

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>PLEASE NOTE:</p> <p>Pat Shaw's Fall Prevention class is now called Strength & Balance and you can buy a Wellness punch card to participate.</p>			<p>1</p> <p>10:30-11:30 Pilates / St 2 12:30-3 Open Art / Rm 11 12:30-4 Pinochle 2-3 Zumba Toning / St 3</p>
<p>4</p> <p>9-1 AARP Driver Class / Rm 10 10-12 Mahjong 10- 11 Beginning Tai Chi / St 3 10:30-11:30 Pilates / St 2 11- 12 Intermediate Tai Chi / St 3 1-4 My Story Project</p>	<p>5</p> <p>9-1 AARP Driver Class / Rm 10 10-11 Yoga + You 10:30-11:30 Pilates / St 2 11::30 Strength & Balance 1-2 Drumming / St 1 1-3 My Story Project</p>	<p>6</p> <p>10-11:15 Gentle Yoga 1-4 Life History Writing 2-3 Zumba Toning / St 3</p>	<p>7</p> <p>9:00 Fitness Walking 10-11 Tai Chi 11:30 Strength & Balance/ Rm 11 1-4 Fun Bridge</p>	<p>8</p> <p>10:30-11:30 Pilates / St 2 12:30-3 Open Art / Rm 11 12:30-4 Pinochle 2-3 Zumba Toning / St 3</p>
<p>11</p> <p>9:30-11 Mahjong 10- 11 Beginning Tai Chi / St 3 10:30-11:30 Pilates / St 2 11- 12 Intermediate Tai Chi / St 3 11:30- 12:45 Book Club 1- 4 My Story Meeting</p>	<p>12</p> <p>10-11 Yoga + You 10:30-11:30 Pilates / St 2 11::30 Strength & Balance 1-2 Drumming / St 1 1-3 My Story Project</p>	<p>13</p> <p>10-11:15 Gentle Yoga 11 Women's Group / Rm 11 1-4 Life History Writing 2-3 Zumba Toning / St 3</p>	<p>14</p> <p>9:00 Fitness Walking 10-11 Tai Chi 11:30 Strength & Balance/ Rm 11 1-4 Fun Bridge</p>	<p>15</p> <p>FREE FRIDAY! Pick up a schedule for details.</p>
<p>18</p> <p>CLOSED for President's Day</p>	<p>19</p> <p>10-11 Yoga + You 10:30-11:30 Pilates / St 2 11::30 Strength & Balance 1-2 Drumming / St 1 1:30 -4 Film Club</p>	<p>20</p> <p>10-11:15 Gentle Yoga 1-4 Life History Writing 2-3 Zumba Toning / St 3</p>	<p>21</p> <p>9:00 Fitness Walking 10-11 Tai Chi 11:30 Nonfiction Book Club 11:30 Strength & Balance/ Rm 11 1-4 Fun Bridge</p>	<p>22</p> <p>10:30-11:30 Pilates / St 2 12-2 POTLUCK (Soul Food) 12:30-4 Pinochle / Rm 11 2-3 Zumba Toning / St 3</p>
<p>25</p> <p>10-12 Mahjong 10- 11 Beginning Tai Chi / St 3 10:30-11:30 Pilates / St 2 11- 12 Intermediate Tai Chi / St 3 1-4 My Story Project</p>	<p>26</p> <p>10-11 Yoga + You / Rm 9 11 Mindful Meditation / Rm 9 10:30-11:30 Pilates / St 2 11::30 Strength & Balance 1-2 Drumming / St 1 1-3 My Story Project</p>	<p>27</p> <p>10-11:15 Gentle Yoga 11 Women's Group / Rm 11 1-4 Life History Writing 2-3 Zumba Toning / St 3</p>	<p>28</p> <p>9:00 Fitness Walking 10-11 Tai Chi 11:30 Strength & Balance/ Rm 11 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>