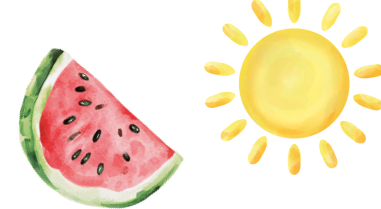


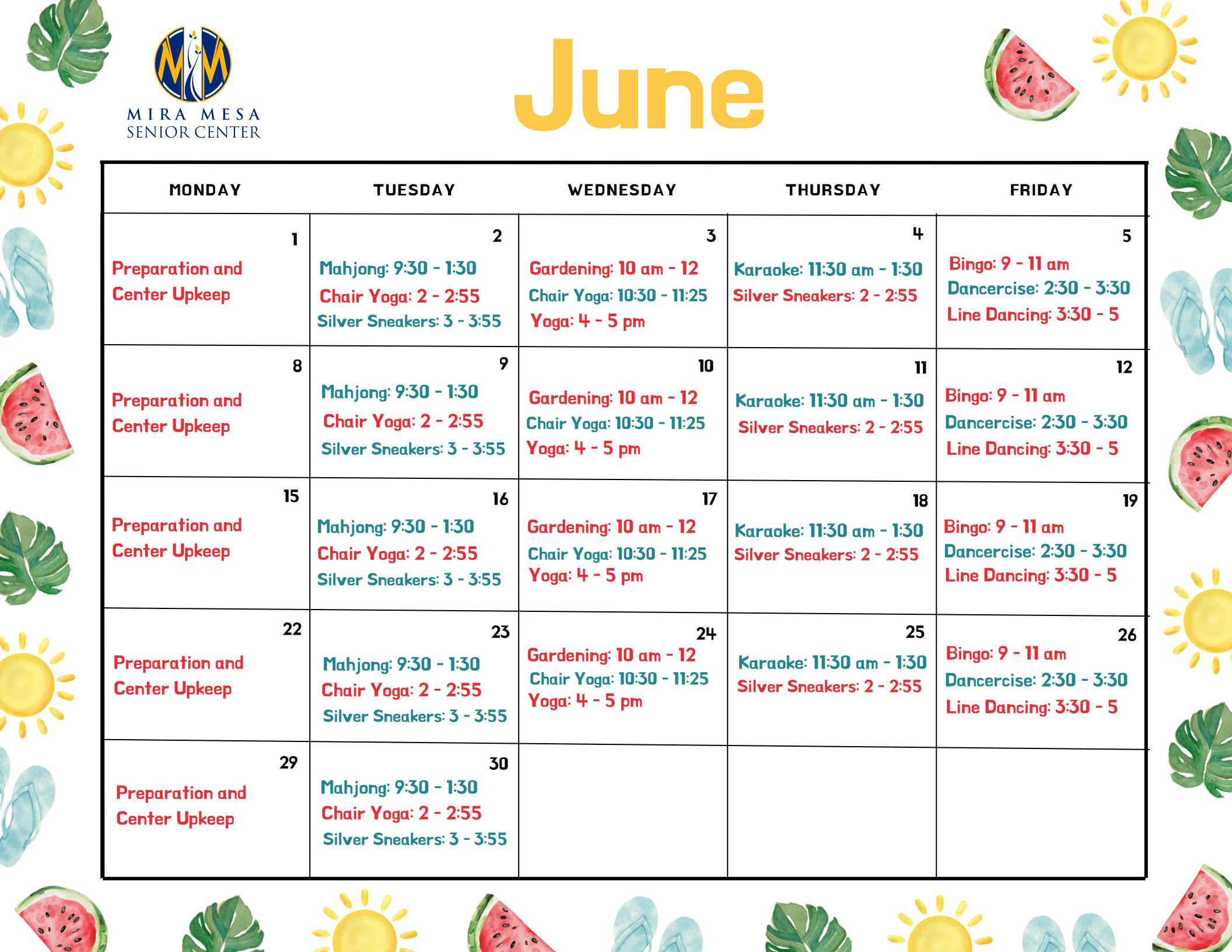


MIRA MESA  
SENIOR CENTER

# June



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Preparation and Center Upkeep</b>	2 <b>Mahjong: 9:30 - 1:30</b> <b>Chair Yoga: 2 - 2:55</b> <b>Silver Sneakers: 3 - 3:55</b>	3 <b>Gardening: 10 am - 12</b> <b>Chair Yoga: 10:30 - 11:25</b> <b>Yoga: 4 - 5 pm</b>	4 <b>Karaoke: 11:30 am - 1:30</b> <b>Silver Sneakers: 2 - 2:55</b>	5 <b>Bingo: 9 - 11 am</b> <b>Dancercise: 2:30 - 3:30</b> <b>Line Dancing: 3:30 - 5</b>
8 <b>Preparation and Center Upkeep</b>	9 <b>Mahjong: 9:30 - 1:30</b> <b>Chair Yoga: 2 - 2:55</b> <b>Silver Sneakers: 3 - 3:55</b>	10 <b>Gardening: 10 am - 12</b> <b>Chair Yoga: 10:30 - 11:25</b> <b>Yoga: 4 - 5 pm</b>	11 <b>Karaoke: 11:30 am - 1:30</b> <b>Silver Sneakers: 2 - 2:55</b>	12 <b>Bingo: 9 - 11 am</b> <b>Dancercise: 2:30 - 3:30</b> <b>Line Dancing: 3:30 - 5</b>
15 <b>Preparation and Center Upkeep</b>	16 <b>Mahjong: 9:30 - 1:30</b> <b>Chair Yoga: 2 - 2:55</b> <b>Silver Sneakers: 3 - 3:55</b>	17 <b>Gardening: 10 am - 12</b> <b>Chair Yoga: 10:30 - 11:25</b> <b>Yoga: 4 - 5 pm</b>	18 <b>Karaoke: 11:30 am - 1:30</b> <b>Silver Sneakers: 2 - 2:55</b>	19 <b>Bingo: 9 - 11 am</b> <b>Dancercise: 2:30 - 3:30</b> <b>Line Dancing: 3:30 - 5</b>
22 <b>Preparation and Center Upkeep</b>	23 <b>Mahjong: 9:30 - 1:30</b> <b>Chair Yoga: 2 - 2:55</b> <b>Silver Sneakers: 3 - 3:55</b>	24 <b>Gardening: 10 am - 12</b> <b>Chair Yoga: 10:30 - 11:25</b> <b>Yoga: 4 - 5 pm</b>	25 <b>Karaoke: 11:30 am - 1:30</b> <b>Silver Sneakers: 2 - 2:55</b>	26 <b>Bingo: 9 - 11 am</b> <b>Dancercise: 2:30 - 3:30</b> <b>Line Dancing: 3:30 - 5</b>
29 <b>Preparation and Center Upkeep</b>	30 <b>Mahjong: 9:30 - 1:30</b> <b>Chair Yoga: 2 - 2:55</b> <b>Silver Sneakers: 3 - 3:55</b>			





# Program Details

## June 2026

8460 Mira Mesa Blvd.  
San Diego, CA. 92126  
[www.miramesacenter.org](http://www.miramesacenter.org)  
(858) 860 - 53555

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

**No Tai Chi classes until Fall semester**

**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.

**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

**Chair Yoga with Charly:**  
Tuesdays 2:00 - 2:55 pm

**Silver Sneakers with Charly:**  
Tuesdays 3:00 - 3:55 pm  
Thursdays 2:00 - 2:55

**Chair Yoga with Donna:**  
Wednesdays 10:30 - 11:25 am