



MIRA MESA
SENIOR CENTER

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tai Chi: 9:30 - 11 am Karaoke: 11:30 am - 1:30	2 Bingo: 9:30 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
5 Preparation and Center Upkeep	6 Mahjong: 9 am - 1 pm Health Ed: 2 - 3:30 pm	7 Ikebana: 9:30 am - 12:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3 pm Yoga: 4 - 5 pm	8 Tai Chi: 9:30 - 11 am Karaoke: 11:30 am - 1:30	9 Bingo: 9:30 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
12 Preparation and Center Upkeep	13 Mahjong: 9 am - 1 pm Health Ed: 2 - 3:30 pm	14 Ikebana: 9:30 am - 12:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3 pm Yoga: 4 - 5 pm	15 Tai Chi: 9:30 - 11 am Karaoke: 11:30 am - 1:30	16 Bingo: 9:30 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
19 Preparation and Center Upkeep	20 Mahjong: 9 am - 1 pm Health Ed: 2 - 3:30 pm	21 Ikebana: 9:30 am - 12:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3 pm Yoga: 4 - 5 pm	22 Tai Chi: 9:30 - 11 am Karaoke: 11:30 am - 1:30	23 Bingo: 9:30 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
26 Preparation and Center Upkeep Memorial Day!	27 Mahjong: 9 am - 1 pm Health Ed: 2 - 3:30 pm	28 Ikebana: 9:30 am - 12:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3 pm Yoga: 4 - 5 pm	29 Tai Chi: 9:30 - 11 am Karaoke: 11:30 am - 1:30	30 Bingo: 9:30 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5



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May 2025 Program Details

Community College Continuing Education Classes: (Enrollment Required to Participate)

Health Education:

Tuesdays, 2:00 - 3:30 pm

Wednesdays, 1:30 - 3:00

Tai Chi: Thursdays, 9:30 - 11 am

Ikebana (Japanese Flower Arranging)

Wednesdays, 9:30 am - 12:30

Mahjong: Tuesdays
9 am - 1 pm

Gardening: Wednesdays
10 am - 12 pm

Yoga: Wednesdays
4 - 5 pm

Karaoke: Thursdays
11:30 am - 1:30 pm

Bingo: Fridays
9 - 11 am

Dancercise: Fridays
2:30 - 3:30 pm

Line Dancing: Fridays
3:30 - 5 pm

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ELDER LAW & ADVOCACY - FREE Free legal advice for seniors - including basic estate planning, landlord/tenant issues, probate, etc. Call 858-565-1392. Ask for the legal department.

HICAP - FREE Medicare Counseling. Call 800-434-0222.

LEGAL AID SOCIETY - FREE Consumer Health Help and much more. Call 619-471-2686.