



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Tai Chi - 9:15am - 10:15am</b> <b>Fun Karaoke - 11:30a - 1:30p</b> <b>Yoga - 4pm - 5pm</b>	2 <b>Bingo - 9am - 11am</b> No admittance after 10am <b>Let's Dance - 2p-3:30p</b> <b>Line Dancing - 3:30pm - 5pm</b>
5 <b>Fun 30 Min Walk (YouTube)</b> 9:15am - 9:45am <b>Fit &amp; Move - 10:00a - 11:00a</b>	6 <b>Mahjong - 10am - 2pm</b>	7 <b>Tai Chi - 9:15am - 10:15am</b> <b>Gardening - 10am - 12pm</b>	8 <b>Tai Chi - 9:15am - 10:15am</b> <b>Fun Karaoke - 11:30a - 1:30p</b> <b>Yoga - 4pm - 5pm</b>	9 <b>Bingo - 9am - 11am</b> No admittance after 10am <b>Let's Dance - 2p-3:30p</b> <b>Line Dancing - 3:30pm - 5pm</b>
12 <b>Fun 30 Min Walk (YouTube)</b> 9:15am - 9:45am <b>Fit &amp; Move - 10:00a - 11:00a</b>	13 <b>Mahjong - 10am - 2pm</b>	14 <b>Tai Chi - 9:15am - 10:15am</b> <b>Gardening - 10am - 12pm</b>	15 <b>Tai Chi - 9:15am - 10:15am</b> <b>Fun Karaoke - 11:30a - 1:30p</b> <b>Yoga - 4pm - 5pm</b>	16 <b>Bingo - 9am - 11am</b> No admittance after 10am <b>Let's Dance - 2p-3:30p</b> <b>Line Dancing - 3:30pm - 5pm</b>
19 <b>CLOSED FOR PRESIDENTS DAY</b>	20 <b>Mahjong - 10am - 2pm</b>	21 <b>Tai Chi - 9:15am - 10:15am</b> <b>Gardening - 10am - 12pm</b>	22 <b>Tai Chi - 9:15am - 10:15am</b> <b>Fun Karaoke - 11:30a - 1:30p</b> <b>Yoga - 4pm - 5pm</b>	23 <b>Bingo - 9am - 11am</b> No admittance after 10am <b>Let's Dance - 2p-3:30p</b> <b>Line Dancing - 3:30pm - 5pm</b>
26 <b>Fun 30 Min Walk (YouTube)</b> 9:15am - 9:45am <b>Fit &amp; Move - 10:00a - 11:00a</b>	27 <b>Mahjong - 10am - 2pm</b>	28 <b>Tai Chi - 9:15am - 10:15am</b> <b>Gardening - 10am - 12pm</b>	29 <b>Tai Chi - 9:15am - 10:15am</b> <b>Fun Karaoke - 11:30a - 1:30p</b> <b>Yoga - 4pm - 5pm</b>	



MIRA MESA  
SENIOR CENTER

## Program Details – February 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*