

# Sierra 2 Senior Center • October Calendar

MON	TUES	WED	THURS	FRI
<b>1</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>2</b> 10-11 <b>Yoga + You</b> 10:30-11:30 <b>Pilates</b> / St 2 <del>11:30-12:45 Fall Prevention</del> 1-2 <b>Drumming</b> / St 1 1-3 <b>My Story Project</b>	<b>3</b> <del>10-11:15 Gentle Yoga</del> 1-4 <b>Life History Writing</b> 2-3 <b>Zumba Toning</b> / St 3	<b>4</b> 9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> <del>11:30 Fall Prevention / Rm 11</del> 1-4 <b>Fun Bridge</b>	<b>Closed for Wine Tasting Preparations</b>
<b>8</b> 9:30-11 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 11:30- 12:30 <b>Book Club</b> 1- 4 <b>My Story Meeting</b>	<b>9</b> 10-11 <b>Yoga + You</b> 10:30-11:30 <b>Pilates</b> / St 2 <del>11:30-12:45 Fall Prevention</del> 1-2 <b>Drumming</b> / St 1 1-3 <b>My Story Project</b>	<b>10</b> <del>10-11:15 Gentle Yoga</del> 11:30 <b>Women's Group</b> / RM 11 1-4 <b>Life History Writing</b> 2-3 <b>Zumba Toning</b> / St 3	<b>11</b> 9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> <del>11:30 Fall Prevention / Rm 11</del> 1-4 <b>Fun Bridge</b>	<b>12</b> 10:30-11:30 <b>Pilates</b> / St 2 12:30 -3 <b>Open Art</b> / Rm 11 12:30-4 <b>Pinochle</b> 2-3 <b>Zumba Toning</b> / St 3
<b>15</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 2- 4 <b>Computer Workshop: Internet &amp; Email*</b>	<b>16</b> 10-11 <b>Yoga + You</b> 10:30-11:30 <b>Pilates</b> / St 2 <del>11:30-12:45 Fall Prevention</del> 1-2 <b>Drumming</b> / St 1 1-3 <b>My Story Project</b> 1:30- 4 <b>Film Club</b>	<b>17</b> <del>10-11:15 Gentle Yoga</del> 10 - 1: <b>Holiday Calendars*</b> 1-4 <b>Life History Writing</b> 2-3 <b>Zumba Toning</b> / St 3	<b>18</b> 9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> <del>11:30 Fall Prevention / Rm 11</del> 1-4 <b>Fun Bridge</b>	<b>19</b> 10:30-11:30 <b>Pilates</b> / St 2 12:30 -3 <b>Open Art</b> / Rm 11 12:30-4 <b>Pinochle</b> 2-3 <b>Zumba Toning</b> / St 3
<b>22</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>23</b> 10-11 <b>Yoga + You</b> / Rm 9 11:10 <b>Meditation</b> / Rm 9 10:30-11:30 <b>Pilates</b> / St 2 <del>11:30-12:45 Fall Prevention</del> 1-2 <b>Drumming</b> / St 1 1-3 <b>My Story Project</b>	<b>24</b> <del>10-11:15 Gentle Yoga</del> 11:30 <b>Women's Group</b> / RM 11 1-4 <b>Life History Writing</b> 2-3 <b>Zumba Toning</b> / St 3	<b>25</b> 9:00 <b>Fitness Walking</b> 10-11 <b>Tai Chi</b> 11:30 <b>Nonfiction Book Club</b> <del>11:30 Fall Prevention / Rm 11</del> 1-4 <b>Fun Bridge</b>	<b>26</b> 10:30-11:30 <b>Pilates</b> / St 2 12-2 <b>POTLUCK</b> 12:30-4 <b>Pinochle</b> / Rm 11 2-3 <b>Zumba Toning</b> / St 3
<b>29</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>30</b> 10-11 <b>Yoga + You</b> 10:30-11:30 <b>Pilates</b> / St 2 <del>11:30-12:45 Fall Prevention</del> 1-2 <b>Drumming</b> / St 1 1-3 <b>My Story Project</b>	<b>31</b> <del>10-11:15 Gentle Yoga</del> 1-4 <b>Life History Writing</b> 2-3 <b>Zumba Toning</b> / St 3	All Classes in Room 12 unless otherwise noted.  <b>SAY HELLO:</b>  (916) 455-6339  <a href="mailto:seniorcenter@sierra2.org">seniorcenter@sierra2.org</a>	<b>Wellness Program in Orange</b>  Activities w/ an asterisk (*) require advance registration. Call us at 452-3005 to register.