



MIRA MESA  
SENIOR CENTER

# September



| MONDAY                                                        | TUESDAY                                                                         | WEDNESDAY                                                                  | THURSDAY                                                                          | FRIDAY                                                                      |
|---------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
|                                                               | 1<br>Mahjong: 9:30 - 1:30<br>Chair Yoga: 2 - 2:55<br>Silver Sneakers: 3 - 3:55  | 2<br>Gardening: 10 am - 12<br>Chair Yoga: 10:30 - 11:25<br>Yoga: 4 - 5 pm  | 3<br>Tai Chi: 9 - 11 am<br>Karaoke: 11:30 am - 1:30<br>Silver Sneakers: 2 - 2:55  | 4<br>Bingo: 9 - 11 am<br>Dancercise: 2:30 - 3:30<br>Line Dancing: 3:30 - 5  |
| 7<br>Preparation and<br>Center Upkeep<br><br>Happy Labor Day! | 8<br>Mahjong: 9:30 - 1:30<br>Chair Yoga: 2 - 2:55<br>Silver Sneakers: 3 - 3:55  | 9<br>Gardening: 10 am - 12<br>Chair Yoga: 10:30 - 11:25<br>Yoga: 4 - 5 pm  | 10<br>Tai Chi: 9 - 11 am<br>Karaoke: 11:30 am - 1:30<br>Silver Sneakers: 2 - 2:55 | 11<br>Bingo: 9 - 11 am<br>Dancercise: 2:30 - 3:30<br>Line Dancing: 3:30 - 5 |
| 14<br>Preparation and<br>Center Upkeep                        | 15<br>Mahjong: 9:30 - 1:30<br>Chair Yoga: 2 - 2:55<br>Silver Sneakers: 3 - 3:55 | 16<br>Gardening: 10 am - 12<br>Chair Yoga: 10:30 - 11:25<br>Yoga: 4 - 5 pm | 17<br>Tai Chi: 9 - 11 am<br>Karaoke: 11:30 am - 1:30<br>Silver Sneakers: 2 - 2:55 | 18<br>Bingo: 9 - 11 am<br>Dancercise: 2:30 - 3:30<br>Line Dancing: 3:30 - 5 |
| 21<br>Preparation and<br>Center Upkeep                        | 22<br>Mahjong: 9:30 - 1:30<br>Chair Yoga: 2 - 2:55<br>Silver Sneakers: 3 - 3:55 | 23<br>Gardening: 10 am - 12<br>Chair Yoga: 10:30 - 11:25<br>Yoga: 4 - 5 pm | 24<br>Tai Chi: 9 - 11 am<br>Karaoke: 11:30 am - 1:30<br>Silver Sneakers: 2 - 2:55 | 25<br>Bingo: 9 - 11 am<br>Dancercise: 2:30 - 3:30<br>Line Dancing: 3:30 - 5 |
| 28<br>Preparation and<br>Center Upkeep                        | 29<br>Mahjong: 9:30 - 1:30<br>Chair Yoga: 2 - 2:55<br>Silver Sneakers: 3 - 3:55 | 30<br>Gardening: 10 am - 12<br>Chair Yoga: 10:30 - 11:25<br>Yoga: 4 - 5 pm |                                                                                   |                                                                             |



# Program Details

## September 2026

8460 Mira Mesa Blvd.  
San Diego, CA. 92126  
[www.miramesacenter.org](http://www.miramesacenter.org)  
(858) 860 - 5355



**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