



MIRA MESA
SENIOR CENTER



October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Preparation and Center Upkeep	Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	1 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3:30 Yoga: 4 - 5 pm	2 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Health Ed: 1:30 - 3:30	3 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
6 Preparation and Center Upkeep	7 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	8 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3:30 Yoga: 4 - 5 pm	9 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Health Ed: 1:30 - 3:30	10 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
13 Preparation and Center Upkeep	14 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	15 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3:30 Yoga: 4 - 5 pm	16 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Health Ed: 1:30 - 3:30	17 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
20 Preparation and Center Upkeep	21 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	22 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3:30 Yoga: 4 - 5 pm	23 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Health Ed: 1:30 - 3:30	24 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
27 Preparation and Center Upkeep	28 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	29 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Health Ed: 1:30 - 3:30 Yoga: 4 - 5 pm	30 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Health Ed: 1:30 - 3:30	31 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5



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Program Details

October 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



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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.