MIRA MESA
SENIOR CENTER

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Preparation and Center Upkeep	3 Mahjong: 9:30 - 1:30	4 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	5 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	6 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
9 Preparation and Center Upkeep	10 Mahjong: 9:30 - 1:30	11 Closed for Veteran's Day	12 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	13 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
16 Preparation and Center Upkeep	17 Mahjong: 9:30 - 1:30	18 Gardening: 10 am - 12 Chair Yoga: 10:30 - 11:25 Yoga: 4 - 5 pm	19 Tai Chi: 9 - 11 am Karaoke: 11:30 am - 1:30	20 Bingo: 9 - 11 am Dancercise: 2:30 - 3:30 Line Dancing: 3:30 - 5
23 Preparation and Center Upkeep	24 Closed for Thanksgiving	25 Closed for Thanksgiving	26 Closed for Thanksgiving	27 Closed for Thanksgiving
30 Preparation and Center Upkeep				

MIRA MESA
SENIOR CENTER

Program Details
November 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