



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
|  | 1<br><b>Mahjong</b> - 9am - 1pm<br><b>Health Ed.</b> - 2pm - 3:30pm  | 2<br><b>Ikebana</b> - 9:30pm-12:30pm<br><b>Gardening</b> - 10am - 12pm<br><b>Health Ed.</b> - 1:30pm - 3pm<br><b>Yoga</b> - 4pm - 5pm  | 3<br><b>Tai Chi</b> - 9:30am - 11am<br><b>Karaoke</b> - 11:30a - 1:30p  | 4<br><b>Bingo</b> - 9am - 11am *<br><b>Dancercise</b> - 2:30pm - 3:30pm<br><b>Line Dancing</b> - 3:30pm-5pm<br><br><i>*Friday Bingo has no admittance after 10am</i>  |
| 7<br><br><b>Preparation &amp; Center Upkeep</b>  | 8<br><b>Mahjong</b> - 9am - 1pm<br><b>Health Ed.</b> - 2pm - 3:30pm  | 9<br><b>Ikebana</b> - 9:30pm-12:30pm<br><b>Gardening</b> - 10am - 12pm<br><b>Health Ed.</b> - 1:30pm - 3pm<br><b>Yoga</b> - 4pm - 5pm  | 10<br><b>Tai Chi</b> - 9:30am - 11am<br><b>Karaoke</b> - 11:30a - 1:30p | 11<br><b>Bingo</b> - 9am - 11am *<br><b>Dancercise</b> - 2:30pm - 3:30pm<br><b>Line Dancing</b> - 3:30pm-5pm<br><br><i>*Friday Bingo has no admittance after 10am</i> |
| 14<br><br><b>Preparation &amp; Center Upkeep</b> | 15<br><b>Mahjong</b> - 9am - 1pm<br><b>Health Ed.</b> - 2pm - 3:30pm | 16<br><b>Ikebana</b> - 9:30pm-12:30pm<br><b>Gardening</b> - 10am - 12pm<br><b>Health Ed.</b> - 1:30pm - 3pm<br><b>Yoga</b> - 4pm - 5pm | 17<br><b>Tai Chi</b> - 9:30am - 11am<br><b>Karaoke</b> - 11:30a - 1:30p | 18<br><b>Bingo</b> - 9am - 11am *<br><b>Dancercise</b> - 2:30pm - 3:30pm<br><b>Line Dancing</b> - 3:30pm-5pm<br><br><i>*Friday Bingo has no admittance after 10am</i> |
| 21<br><br><b>Preparation &amp; Center Upkeep</b> | 22<br><b>Mahjong</b> - 9am - 1pm<br><b>Health Ed.</b> - 2pm - 3:30pm | 23<br><b>Ikebana</b> - 9:30pm-12:30pm<br><b>Gardening</b> - 10am - 12pm<br><b>Health Ed.</b> - 1:30pm - 3pm<br><b>Yoga</b> - 4pm - 5pm | 24<br><b>Tai Chi</b> - 9:30am - 11am<br><b>Karaoke</b> - 11:30a - 1:30p | 25<br><b>Bingo</b> - 9am - 11am *<br><b>Dancercise</b> - 2:30pm - 3:30pm<br><b>Line Dancing</b> - 3:30pm-5pm<br><br><i>*Friday Bingo has no admittance after 10am</i> |
| 28<br><br><b>Preparation &amp; Center Upkeep</b> | 29<br><b>Mahjong</b> - 9am - 1pm<br><b>Health Ed.</b> - 2pm - 3:30pm | 30<br><b>Ikebana</b> - 9:30pm-12:30pm<br><b>Gardening</b> - 10am - 12pm<br><b>Health Ed.</b> - 1:30pm - 3pm<br><b>Yoga</b> - 4pm - 5pm | 31<br><b>Tai Chi</b> - 9:30am - 11am<br><b>Karaoke</b> - 11:30a - 1:30p |   |



MIRA MESA  
SENIOR CENTER

## Program Details – October 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 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*

