



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a</p>	<p>4</p> <p>Mahjong - 10am - 2pm</p>	<p>5</p> <p>Senior Technology Class 10:00a - 11:30a Gardening - 10am - 12pm Zumba - 4pm - 5pm</p>	<p>6</p> <p>Fun Karaoke 11:30a - 1:30p Yoga - 4pm - 5pm</p>	<p>7</p> <p>Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm</p>
<p>10</p> <p>Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a</p>	<p>11</p> <p>Mahjong - 10am - 2pm</p>	<p>12</p> <p>Gardening - 10am - 12pm Zumba - 4pm - 5pm</p>	<p>13</p> <p>Fun Karaoke 11:30a - 1:30p Yoga - 4pm - 5pm</p>	<p>14</p> <p>Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm</p>
<p>17</p> <p>Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a</p>	<p>18</p> <p>Mahjong - 10am - 2pm</p>	<p>19</p> <p>Senior Technology Class 10:00a - 11:30a Gardening - 10am - 12pm Zumba - 4pm - 5pm</p>	<p>20</p> <p>Fun Karaoke 11:30a - 1:30p Yoga - 4pm - 5pm</p>	<p>21</p> <p>Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm</p>
<p>24</p> <p>Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a</p>	<p>25</p> <p>Mahjong - 10am - 2pm</p>	<p>26</p> <p>Gardening - 10am - 12pm Zumba - 4pm - 5pm</p>	<p>27</p> <p>Fun Karaoke 11:30a - 1:30p Yoga - 4pm - 5pm</p>	<p>28</p> <p>Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm</p>
<p>31</p> <p>Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a</p>				



MIRA MESA
SENIOR CENTER

Program Details – October 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

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.

FUN ACTIVITIES – IN PERSON

FUN 30 MIN WALK (YOUTUBE)

Every Monday, 9:15am to 9:45am

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

FUN KAROAKE

Every Thursday, 11:30am to 1:30pm

YOGA

Every Thursday, 4:00pm to 5:00pm

SENIOR TECH CLASS

Select Wednesdays, 10:00am to 11:30am

LEARN TO DANCE

Every Friday, 2:00pm to 4:00pm

LINE DANCING

Every Friday, 4:00pm to 5:00pm

BINGO! – Only 50 cents for three cards
No admittance after 10:00am

Every Friday, 9:00am to 11:00am



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