



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  <b>Preparation &amp; Center Upkeep</b>	4  <b>Mahjong</b> - 9am - 1pm <b>Health Ed.</b> - 2pm - 3:30pm	5  <b>Ikebana</b> - 9:30pm-12:30pm <b>Gardening</b> - 10am - 12pm <b>Health Ed.</b> - 1:30pm - 3pm <b>Yoga</b> - 4pm - 5pm	6  <b>Tai Chi</b> - 9:30am - 11am <b>Karaoke</b> - 11:30a - 1:30p	7  <b>Bingo</b> - 9am - 11am * <b>Dancercise</b> - 2:30pm - 3:30pm <b>Line Dancing</b> - 3:30pm-5pm
10  <b>Preparation &amp; Center Upkeep</b>	11  <b>Mahjong</b> - 9am - 1pm <b>Health Ed.</b> - 2pm - 3:30pm	12  <b>Ikebana</b> - 9:30pm-12:30pm <b>Gardening</b> - 10am - 12pm <b>Health Ed.</b> - 1:30pm - 3pm <b>Yoga</b> - 4pm - 5pm	13  <b>Tai Chi</b> - 9:30am - 11am <b>Karaoke</b> - 11:30a - 1:30p	14  <b>Bingo</b> - 9am - 11am * <b>Dancercise</b> - 2:30pm - 3:30pm <b>Line Dancing</b> - 3:30pm-5pm
17  <b>Preparation &amp; Center Upkeep</b>	18  <b>Mahjong</b> - 9am - 1pm <b>Health Ed.</b> - 2pm - 3:30pm	19  <b>Ikebana</b> - 9:30pm-12:30pm <b>Gardening</b> - 10am - 12pm <b>Health Ed.</b> - 1:30pm - 3pm <b>Yoga</b> - 4pm - 5pm	20  <b>Tai Chi</b> - 9:30am - 11am <b>Karaoke</b> - 11:30a - 1:30p	21  <b>Bingo</b> - 9am - 11am * <b>Dancercise</b> - 2:30pm - 3:30pm <b>Line Dancing</b> - 3:30pm-5pm
24  <b>Preparation &amp; Center Upkeep</b>	25  <b>Mahjong</b> - 9am - 1pm <b>Health Ed.</b> - 2pm - 3:30pm	26  <b>Ikebana</b> - 9:30pm-12:30pm <b>Gardening</b> - 10am - 12pm <b>Health Ed.</b> - 1:30pm - 3pm <b>Yoga</b> - 4pm - 5pm	27  <b>Tai Chi</b> - 9:30am - 11am <b>Karaoke</b> - 11:30a - 1:30p	28  <b>Bingo</b> - 9am - 11am * <b>Dancercise</b> - 2:30pm - 3:30pm <b>Line Dancing</b> - 3:30pm-5pm
31  <b>Preparation &amp; Center Upkeep</b>				



MIRA MESA  
SENIOR CENTER

## Program Details – March 2025

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, 2:00pm 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*

