



MIRA MESA
SENIOR CENTER

November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Preparation and Center Upkeep	4 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	5 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Yoga: 4 - 5 pm	6 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	7 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
10 Preparation and Center Upkeep	11 CENTER CLOSED ★★★★★ VETERANS DAY HONORING ALL WHO SERVED	12 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Yoga: 4 - 5 pm	13 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	14 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
17 Preparation and Center Upkeep	18 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	19 Ikebana: 9:30 - 1:30 Gardening: 10 am - 12 Yoga: 4 - 5 pm	20 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	21 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
24 Preparation and Center Upkeep	25 CENTER CLOSED	26 CENTER CLOSED	27 CENTER CLOSED Happy Thanksgiving	28 CENTER CLOSED



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Program Details November 2025

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

Fall Session (August 28 - January 17)

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
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