



MIRA MESA
SENIOR CENTER

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Preparation and Center Upkeep	3 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	4 Gardening: 10 am - 12 Yoga: 4 - 5 pm	5 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	6 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
9 Preparation and Center Upkeep	10 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	11 Gardening: 10 am - 12 Yoga: 4 - 5 pm	12 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	13 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
16 President's Day Preparation and Center Upkeep	17 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	18 Gardening: 10 am - 12 Yoga: 4 - 5 pm	19 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	20 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
23 Preparation and Center Upkeep	24 Mahjong: 9:30 - 1:30 Tai Chi: 3 - 5 pm	25 Gardening: 10 am - 12 Yoga: 4 - 5 pm	26 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	27 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5





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Program Details

February 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**

**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**

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.