

MON

TUES

WED

THURS

FRI

<p>All Classes in Room 12 unless otherwise noted.</p> <p>SAY HELLO:</p> <p>(916) 455-6339 seniorcenter@sierra2.org</p>	<p>1</p> <p>CLOSED for New Year's Day</p>	<p>2</p> <p>10-11:15 Gentle Yoga (cancelled)</p> <p>1-4 Life History Writing</p> <p>2-3 Zumba Toning Kick Off 2019 Class * / Studio 2</p>	<p>3</p> <p>9:00 Fitness Walking</p> <p>10-11 Tai Chi</p> <p>11:30 Fall Prevention cancelled</p> <p>1-4 Fun Bridge</p>	<p>4</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>7</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>8</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>9</p> <p>10-11:15 Gentle Yoga</p> <p>11 Women's Group / Rm 11</p> <p>1-4 Life History Writing</p> <p>2-3 Zumba Toning / St 3</p>	<p>10</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>11</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>14</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>15</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>16</p> <p>10-11:15 Gentle Yoga</p> <p>1-4 Life History Writing</p> <p>2-3 Zumba Toning / St 3</p>	<p>17</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>18</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>21</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>22</p> <p>10-11 Yoga + You / Rm 9</p> <p>11 Mindful Meditation / Rm 9</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>23</p> <p>10-11:15 Gentle Yoga</p> <p>11 Women's Group / Rm 11</p> <p>1-4 Life History Writing</p> <p>2-3 Zumba Toning / St 3</p>	<p>24</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>25</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>28</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>29</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>30</p> <p>10-11:15 Gentle Yoga</p> <p>1-4 Life History Writing</p> <p>2-3 Zumba Toning / St 3</p>	<p>31</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>Wellness Programs in Pink</p> <p>Activities w/ an asterisk (*) require advance registration. Call us at 452-3005 to register.</p>