



MIRA MESA  
SENIOR CENTER

## Program Details – August 2020

8460 Mira Mesa Boulevard, San Diego, CA 92126  
(858) 860-5355 / MiraMesaCenter@MiraMesaCenter.org

There will be no classes due to the indefinite, but temporary, closure of the center.

### **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*

**Due to the current situation with COVID-19, the Mira Mesa Senior Center will be closed until further notice. No classes, activities, or lunch.**

### **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*

### **TAX PREPARATION – FREE**

Tax help and preparation. By appointment only.

*Suspended until further notice.*