



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



MIRA MESA  
SENIOR CENTER

## Program Details – March 2024

8460 Mira Mesa Boulevard, San Diego, CA 92126  
(858) 860-5355 / [MiraMesaCenter@MiraMesaCenter.org](mailto: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*

#### **MONDAY MUSIC JAM**

*Every Monday, 11:30am to 1:00pm*

#### **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*