



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>Mahjong - 10am - 2pm</b>	2 <b>Gardening - 10am - 12pm</b> <b>Zumba - 4pm - 5pm</b>	3 <b>Yoga - 4pm - 5pm</b>	4 <b>Bingo - 9am - 11am</b> No admittance after 10am  <b>CLOSED at 2pm</b>
7 <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>	8 <b>Mahjong - 10am - 2pm</b>	9 <b>Gardening - 10am - 12pm</b> <b>Zumba - 4pm - 5pm</b>	10 <b>Yoga - 4pm - 5pm</b>	11 <b>Bingo - 9am - 11am</b> No admittance after 10am  <b>CLOSED at 2pm</b>
14 <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>	15 <b>Mahjong - 10am - 2pm</b>	16 <b>Gardening - 10am - 12pm</b> <b>Zumba - 4pm - 5pm</b>	17 <b>Yoga - 4pm - 5pm</b>	18 <b>Bingo - 9am - 11am</b> No admittance after 10am  <b>CLOSED at 2pm</b>
21 <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>	22 <b>Mahjong - 10am - 2pm</b>	23 <b>Gardening - 10am - 12pm</b> <b>Zumba - 4pm - 5pm</b>	24 <b>Yoga - 4pm - 5pm</b>	25 <b>Bingo - 9am - 11am</b> No admittance after 10am  <b>CLOSED at 2pm</b>
28 <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>	29 <b>Mahjong - 10am - 2pm</b>	30 <b>Gardening - 10am - 12pm</b> <b>Zumba - 4pm - 5pm</b>	31 <b>Yoga - 4pm - 5pm</b>	



MIRA MESA  
SENIOR CENTER

## Program Details – March 2022

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



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