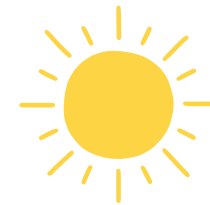




MIRA MESA
SENIOR CENTER

August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Preparation and Center Upkeep	4 Mahjong: 9:30 - 1:30 Chair Yoga: 2 - 2:55 Silver Sneakers: 3 - 3:55	5 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	6 Karaoke: 11:30 am - 1:30 Silver Sneakers: 2 - 2:55	7 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
10 Preparation and Center Upkeep	11 Mahjong: 9:30 - 1:30 Chair Yoga: 2 - 2:55 Silver Sneakers: 3 - 3:55	12 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	13 Karaoke: 11:30 am - 1:30 Silver Sneakers: 2 - 2:55	14 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
17 Preparation and Center Upkeep	18 Mahjong: 9:30 - 1:30 Chair Yoga: 2 - 2:55 Silver Sneakers: 3 - 3:55	19 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	20 Karaoke: 11:30 am - 1:30 Silver Sneakers: 2 - 2:55	21 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
24 Preparation and Center Upkeep	25 Mahjong: 9:30 - 1:30 Chair Yoga: 2 - 2:55 Silver Sneakers: 3 - 3:55	26 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	27 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30 Silver Sneakers: 2 - 2:55	28 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
31 Preparation and Center Upkeep				



Program Details

August 2026

8460 Mira Mesa Blvd.
San Diego, CA. 92126
www.miramesacenter.org
(858) 860 - 53555

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

Fall Semester (August 24 - January 9)

Tai Chi: Thursdays, 9:00 am - 11 am

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