



MIRA MESA  
SENIOR CENTER

# JANUARY



| MONDAY                                                                  | TUESDAY                                         | WEDNESDAY                                                             | THURSDAY                                             | FRIDAY                                                                      |
|-------------------------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------------|
|                                                                         |                                                 |                                                                       | 1<br>Center Closed                                   | 2<br>Center Closed                                                          |
| 5<br>Preparation and<br>Center Upkeep                                   | 6<br>Mahjong: 9:30 - 1:30<br>Tai Chi: 3 - 5 pm  | 7<br>Ikebana: 9:30 - 1:30<br>Gardening: 10 am - 12<br>Yoga: 4 - 5 pm  | 8<br>Tai Chi: 9 - 11 am<br>Karaoke: 11:30 am - 1:30  | 9<br>Bingo: 9 - 11 am<br>Dancercise: 2:30 - 3:30<br>Line Dancing: 3:30 - 5  |
| 12<br>Preparation and<br>Center Upkeep                                  | 13<br>Mahjong: 9:30 - 1:30<br>Tai Chi: 3 - 5 pm | 14<br>Ikebana: 9:30 - 1:30<br>Gardening: 10 am - 12<br>Yoga: 4 - 5 pm | 15<br>Tai Chi: 9 - 11 am<br>Karaoke: 11:30 am - 1:30 | 16<br>Bingo: 9 - 11 am<br>Dancercise: 2:30 - 3:30<br>Line Dancing: 3:30 - 5 |
| 19<br>Martin Luther King<br>Jr. Day<br>Preparation and<br>Center Upkeep | 20<br>Mahjong: 9:30 - 1:30                      | 21<br>Gardening: 10 am - 12<br>Yoga: 4 - 5 pm                         | 22<br>Tai Chi: 9 - 11 am<br>Karaoke: 11:30 am - 1:30 | 23<br>Bingo: 9 - 11 am<br>Dancercise: 2:30 - 3:30<br>Line Dancing: 3:30 - 5 |
| 26<br>Preparation and<br>Center Upkeep                                  | 27<br>Mahjong: 9:30 - 1:30<br>Tai Chi: 3 - 5 pm | 28<br>Gardening: 10 am - 12<br>Yoga: 4 - 5 pm                         | 29<br>Tai Chi: 9 - 11 am<br>Karaoke: 11:30 am - 1:30 | 30<br>Bingo: 9 - 11 am<br>Dancercise: 2:30 - 3:30<br>Line Dancing: 3:30 - 5 |





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# Program Details

## January 2026

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

**Spring Session (January 22 - June 1)**

**Tai Chi:**  
Tuesdays 3:00 - 5:00 pm  
Thursdays 9:00 - 11:00 am

**Ikebana:**  
Wednesdays 9:30 am - 1:30 pm\*

\*After January 14, Ikebana will  
no longer be held at MMSC

**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.

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