

Sierra 2 Senior Center • May 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 seniorcenter@sierra2.org</p>	<p><b>1</b></p> <p>10-11 <b>Yoga + You</b> 10:30-11:30 <b>Pilates</b> / St 3 11:30 -12:45 <b>Fall Prevention</b> 1-2 <b>Drumming</b> / St 1 1-3 <b>My Story Project</b></p>	<p><b>2</b></p> <p>10-11:15 <b>Gentle Yoga</b> 1-4 <b>Life History Writing</b></p>	<p><b>3</b></p> <p>9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> 11:30 <b>Fall Prevention</b> / Rm 11 1-4 <b>Fun Bridge</b></p>	<p><b>4</b></p> <p>10-11:30 <b>Tara Stiles Reunion</b> 10:30-11:30 <b>Pilates</b> / St 2 12:30 -3 <b>Open Art</b> / Rm 11 12:30-3 <b>Pinochle</b></p>
<p><b>7</b></p> <p>10-12 <b>Mahjong</b> 10- 11 <b>Beginning Tai Chi</b> / St 3 10:30-11:30 <b>Pilates</b> / St 2 11- 12 <b>Intermediate Tai Chi</b>/ St 3 1- 4 <b>My Story Project</b></p>	<p><b>8</b></p> <p>10-11 <b>Yoga + You</b> 10:30-11:30 <b>Pilates</b> / St 3 11:30 -12:45 <b>Fall Prevention</b> 1-2 <b>Drumming</b> / St 1 1-3 <b>My Story Project</b></p>	<p><b>9</b></p> <p>10-11:15 <b>Gentle Yoga</b> 11:30 <b>Women's Group</b>/ RM11 1-4 <b>Life History Writing</b></p>	<p><b>10</b></p> <p>9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> 11:30 <b>Fall Prevention</b> / Rm 11 1-4 <b>Fun Bridge</b></p>	<p><b>11</b></p> <p>10:30-11:30 <b>Pilates</b> / St 2 12:30 -3 <b>Open Art</b> / Rm 11 12:30-3 <b>Pinochle</b></p>
<p><b>14</b></p> <p>9-1 <b>AARP Driver Course</b> / Rm10 9:30-11 <b>Mahjong</b> 10- 11 <b>Beginning Tai Chi</b> / St 3 10:30-11:30 <b>Pilates</b> / St 2 11- 12 <b>Intermediate Tai Chi</b> / St 3 11:30- 12:30 <b>Book Club</b> 1- 4 <b>My Story— Meeting</b></p>	<p><b>15</b></p> <p>9-1 <b>AARP Driver Course</b> / Rm10 10-11 <b>Yoga + You</b> 10:30-11:30 <b>Pilates</b> / St 3 11:30 -12:45 <b>Fall Prevention</b> 1-2 <b>Drumming</b> / St 1 1:30- 4 <b>Film Club</b></p>	<p><b>16</b></p> <p>10-11:15 <b>Gentle Yoga</b> 1-4 <b>Life History Writing</b></p>	<p><b>17</b></p> <p>9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> 11:30 <b>Nonfiction Book Club</b> 11:30 <b>Fall Prevention</b> / Rm 11 1-4 <b>Fun Bridge</b></p>	
<p><b>21</b></p> <p>10-12 <b>Mahjong</b> 10- 11 <b>Beginning Tai Chi</b> / St 3 10:30-11:30 <b>Pilates</b> / St 2 11- 12 <b>Intermediate Tai Chi</b>/ St 3 1- 4 <b>My Story Project</b></p>	<p><b>22</b></p> <p>10-11 <b>Yoga + You</b> / Rm 9 11:10-12 <b>Meditation</b> / Rm 9 10:30-11:30 <b>Pilates</b> / St 3 11:30 -12:45 <b>Fall Prevention</b> 1-2 <b>Drumming</b> / St 1 1-3 <b>My Story Project</b></p>	<p><b>23</b></p> <p>10-11:15 <b>Gentle Yoga</b> (Cancelled) 1-4 <b>Life History Writing</b></p>	<p><b>24</b></p> <p>9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> 11:30 <b>Fall Prevention</b> (Cancelled) 1-4 <b>Fun Bridge</b></p>	<p><b>25</b></p> <p>10:30-11:30 <b>Pilates</b> / St 2 12-2 <b>POTLUCK</b> 12:30-3 <b>Pinochle</b> / Rm 11</p>
<p><b>28</b></p> <p><b>Closed for Memorial Day</b></p>	<p><b>29</b></p> <p>10-11 <b>Yoga + You</b> 10:30-11:30 <b>Pilates</b> (Cancelled) 11:30 -12:45 <b>Fall Prevention</b> (Cancelled) 1-2 <b>Drumming</b> / St 1 1-3 <b>My Story Project</b></p>	<p><b>30</b></p> <p>10-11:15 <b>Gentle Yoga</b> (Cancelled) 1-4 <b>Life History Writing</b></p>	<p><b>31</b></p> <p>9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> 11:30 <b>Fall Prevention</b> / Rm 11 1-4 <b>Fun Bridge</b></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>