



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Bingo</b> - 9am - 11am * <b>Dancercise</b> - 2:30pm - 3:30pm <b>Line Dancing</b> - 3:30pm-5pm  <i>*Friday Bingo has no admittance after 10am</i>
4  <b>Preparation &amp; Center Upkeep</b>	5 <b>Mahjong</b> - 9am - 1pm <b>Health Ed.</b> - 2pm - 3:30pm	6 <b>Ikebana</b> - 9:30pm-12:30pm <b>Gardening</b> - 10am - 12pm <b>Health Ed.</b> - 1:30pm - 3pm <b>Yoga</b> - 4pm - 5pm	7 <b>Tai Chi</b> - 9:30am - 11am <b>Karaoke</b> - 11:30a - 1:30p	8 <b>Bingo</b> - 9am - 11am * <b>Dancercise</b> - 2:30pm - 3:30pm <b>Line Dancing</b> - 3:30pm-5pm  <i>*Friday Bingo has no admittance after 10am</i>
11  <b>CLOSED FOR VETERANS DAY</b>	12 <b>Mahjong</b> - 9am - 1pm <b>Health Ed.</b> - 2pm - 3:30pm	13 <b>Ikebana</b> - 9:30pm-12:30pm <b>Gardening</b> - 10am - 12pm <b>Health Ed.</b> - 1:30pm - 3pm <b>Yoga</b> - 4pm - 5pm	14 <b>Tai Chi</b> - 9:30am - 11am <b>Karaoke</b> - 11:30a - 1:30p	15 <b>Bingo</b> - 9am - 11am * <b>Dancercise</b> - 2:30pm - 3:30pm <b>Line Dancing</b> - 3:30pm-5pm  <i>*Friday Bingo has no admittance after 10am</i>
18  <b>Preparation &amp; Center Upkeep</b>	19 <b>Mahjong</b> - 9am - 1pm <b>Health Ed.</b> - 2pm - 3:30pm	20 <b>Ikebana</b> - 9:30pm-12:30pm <b>Gardening</b> - 10am - 12pm <b>Health Ed.</b> - 1:30pm - 3pm <b>Yoga</b> - 4pm - 5pm	21 <b>Tai Chi</b> - 9:30am - 11am <b>Karaoke</b> - 11:30a - 1:30p	22 <b>Bingo</b> - 9am - 11am * <b>Dancercise</b> - 2:30pm - 3:30pm <b>Line Dancing</b> - 3:30pm-5pm  <i>*Friday Bingo has no admittance after 10am</i>
25  <b>CLOSED FOR THANKSGIVING HOLIDAYS</b>	26  <b>CLOSED FOR THANKSGIVING HOLIDAYS</b>	27  <b>CLOSED FOR THANKSGIVING HOLIDAYS</b>	28  <b>CLOSED FOR THANKSGIVING HOLIDAYS</b>  <b>HAPPY THANKSGIVING!</b>	29  <b>CLOSED FOR THANKSGIVING HOLIDAYS</b>



MIRA MESA  
SENIOR CENTER

## Program Details – November 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*

