



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Gardening - 10am - 12pm Zumba - 4pm - 5pm	2 Yoga - 4pm - 5pm	3 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
6 Fit & Move - 9:15a - 10:15a Mat Pilates - 10:30a - 11:15a	7 Mahjong - 10am - 2pm	8 Gardening - 10am - 12pm Zumba - 4pm - 5pm	9 Yoga - 4pm - 5pm	10 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
13 Fit & Move - 9:15a - 10:15a Mat Pilates - 10:30a - 11:15a	14 Mahjong - 10am - 2pm	15 Gardening - 10am - 12pm Zumba - 4pm - 5pm	16 Yoga - 4pm - 5pm	17 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
20 Fit & Move - 9:15a - 10:15a Mat Pilates - 10:30a - 11:15a	21 Mahjong - 10am - 2pm	22 Gardening - 10am - 12pm Zumba - 4pm - 5pm	23 Yoga - 4pm - 5pm	24 Bingo - 9am - 11am No admittance after 10am CLOSED at 2pm
27 Fit & Move - 9:15a - 10:15a Mat Pilates - 10:30a - 11:15a	28 Mahjong - 10am - 2pm	29 Gardening - 10am - 12pm Zumba - 4pm - 5pm	30 Yoga - 4pm - 5pm	



MIRA MESA
SENIOR CENTER

Program Details – June 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 to 11:15am

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.



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