONAL GARDENING**

*Every Wednesday, 10:00am to 12:00pm*

#### **YOGA**

*Every Thursday, 4:00pm to 5:00pm*

**BINGO!** – Only 25 cents for three cards

*Every Friday, 9:00am and 11:00am*

### **SERVING SENIORS LUNCH - Donation**

Food service staff develops nutritious and satisfying meals that accommodate various dietary restrictions including low sodium and low fat. Ages 60 and up. No eligible person shall be denied a meal because of failure to pay.

*Every Monday through Friday 12 noon*

### **ELDER LAW & ADVOCACY** – FREE

Free legal advice for seniors – including basic estate planning, landlord/tenant issues, probate, etc. By appointment only, call 858-565-1392.

*1st Monday of the month, 10:00am to 12:00pm*

### **TUESDAY MORNING FRIENDS** – FREE

Games, coffee, chats, talks, and more! Meet old friends and make new ones, every Tuesday!

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

### **HICAP** – FREE

Medicare Counseling on location. Call 800-434-0222 to schedule a one-on-one appointment.

*1st and 3rd Wednesday of the month*

### **LEGAL AID SOCIETY** – FREE

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

*2nd Wed. of the month, 10:00am to 12:00pm*

### **COLOR TIME** – FREE

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

### **TECHNOLOGY FOR SENIORS 101** – FREE

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

*Last Monday of the month, 10:00am – 12:00pm*