



MIRA MESA
SENIOR CENTER

December



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 Yoga: 4 - 5 pm	4 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	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 Yoga: 4 - 5 pm	11 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	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 Yoga: 4 - 5 pm	18 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	19 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
22 CENTER CLOSED	23 CENTER CLOSED	24 CENTER CLOSED	25 CENTER CLOSED	26 CENTER CLOSED
29 CENTER CLOSED	30 CENTER CLOSED	31 CENTER CLOSED		



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Program Details December 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

Note: The Senior Center will be closed for the holidays from December 22nd to December 31st.

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

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.

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