



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Preparation & Center Upkeep	3 Mahjong - 9am - 1pm Health Ed. - 2pm - 3:30pm	4 Ikebana - 9:30pm-12:30pm Gardening - 10am - 12pm Health Ed. - 1:30pm - 3pm Yoga - 4pm - 5pm	5 Tai Chi - 9:30am - 11am Karaoke - 11:30a - 1:30p	6 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm <i>*Friday Bingo has no admittance after 10am</i>
9 Preparation & Center Upkeep	10 Mahjong - 9am - 1pm Health Ed. - 2pm - 3:30pm	11 Ikebana - 9:30pm-12:30pm Gardening - 10am - 12pm Health Ed. - 1:30pm - 3pm Yoga - 4pm - 5pm	12 Tai Chi - 9:30am - 11am Karaoke - 11:30a - 1:30p	13 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm <i>*Friday Bingo has no admittance after 10am</i>
16 Preparation & Center Upkeep	17 Mahjong - 9am - 1pm Health Ed. - 2pm - 3:30pm	18 Ikebana - 9:30pm-12:30pm Gardening - 10am - 12pm Health Ed. - 1:30pm - 3pm Yoga - 4pm - 5pm	19 Tai Chi - 9:30am - 11am Karaoke - 11:30a - 1:30p	20 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm <i>*Friday Bingo has no admittance after 10am</i>
23 Preparation & Center Upkeep	24 Mahjong - 9am - 1pm Health Ed. - 2pm - 3:30pm	25 Ikebana - 9:30pm-12:30pm Gardening - 10am - 12pm Health Ed. - 1:30pm - 3pm Yoga - 4pm - 5pm	26 Tai Chi - 9:30am - 11am Karaoke - 11:30a - 1:30p	27 Bingo - 9am - 11am * Dancercise - 2:30pm - 3:30pm Line Dancing - 3:30pm-5pm <i>*Friday Bingo has no admittance after 10am</i>
30 Preparation & Center Upkeep				



MIRA MESA
SENIOR CENTER

Program Details – September 2024

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

The following Community College Continuing Education Classes are now available in person at the Senior Center:

HEALTH EDUCATION – OLDER ADULTS

Every Tuesday, 2:00am to 3:30pm

Every Wednesday, 1:30pm to 3:00pm

WU/HAO STYLE TAI CHI

Every Thursday, 9:30pm to 11:00am

IKEBANA-JAPANESE FLOWER ARRANGEMENT

Every Wednesday, 9:30am to 12:30pm

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, 9:00am to 1:00pm

SEASONAL GARDENING

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

YOGA

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

FUN KARAOKE

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

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

