



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Fun Karaoke 11:30a - 1:30p Yoga - 4pm - 5pm	2 Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm
5 Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a	6 Mahjong - 10am - 2pm	7 Senior Technology Class 10:00a - 11:30a Gardening - 10am - 12pm Zumba - 4pm - 5pm	8 Fun Karaoke 11:30a - 1:30p Yoga - 4pm - 5pm	9 Bingo - 9am - 11am No admittance after 10am Christmas Party & Charity Benefit - 5pm - 10pm
12 Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a	13 Mahjong - 10am - 2pm	14 Gardening - 10am - 12pm Zumba - 4pm - 5pm	15 Fun Karaoke 11:30a - 1:30p Yoga - 4pm - 5pm	16 Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm
19 CLOSED FOR THE HOLIDAYS	20 CLOSED FOR THE HOLIDAYS	21 CLOSED FOR THE HOLIDAYS	22 CLOSED FOR THE HOLIDAYS	23 CLOSED FOR THE HOLIDAYS
26 CLOSED FOR THE HOLIDAYS	27 CLOSED FOR THE HOLIDAYS	28 CLOSED FOR THE HOLIDAYS	29 CLOSED FOR THE HOLIDAYS	30 CLOSED FOR THE HOLIDAYS



MIRA MESA
SENIOR CENTER

Program Details – December 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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