



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
4	Tai Chi - 8am - 9:30am Fit & Move - 10am - 11am	5	Mahjong - 10am - 2pm	6	Tai Chi - 7:30am - 9:15am Gardening - 10am - 12pm Zumba - 4pm - 5pm	7	Yoga - 4pm - 5pm	8	Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
11	Tai Chi - 8am - 9:30am Fit & Move - 10am - 11am	12	Mahjong - 10am - 2pm	13	Tai Chi - 7:30am - 9:15am Gardening - 10am - 12pm Zumba - 4pm - 5pm	14	Yoga - 4pm - 5pm	15	Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
18	Tai Chi - 8am - 9:30am Fit & Move - 10am - 11am	19	Mahjong - 10am - 2pm	20	Tai Chi - 7:30am - 9:15am Gardening - 10am - 12pm Zumba - 4pm - 5pm	21	Yoga - 4pm - 5pm	22	Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
25	Tai Chi - 8am - 9:30am Fit & Move - 10am - 11am	26	Mahjong - 10am - 2pm	27	Tai Chi - 7:30am - 9:15am Gardening - 10am - 12pm Zumba - 4pm - 5pm	28	Yoga - 4pm - 5pm	29	Bingo - 9am - 11am No admittance after 10am Fall Benefit Dance 6pm-10pm - \$20/person Proceeds Benefit MMS



MIRA MESA
SENIOR CENTER

Program Details – October 2021

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

The following 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 – IN PERSON

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

Lunch in person is not available until further notice.
For Meal Home Delivery, please call 619-235-6572

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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