



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
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 * Christmas & Holiday Spirit Celebration - 4pm-8pm
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
23 CLOSED FOR THE HOLIDAYS	24 CLOSED FOR THE HOLIDAYS	25 CLOSED FOR THE HOLIDAYS MERRY CHRISTMAS!	26 CLOSED FOR THE HOLIDAYS	27 CLOSED FOR THE HOLIDAYS
30 CLOSED FOR THE HOLIDAYS	31 CLOSED FOR THE HOLIDAYS HAPPY NEW YEAR!			<i>*Friday Bingo has no admittance after 10am</i>



MIRA MESA
SENIOR CENTER

Program Details – December 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

