



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Fit &amp; Move - 9:15a - 10:15a</b>	4 <b>Mahjong - 10am - 2pm</b>	5 <b>Gardening - 10am - 12pm</b> <b>Zumba - 4pm - 5pm</b>	6 <b>Yoga - 4pm - 5pm</b>	7 <b>Bingo - 9am - 11am</b> No admittance after 10am  <b>CLOSED at 2pm</b>
10 <b>Fit &amp; Move - 9:15a - 10:15a</b> <b>Mat Pilates - 10:30am - 12pm</b> Introduction	11 <b>Mahjong - 10am - 2pm</b>	12 <b>Gardening - 10am - 12pm</b> <b>Zumba - 4pm - 5pm</b>	13 <b>Yoga - 4pm - 5pm</b>	14 <b>Bingo - 9am - 11am</b> No admittance after 10am  <b>CLOSED at 2pm</b>
17  <b>CLOSED FOR MARTIN LUTHER KING JR DAY</b>	18 <b>Mahjong - 10am - 2pm</b>	19 <b>Gardening - 10am - 12pm</b> <b>Zumba - 4pm - 5pm</b>	20 <b>Yoga - 4pm - 5pm</b>	21 <b>Bingo - 9am - 11am</b> No admittance after 10am  <b>CLOSED at 2pm</b>
24 <b>Fit &amp; Move - 9:15a - 10:15a</b> <b>Mat Pilates - 10:30a - 11:15a</b> <b>Mat Pilates - 11:30a - 12:15p</b>	25 <b>Mahjong - 10am - 2pm</b>	26 <b>Gardening - 10am - 12pm</b> <b>Zumba - 4pm - 5pm</b>	27 <b>Yoga - 4pm - 5pm</b>	28 <b>Bingo - 9am - 11am</b> No admittance after 10am  <b>CLOSED at 2pm</b>
31 <b>Fit &amp; Move - 9:15a - 10:15a</b> <b>Mat Pilates - 10:30a - 11:15a</b> <b>Mat Pilates - 11:30a - 12:15p</b>				



MIRA MESA  
SENIOR CENTER

## Program Details – January 2022

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, 9:15am to 10:15am*

#### **MAT PILATES**

*Every Monday, 10:30am and 11:30am*

#### **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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