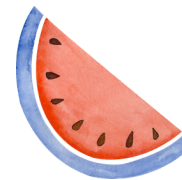
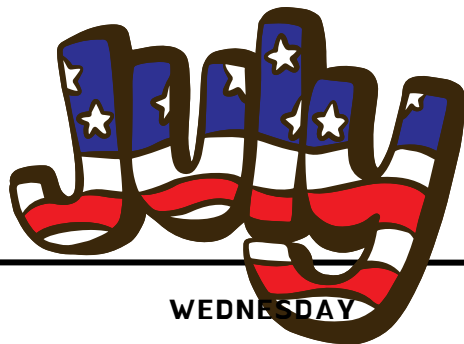




MIRA MESA  
SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	2 Karaoke: 11:30 am - 1:30 Silver Sneakers: 2 - 2:55	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 Chair Yoga: 2 - 2:55 Silver Sneakers: 3 - 3:55	8 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	9 Karaoke: 11:30 am - 1:30 Silver Sneakers: 2 - 2:55	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 Chair Yoga: 2 - 2:55 Silver Sneakers: 3 - 3:55	15 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	16 Karaoke: 11:30 am - 1:30 Silver Sneakers: 2 - 2:55	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 Chair Yoga: 2 - 2:55 Silver Sneakers: 3 - 3:55	22 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	23 Karaoke: 11:30 am - 1:30 Silver Sneakers: 2 - 2:55	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 Chair Yoga: 2 - 2:55 Silver Sneakers: 3 - 3:55	29 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	30 Karaoke: 11:30 am - 1:30 Silver Sneakers: 2 - 2:55	31 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5



# Program Details July 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