



| MONDAY                                                                                                   | TUESDAY                               | WEDNESDAY                                                                     | THURSDAY                                                                                                      | FRIDAY                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------|---------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| 1<br><br><b>CLOSED FOR NEW YEAR<br/>HAPPY NEW YEAR</b>                                                   | 2<br><br><b>Mahjong - 10am - 2pm</b>  | 3<br><br><b>Tai Chi - 9:15am - 10:15am</b><br><b>Gardening - 10am - 12pm</b>  | 4<br><br><b>Tai Chi - 9:15am - 10:15am</b><br><b>Fun Karaoke - 11:30a - 1:30p</b><br><b>Yoga - 4pm - 5pm</b>  | 5<br><br><b>Bingo - 9am - 11am</b><br>No admittance after 10am<br><b>Let's Dance - 2p-3:30p</b><br><b>Line Dancing - 3:30pm - 5pm</b>  |
| 8<br><br><b>Fun 30 Min Walk (YouTube)</b><br>9:15am - 9:45am<br><b>Fit &amp; Move - 10:00a - 11:00a</b>  | 9<br><br><b>Mahjong - 10am - 2pm</b>  | 10<br><br><b>Tai Chi - 9:15am - 10:15am</b><br><b>Gardening - 10am - 12pm</b> | 11<br><br><b>Tai Chi - 9:15am - 10:15am</b><br><b>Fun Karaoke - 11:30a - 1:30p</b><br><b>Yoga - 4pm - 5pm</b> | 12<br><br><b>Bingo - 9am - 11am</b><br>No admittance after 10am<br><b>Let's Dance - 2p-3:30p</b><br><b>Line Dancing - 3:30pm - 5pm</b> |
| 15<br><br><b>CLOSED FOR MARTIN<br/>LUTHER KING JR DAY</b>                                                | 16<br><br><b>Mahjong - 10am - 2pm</b> | 17<br><br><b>Tai Chi - 9:15am - 10:15am</b><br><b>Gardening - 10am - 12pm</b> | 18<br><br><b>Tai Chi - 9:15am - 10:15am</b><br><b>Fun Karaoke - 11:30a - 1:30p</b><br><b>Yoga - 4pm - 5pm</b> | 19<br><br><b>Bingo - 9am - 11am</b><br>No admittance after 10am<br><b>Let's Dance - 2p-3:30p</b><br><b>Line Dancing - 3:30pm - 5pm</b> |
| 22<br><br><b>Fun 30 Min Walk (YouTube)</b><br>9:15am - 9:45am<br><b>Fit &amp; Move - 10:00a - 11:00a</b> | 23<br><br><b>Mahjong - 10am - 2pm</b> | 24<br><br><b>Tai Chi - 9:15am - 10:15am</b><br><b>Gardening - 10am - 12pm</b> | 25<br><br><b>Tai Chi - 9:15am - 10:15am</b><br><b>Fun Karaoke - 11:30a - 1:30p</b><br><b>Yoga - 4pm - 5pm</b> | 26<br><br><b>Bingo - 9am - 11am</b><br>No admittance after 10am<br><b>Let's Dance - 2p-3:30p</b><br><b>Line Dancing - 3:30pm - 5pm</b> |
| 29<br><br><b>Fun 30 Min Walk (YouTube)</b><br>9:15am - 9:45am<br><b>Fit &amp; Move - 10:00a - 11:00a</b> | 30<br><br><b>Mahjong - 10am - 2pm</b> | 31<br><br><b>Tai Chi - 9:15am - 10:15am</b><br><b>Gardening - 10am - 12pm</b> |                                                                                                               |                                                                                                                                        |



MIRA MESA  
SENIOR CENTER

## Program Details – January 2024

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**

*On break until further notice*

**SEASONAL GARDENING**

*Every Wednesday, 10:00am to 12:00pm*

**TAICHI**

*Every Wednesday, 9:15am to 10:15pm*

*Every Thursday, 9:15am to 10:15pm*

**FUN KAROAKE**

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

**YOGA**

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

**LET'S DANCE**

*Every Friday, 2:00pm to 3:30pm*

**LINE DANCING**

*Every Friday, 3:30pm to 5:00pm*

**BINGO!** – Only 50 cents for three cards

**No admittance after 10:00am**

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