

MON

TUES

WED

THURS

FRI

Sierra 2 Senior Center • December Calendar

<p>Wellness Programs in Green</p> <p>Activities w/ an asterisk (*) require advance registration. Call us at 452-3005 to register.</p>	<p>All Classes in Room 12 unless otherwise noted.</p> <p>SAY HELLO:</p> <p>(916) 455-6339 seniorcenter@sierra2.org</p>	<p><i>Holiday</i> GIFTS & GOODS</p> <p>Saturday, December 8th 12-6 p.m. in Curtis Hall & Room 10</p> <p>Shop the holidays locally at this fundraiser benefitting the Senior Center!</p>		
<p>3</p> <p>10-12 Mahjong</p> <p>10- 11 Beginning Tai Chi / St 3</p> <p>10:30-11:30 Pilates—cancelled</p> <p>11- 12 Intermediate Tai Chi / St 3</p> <p>1-4 My Story Project</p>	<p>4</p> <p>10-11 Yoga + You</p> <p>10:30-11:30 Pilates—cancelled</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- 12:45 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 2</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>10:30 Women's Group (meeting offsite)</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 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>1-4 My Story Project</p>	<p>18</p> <p>10-11 Yoga + You</p> <p>10:30-11:30 Pilates / St 2</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 Nonfiction Book Club</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>12-2 POTLUCK</p> <p>12:30-4 Pinochle / Rm 11</p> <p>2-3 Zumba Toning / St 3</p>
<p>24</p> <p>Senior Center Closed</p>	<p>25</p> <p>Monday, 12/24 Through Tuesday, 1/1</p>	<p>26</p> <p>Happy Holidays</p>	<p>27</p> <p>We will see you on Wednesday, January 2nd!</p>	<p>28</p> 