



MIRA MESA
SENIOR CENTER

April



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Gardening: 10 am - 12 Yoga: 4 - 5 pm	2 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	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 Gardening: 10 am - 12 Yoga: 4 - 5 pm	9 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	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 Gardening: 10 am - 12 Yoga: 4 - 5 pm	16 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	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 Gardening: 10 am - 12 Yoga: 4 - 5 pm	23 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	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 Gardening: 10 am - 12 Yoga: 4 - 5 pm	30 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	





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Program Details

April 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**

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**

