



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Gardening - 10am - 12pm Zumba - 4pm - 5pm	2 Fun Karaoke - 11:30a - 1:30p Yoga - 4pm - 5pm	3 Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm
6 Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a	7 Mahjong - 10am - 2pm	8 Gardening - 10am - 12pm Zumba - 4pm - 5pm	9 Fun Karaoke - 11:30a - 1:30p Yoga - 4pm - 5pm	10 Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm
13 Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a	14 Mahjong - 10am - 2pm	15 Gardening - 10am - 12pm Zumba - 4pm - 5pm	16 Fun Karaoke - 11:30a - 1:30p Yoga - 4pm - 5pm	17 Bingo - 9am - 11am No admittance after 10am Learn to Dance - 2pm - 4pm Line Dancing - 4pm - 5pm
20 <b>CLOSED FOR THANKSGIVING WEEK</b>	21 <b>CLOSED FOR THANKSGIVING WEEK</b>	22 <b>CLOSED FOR THANKSGIVING WEEK</b>	23 <b>CLOSED FOR THANKSGIVING WEEK</b>  <b>HAPPY THANKSGIVING</b>	24 <b>CLOSED FOR THANKSGIVING WEEK</b>
27 Fun 30 Min Walk (YouTube) 9:15am - 9:45am Fit & Move - 10:00a - 11:00a	28 Mahjong - 10am - 2pm	29 Gardening - 10am - 12pm Zumba - 4pm - 5pm	30 Fun Karaoke - 11:30a - 1:30p Yoga - 4pm - 5pm	



MIRA MESA  
SENIOR CENTER

## Program Details – November 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**

*On hiatus until further notice*

#### **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*