

Sierra 2 Senior Center • July Calendar

MON	TUES	WED	THURS	FRI
<b>2</b> 10-12 Mahjong 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>	<b>3</b> 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>	<b>4</b> <p style="text-align: center; color: blue; font-size: 1.2em;"><b>CLOSED for the 4th of July</b></p>	<b>5</b> 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>	<b>6</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> 2-3 <b>Zumba Toning</b> / St 3
<b>9</b> 9:30-11 Mahjong 10- 11 <b>Beginning Tai Chi</b> / St 3 10:30-11:30 <b>Pilates</b> / Curtis Hall 11- 12 <b>Intermediate Tai Chi</b> / St 3 11:30- 12:30 <b>Book Club</b> 1- 4 <b>My Story Meeting</b>	<b>10</b> 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>	<b>11</b> 10-11:15 <b>Gentle Yoga</b> 11:30 <b>Women's Group</b> / RM 9 1-4 <b>Life History Writing</b>	<b>12</b> 9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> 11:30 <b>Fall Prevention</b> / CH 1-4 <b>Fun Bridge</b>	<b>13</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> 2-3 <b>Zumba Toning</b> / St 3
<b>16</b> 10-12 Mahjong 10- 11 <b>Beginning Tai Chi</b> / Rm 10 10:30-11:30 <b>Pilates cancelled</b> 11- 12 <b>Intermediate Tai Chi</b> / 10 1- 4 <b>My Story Project</b>	<b>17</b> 10-11 <b>Yoga + You</b> 10:30-11:30 <b>Pilates cancelled</b> 11:30 -12:45 <b>Fall Prevention</b> 1-2 <b>Drumming cancelled</b> 1:30- 4 <b>Film Club</b>	<b>18</b> 10-11:15 <b>Gentle Yoga</b> 1-4 <b>Life History Writing</b>	<b>19</b> 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> / CH 1-4 <b>Fun Bridge</b>	<b>20</b> 10:30-11:30 <b>Pilates</b> / CH 12:30 -3 <b>Open Art</b> / Rm 11 12:30-3 <b>Pinochle</b> 2-3 <b>Zumba Toning cancelled</b>
<b>23</b> 10-12 Mahjong 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>	<b>24</b> 10-11 <b>Yoga + You</b> / Rm 9 11:10 <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>	<b>25</b> 10-11:15 <b>Gentle Yoga</b> 11:30 <b>Women's Group</b> / RM 9 1-4 <b>Life History Writing</b>	<b>26</b> 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>	<b>27</b> 10:30-11:30 <b>Pilates</b> / St 2 12-2 <b>POTLUCK</b> 12:30-3 <b>Pinochle</b> / Rm 11 2-3 <b>Zumba Toning</b> / St 3
<b>30</b> 10-12 <b>Mahjong &amp; Lesson</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>	<b>31</b> 10-11 <b>Yoga + You cancelled</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>	Please note the high number of room changes and cancellations this month.	All Classes in Room 12 unless otherwise noted. <p style="text-align: center;"><b>SAY HELLO:</b></p> (916) 455-6339 seniorcenter@sierra2.org	<p style="text-align: center; color: blue;"><b>Wellness Program in dark blue.</b></p> Activities w/ an asterisk (*) require advance registration. Call us at 452-3005 to register.