



MIRA MESA  
SENIOR CENTER

# May



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
4 Preparation and Center Upkeep	5 Mahjong: 9:30 - 1:30	6 Gardening: 10 am - 12 Yoga: 4 - 5 pm	7 Karaoke: 11:30 am - 1:30	8 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
11 Preparation and Center Upkeep	12 Mahjong: 9:30 - 1:30	13 Gardening: 10 am - 12 Yoga: 4 - 5 pm	14 Karaoke: 11:30 am - 1:30	15 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
18 Preparation and Center Upkeep	19 Mahjong: 9:30 - 1:30	20 Gardening: 10 am - 12 Yoga: 4 - 5 pm	21 Karaoke: 11:30 am - 1:30	22 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
25 <i>Memorial Day</i> Preparation and Center Upkeep	26 Mahjong: 9:30 - 1:30	27 Gardening: 10 am - 12 Yoga: 4 - 5 pm	28 Karaoke: 11:30 am - 1:30	29 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5



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# Program Details

## May 2026

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

**No Tai Chi classes until Fall semester**

**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](http://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.