



MIRA MESA  
SENIOR CENTER

## Program Details – April 2019

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

*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*

### PIANO CLASS

*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

Bring your favorite snacks or dishes to share, enjoy coffee and tea, relax with arts and crafts, talks, and make new friends!

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

### TAX PREPARATION – FREE

Tax help. By appointment only. Ends April 11.

*Every Tues. and Thurs., 10:00am to 1:00pm*

### 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.

*3rd Wed. of the month, 10:00am to 12:00pm*