



MIRA MESA
SENIOR CENTER

OCTOBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	2 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
5 Preparation and Center Upkeep	6 Mahjong: 9:30 - 1:30	7 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	8 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	9 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
12 Preparation and Center Upkeep	13 Mahjong: 9:30 - 1:30	14 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	15 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	16 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
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Program Details

October 2026

8460 Mira Mesa Blvd.
San Diego, CA. 92126
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 Donna:
Wednesdays 10:30 - 11:25 am

Please note, the following classes will
now be held at the Epicentre:

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