



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1 Mahjong - 10am - 2pm	2 Gardening - 10am - 12pm Zumba - 4pm - 5pm	3 Tai Chi by Guest Instructor - 9am-10am Fun Karaoke - 11:30a - 1:30p Yoga - 4pm - 5pm	4 Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm					
7 Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a	8 Mahjong - 10am - 2pm	9 Gardening - 10am - 12pm Zumba - 4pm - 5pm	10 Tai Chi by Guest Instructor - 9am-10am Fun Karaoke - 11:30a - 1:30p Yoga - 4pm - 5pm	11 Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm					
14 Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a	15 Mahjong - 10am - 2pm	16 Gardening - 10am - 12pm Zumba - 4pm - 5pm	17 Tai Chi by Guest Instructor - 9am-10am Fun Karaoke - 11:30a - 1:30p Yoga - 4pm - 5pm	18 Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm					
21 Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a	22 Mahjong - 10am - 2pm	23 Gardening - 10am - 12pm Zumba - 4pm - 5pm	24 Tai Chi by Guest Instructor - 9am-10am Fun Karaoke - 11:30a - 1:30p Yoga - 4pm - 5pm	25 Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm					
28 Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a	29 Mahjong - 10am - 2pm	30 Gardening - 10am - 12pm Zumba - 4pm - 5pm	31 Tai Chi by Guest Instructor - 9am-10am Fun Karaoke - 11:30a - 1:30p Yoga - 4pm - 5pm						



MIRA MESA
SENIOR CENTER

Program Details – August 2023

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

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

TAICHI

Every Thursday, 9:00am to 10:00am

FUN KAROAKE

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

YOGA

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

SENIOR TECH CLASS

Select Wednesdays, 12:00pm to 1:00pm

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