



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tai Chi - 8am - 9:30am Fit & Move - 10am - 11am	3 Mahjong - 10am - 2pm	4 Tai Chi - 7:30am - 9:15am Gardening - 10am - 12pm Zumba - 4pm - 5pm	5 Yoga - 4pm - 5pm	6 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
9 Tai Chi - 8am - 9:30am Fit & Move - 10am - 11am	10 Mahjong - 10am - 2pm	11 Tai Chi - 7:30am - 9:15am Gardening - 10am - 12pm Zumba - 4pm - 5pm	12 Yoga - 4pm - 5pm	13 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
16 Tai Chi - 8am - 9:30am Fit & Move - 10am - 11am	17 Mahjong - 10am - 2pm	18 Tai Chi - 7:30am - 9:15am Gardening - 10am - 12pm Zumba - 4pm - 5pm	19 Yoga - 4pm - 5pm	20 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
23 Tai Chi - 8am - 9:30am Fit & Move - 10am - 11am	24 Mahjong - 10am - 2pm	25 Tai Chi - 7:30am - 9:15am Gardening - 10am - 12pm Zumba - 4pm - 5pm	26 Yoga - 4pm - 5pm	27 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
30 Tai Chi - 8am - 9:30am Fit & Move - 10am - 11am	31 Mahjong - 10am - 2pm			



MIRA MESA
SENIOR CENTER

Program Details – August 2021

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

Limited programs offered - many of the Community College Continuing Education Classes are currently available Online.

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

FIT AND MOVE

Every Monday, 10:00am to 11:00am

TAI CHI

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

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

MAHJONG

Every Tuesday, 10:00am to 2:00pm

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 50 cents for three cards

No admittance after 10:00am

Every Friday, 9:00am to 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.

COMING SOON!

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.

HICAP – FREE

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

LEGAL AID SOCIETY – FREE

On-site FREE Consumer Health Help and much more. Call 619-471-2686 to make an appointment.

TAX PREPARATION – FREE

Tax help and preparation. By appointment only.

Suspended until further notice.



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