

MON

TUES

WED

THURS

FRI

Sierra 2 Senior Center • September Calendar

	<p>All Classes in Room 12 unless otherwise noted.</p> <p>SAY HELLO:</p> <p>(916) 455-6339</p> <p>seniorcenter@sierra2.org</p>	<p>Wellness Program in Orange</p> <p>Activities w/ an asterisk (*) require advance registration. Call us at 452-3005 to register.</p>		
<p>3</p> <p>CLOSED for Labor Day</p>	<p>4</p> <p>10-11 Yoga + You</p> <p>10:30-11:30 Pilates / St 3</p> <p>11:30 -12:45 Fall Prevention</p> <p>1-2 Drumming / St 1</p> <p>1-3 My Story Project</p>	<p>5</p> <p>10-11:15 Gentle Yoga</p> <p>1-4 Life History Writing</p> <p>2-3 Zumba Toning / St 3</p>	<p>6</p> <p>9:00 Fitness Walking</p> <p>10-11 Tai Chi</p> <p>11:30 Fall Prevention / Rm 11</p> <p>1-4 Fun Bridge</p>	<p>7</p> <p>10:30-11:30 Pilates / St 2</p> <p>12:30 -3 Open Art / Rm 11</p> <p>12:30-4 Pinochle</p> <p>2-3 Zumba Toning / St 3</p>
<p>10</p> <p>9:30-11 Mahjong</p> <p>10- 11 Beginning Tai Chi / St 3</p> <p>10:30-11:30 Pilates / St 2</p> <p>11- 12 Intermediate Tai Chi / St 3</p> <p>11:30- 12:30 Book Club</p> <p>1- 4 My Story Meeting</p>	<p>11</p> <p>10-11 Yoga + You</p> <p>10:30-11:30 Pilates / St 3</p> <p>11:30 -12:45 Fall Prevention</p> <p>1-2 Drumming / St 1</p> <p>1-3 My Story Project</p>	<p>12</p> <p>10-11:15 Gentle Yoga</p> <p>11:30 Women's Group / RM 11</p> <p>1-4 Life History Writing</p> <p>2-3 Zumba Toning / St 3</p>	<p>13</p> <p>9:00 Fitness Walking</p> <p>10-11 Tai Chi</p> <p>11:30 Nonfiction Book Club</p> <p>11:30 Fall Prevention / Rm 11</p> <p>1-4 Fun Bridge</p>	<p>14</p> <p>10:30-11:30 Pilates / St 2</p> <p>12:30 -3 Open Art / Rm 11</p> <p>12:30-4 Pinochle</p> <p>2-3 Zumba Toning / St 3</p>
<p>17</p> <p>10-12 Mahjong</p> <p>10- 11 Beginning Tai Chi / St 3</p> <p>10:30-11:30 Pilates / St 2</p> <p>11- 12 Intermediate Tai Chi / St 3</p> <p>2- 4 Computers: Inside & Out*</p>	<p>18</p> <p>10-11 Yoga + You</p> <p>10:30-11:30 Pilates / St 3</p> <p>11:30 -12:45 Fall Prevention</p> <p>1-2 Drumming / St 1</p> <p>1:30- 4 Film Club</p>	<p>19</p> <p>10-11:15 Gentle Yoga</p> <p>1-4 Life History Writing</p> <p>2-3 Zumba Toning / St 3</p>	<p>20</p> <p>9:00 Fitness Walking</p> <p>10-11 Tai Chi</p> <p>11:30 Fall Prevention / Rm 11</p> <p>1-4 Fun Bridge</p>	<p>21</p> <p>10:30-11:30 Pilates / St 2</p> <p>12:30 -3 Open Art / Rm 11</p> <p>12:30-4 Pinochle</p> <p>2-3 Zumba Toning / St 3</p>
<p>24</p> <p>10-12 Mahjong</p> <p>10- 11 Beginning Tai Chi / St 3</p> <p>10:30-11:30 Pilates / St 2</p> <p>11- 12 Intermediate Tai Chi / St 3</p> <p>1- 4 My Story Project</p>	<p>25</p> <p>10-11 Yoga + You / Rm 9</p> <p>11:10 Meditation / Rm 9</p> <p>10:30-11:30 Pilates / St 3</p> <p>11:30 -12:45 Fall Prevention</p> <p>1-2 Drumming / St 1</p> <p>1-3 My Story Project</p>	<p>26</p> <p>10-11:15 Gentle Yoga</p> <p>11:30 Women's Group / RM 11</p> <p>1-4 Life History Writing</p> <p>2-3 Zumba Toning / St 3</p>	<p>27</p> <p>9:00 Fitness Walking</p> <p>10-11 Tai Chi</p> <p>11:30 Fall Prevention / Rm 11</p> <p>1-4 Fun Bridge</p>	<p>28</p> <p>10:30-11:30 Pilates / St 2</p> <p>12-2 POTLUCK</p> <p>12:30- 4 Pinochle / Rm 11</p> <p>2-3 Zumba Toning / St 3</p>