

Sierra 2 Senior Center • June Calendar

| MON  | TUES  | WED   | THURS   | FRI   |
|--|---|---|---|---|
| <p>All Classes in Room 12 unless otherwise noted.</p> <p><b>SAY HELLO:</b></p> <p>(916) 455-6339<br/>seniorcenter@sierra2.org</p>  | <p><b>Wellness Program in green.</b></p> <p>Activities w/ an asterisk (*) require advance registration. Call us at 452-3005 to register.</p>  |   |   | <p><b>1</b></p> <p>10:30-11:30 <b>Pilates</b> / St 2<br/>12:30 -3 <b>Open Art</b> / Rm 11<br/>12:30-3 <b>Pinochle</b></p>                                     |
| <p><b>4</b></p> <p>10-12 <b>Mahjong</b><br/>10- 11 <b>Beginning Tai Chi</b> / St 3<br/>10:30-11:30 <b>Pilates</b> / St 2<br/>11- 12 <b>Intermediate Tai Chi</b>/ St 3<br/>1- 4 <b>My Story Project</b></p>                                       | <p><b>5</b></p> <p>10-11 <b>Yoga + You</b><br/>10:30-11:30 <b>Pilates</b> / St 3<br/>11:30 -12:45 <b>Fall Prevention</b><br/>1-2 <b>Drumming</b> / St 1<br/>1-3 <b>My Story Project</b></p>   | <p><b>6</b></p> <p>10-11:15 <b>Gentle Yoga</b><br/>11:30 <b>Learn Pinochle</b> / RM11<br/>1-4 <b>Life History Writing</b></p>                                       | <p><b>7</b></p> <p>9:00 <b>Fitness Walking</b><br/>10-11 <b>Tai Chi</b><br/>11:30 <b>Fall Prevention</b> / Rm 11<br/>1-4 <b>Fun Bridge</b></p>  | <p><b>8</b></p> <p>10:30-11:30 <b>Pilates</b> / St 2<br/>12:30 -3 <b>Open Art</b> / Rm 11<br/>12:30-3 <b>Pinochle</b></p>                                     |
| <p><b>11</b></p> <p>9:30-11 <b>Mahjong</b><br/>10- 11 <b>Beginning Tai Chi</b> / St 3<br/>10:30-11:30 <b>Pilates</b> / St 2<br/>11- 12 <b>Intermediate Tai Chi</b> / St 3<br/>11:30- 12:30 <b>Book Club</b><br/>1- 4 <b>My Story Meeting</b></p> | <p><b>12</b></p> <p>10-11 <b>Yoga + You</b> <i>cancelled</i><br/>10:30-11:30 <b>Pilates</b> / St 3<br/>11:30 -12:45 <b>Fall Prevention</b><br/>1-2 <b>Drumming</b> / St 1<br/>1-3 <b>My Story Project</b></p>                             | <p><b>13</b></p> <p>10-11:15 <b>Gentle Yoga</b><br/>10-1 <b>Digital Photo Org</b> / GR<br/>11:30 <b>Women's Group</b> / RM9<br/>1-4 <b>Life History Writing</b></p> | <p><b>14</b></p> <p>9:00 <b>Fitness Walking</b><br/>10-11 <b>Tai Chi</b><br/>11:30 <b>Fall Prevention</b> / Rm 11<br/>1-4 <b>Fun Bridge</b></p>                                       | <p><b>15</b></p> <p>10:30-11:30 <b>Pilates</b> / St 2<br/>12:30 -3 <b>Open Art</b> / Rm 11<br/>12:30-3 <b>Pinochle</b><br/>2-3 <b>Zumba Toning</b> / St 3</p> |
| <p><b>18</b></p> <p>10-12 <b>Mahjong</b><br/>10- 11 <b>Beginning Tai Chi</b> / St 3<br/>10:30-11:30 <b>Pilates</b> / St 2<br/>11- 12 <b>Intermediate Tai Chi</b>/ St 3<br/>1- 4 <b>My Story Project</b></p>                                      | <p><b>19</b></p> <p>10-11 <b>Yoga + You</b> <i>cancelled</i><br/>10:30-11:30 <b>Pilates</b> / St 3<br/>11:30 -12:45 <b>Fall Prevention</b><br/>1-2 <b>Drumming</b> / St 1<br/>1:30- 4 <b>Film Club</b></p>                                | <p><b>20</b></p> <p>10-11:15 <b>Gentle Yoga</b><br/>1-4 <b>Life History Writing</b></p>   | <p><b>21</b></p> <p>9:00 <b>Fitness Walking</b><br/>10-11 <b>Tai Chi</b><br/>11:30 <b>Nonfiction Book Club</b><br/>11:30 <b>Fall Prevention</b> / Rm 11<br/>1-4 <b>Fun Bridge</b></p> | <p><b>22</b></p> <p>10:30-11:30 <b>Pilates</b> / St 2<br/>12:30 -3 <b>Open Art</b> / Rm 11<br/>12:30-3 <b>Pinochle</b><br/>2-3 <b>Zumba Toning</b> / St 3</p> |
| <p><b>25</b></p> <p>10-12 <b>Mahjong</b><br/>10- 11 <b>Beginning Tai Chi</b> / St 3<br/>10:30-11:30 <b>Pilates</b> / St 2<br/>11- 12 <b>Intermediate Tai Chi</b>/ St 3<br/>1- 4 <b>My Story Project</b></p>                                      | <p><b>26</b></p> <p>10-11 <b>Yoga + You</b> / Rm 9<br/>11:10-12 <b>Meditation</b> / Rm 9<br/>10:30-11:30 <b>Pilates</b> / St 3<br/>11:30 -12:45 <b>Fall Prevention</b><br/>1-2 <b>Drumming</b> / St 1<br/>1-3 <b>My Story Project</b></p> | <p><b>27</b></p> <p>10-11:15 <b>Gentle Yoga</b><br/>11:30 <b>Women's Group</b> / RM9<br/>1-4 <b>Life History Writing</b></p>  | <p><b>28</b></p> <p>9:00 <b>Fitness Walking</b><br/>10-11 <b>Tai Chi</b><br/>11:30 <b>Fall Prevention</b> / Rm 11<br/>1-4 <b>Fun Bridge</b></p>                                       | <p><b>29</b></p> <p>10:30-11:30 <b>Pilates</b> / St 2<br/>12-2 <b>POTLUCK</b><br/>12:30-3 <b>Pinochle</b> / Rm 11<br/>2-3 <b>Zumba Toning</b> / St 3</p>      |