



MIRA MESA
SENIOR CENTER

Program Details – January 2020

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

UKULELE & GUITAR CLASS

Every Wednesday, 9:30am to 11:30pm

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

FUN ACTIVITIES

TAI CHI

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

Every Wednesday, 7:30am to 9:15am

FIT AND MOVE

Every Tuesday, 4:00pm to 5:00pm

ZUMBA

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

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 meals that accommodate various dietary restrictions including low sodium and fat. Ages 60+. 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

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 to make an appointment

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



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