



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fit & Move - 10am - 11am	2 Mahjong - 10am - 2pm	3 Gardening - 10am - 12pm Zumba - 4pm - 5pm	4 Yoga - 4pm - 5pm	5 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
8 Fit & Move - 10am - 11am	9 Mahjong - 10am - 2pm	10 Gardening - 10am - 12pm Zumba - 4pm - 5pm	11 Yoga - 4pm - 5pm	12 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
15 Fit & Move - 10am - 11am	16 Mahjong - 10am - 2pm	17 Gardening - 10am - 12pm Zumba - 4pm - 5pm	18 Yoga - 4pm - 5pm	19 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
22 CLOSED FOR THE HOLIDAY.	23 CLOSED FOR THE HOLIDAY.	24 CLOSED FOR THE HOLIDAY.	25 CLOSED FOR THE HOLIDAY. HAPPY THANKSGIVING!	26 CLOSED FOR THE HOLIDAY.
29 Fit & Move - 10am - 11am	30 Mahjong - 10am - 2pm			



MIRA MESA
SENIOR CENTER

Program Details – November 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

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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