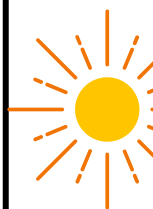




MIRA MESA
SENIOR CENTER

SEPTEMBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Preparation and Center Upkeep	2 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	3 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3:30 Yoga: 4 - 5 pm	4 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Health Ed: 1:30 - 3:30	5 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
8 Preparation and Center Upkeep	9 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	10 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3:30 Yoga: 4 - 5 pm	11 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Health Ed: 1:30 - 3:30	12 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
15 Preparation and Center Upkeep	16 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	17 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3:30 Yoga: 4 - 5 pm	18 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Health Ed: 1:30 - 3:30	19 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
22 Preparation and Center Upkeep	23 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	24 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3:30 Yoga: 4 - 5 pm	25 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Health Ed: 1:30 - 3:30	26 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
29 Preparation and Center Upkeep	30 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm			



MIRA MESA
SENIOR CENTER



Program Details September 2025

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

Fall Session (August 28 - January 17)

Health Education:

Wednesdays 1:30 - 3:30 pm

Thursdays 1:30 - 3:30 pm

Tai Chi:

Tuesdays 3:00 - 5:00 pm

Thursdays 9:00 - 11:00 am

Ikebana:

Wednesdays 9:30 am - 1:30 pm

Mahjong: Tuesdays
9:30 am - 1:30 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



8460 Mira Mesa Blvd.
San Diego, CA. 92126
www.miramesacenter.org
(858) 860 - 53555

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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.