



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Preparation & Center Upkeep	2 Mahjong - 10am - 2pm	3 Gardening - 10am - 12pm Food Smarts - 11am - 12:30p Yoga - 4pm - 5pm	4 Mira Mesa Heritage 4th of July Celebration 11am-5pm	5 Closed for the Holiday (4th of July)
8 Preparation & Center Upkeep	9 Mahjong - 10am - 2pm	10 Gardening - 10am - 12pm Food Smarts - 11am - 12:30p Yoga - 4pm - 5pm	11 Tai Chi - 9:15am - 10:15am Karaoke - 10:30a - 12:30p Music Jam - 12:45pm - 2pm	12 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm
15 Preparation & Center Upkeep	16 Mahjong - 10am - 2pm	17 Gardening - 10am - 12pm Food Smarts - 11am - 12:30p Yoga - 4pm - 5pm	18 Tai Chi - 9:15am - 10:15am Karaoke - 10:30a - 12:30p Music Jam - 12:45pm - 2pm	19 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm
22 Preparation & Center Upkeep	23 Mahjong - 10am - 2pm	24 Gardening - 10am - 12pm Yoga - 4pm - 5pm	25 Tai Chi - 9:15am - 10:15am Karaoke - 10:30a - 12:30p Music Jam - 12:45pm - 2pm	26 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm
29 Preparation & Center Upkeep	30 Mahjong - 10am - 2pm	31 Gardening - 10am - 12pm Yoga - 4pm - 5pm		*Friday Bingo has no admittance after 10am



MIRA MESA
SENIOR CENTER

Program Details – July 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

MAHJONG

Every Tuesday, 10:00am to 2:00pm

SEASONAL GARDENING

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

YOGA

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

TAICHI

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

FUN KARAOKE

Every Thursday, 10:30am to 12:30pm

THURSDAY MUSIC JAM

Every Thursday, 12:45pm to 2:00pm

BINGO! – Only 50 cents for three cards

No admittance after 10:00am

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

DANCERCISE

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

LINE DANCING

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

