

Sierra 2 Senior Center • April 2019 Calendar

MON	TUES	WED	THURS	FRI
1 10-12 Mahjong 10- 11 Beginning Tai Chi / St 2 11- 12 Intermediate Tai Chi / St 3 1-4 My Story Project	2 10-11 Feel Good Yoga 11-12 Pilates / St 2 11:30 Strength & Balance 1-2 Drumming / St 1 1-3 My Story Project	3 10-11:15 Gentle Yoga 10-11 Zumba Toning / St 3 1-4 Life History Writing	4 9:00 Fitness Walking 10-11 Tai Chi 11:30 Strength & Balance / Rm 11 1-4 Fun Bridge	5 10-11 Zumba Toning / St 3 11-12 Pilates / St 2 12:30-3 Open Art / Rm 11 12:30-4 Pinochle
8 9:30-11 Mahjong 10- 11 Beginning Tai Chi / St 2 11- 12 Intermediate Tai Chi / St 3 11:30- 12:45 Book Club 1- 4 My Story Meeting	9 10-11 Feel Good Yoga 11-12 Pilates / St 2 11:30 Strength & Balance 1-2 Drumming / St 1 1-3 My Story Project	10 10-11:15 Gentle Yoga 10-11 Zumba Toning / St 3 11 Women's Group 1-4 Life History Writing	11 9:00 Fitness Walking 10-11 Tai Chi 11:30 Strength & Balance / Rm 11 1-4 Fun Bridge	12 10-11 Zumba Toning / St 3 11-12 Pilates / St 2 12:30-3 Open Art / Rm 11 12:30-4 Pinochle
15 10-12 Mahjong 10- 11 Beginning Tai Chi / St 2 11- 12 Intermediate Tai Chi / St 3 12:30-2 Head Space*	16 10-11 Feel Good Yoga 11-12 Pilates / St 2 <i>Class Canceled until 4/30</i> 11:30 Strength & Balance 1-2 Drumming / St 1 1:30 -4 Film Club	17 10-11:15 Gentle Yoga 10-11 Zumba Toning / St 3 1-4 Life History Writing	18 9:00 Fitness Walking 10-11 Tai Chi 11:30 Nonfiction Book Club 11:30 Strength & Balance / Rm 11 1-4 Fun Bridge	19 10-11 Zumba Toning / St 3 11-12 Pilates / St 2 12:30-3 Open Art / Rm 11 12:30-4 Pinochle
22 10-12 Mahjong 10- 11 Beginning Tai Chi / St 2 11- 12 Intermediate Tai Chi / St 3 1-4 My Story Project	23 10-11 Feel Good Yoga 11-12 Pilates / St 2 11:30 Strength & Balance 1-2 Drumming / St 1 1-3 My Story Project	24 10-11:15 Gentle Yoga 10-11 Zumba Toning / St 3 11 Women's Group <i>(meeting off-site)</i> 1-4 Life History Writing	25 9:00 Fitness Walking 10-11 Tai Chi 11:30 Strength & Balance / Rm 11 1-4 Fun Bridge	26 10-11 Zumba Toning / St 3 11-12 Pilates / St 2 12-2 POTLUCK 12:30-4 Pinochle / Rm 11
29 10-12 Mahjong 10- 11 Beginning Tai Chi / St 2 11- 12 Intermediate Tai Chi / St 3 1-4 My Story Project	30 10-11 Feel Good Yoga 11-12 Pilates / St 2 11:30 Strength & Balance 1-2 Drumming / St 1 1-3 My Story Project	All Classes in Room 12 unless otherwise noted. SAY HELLO: (916) 455-6339 seniorcenter@sierra2.org	Wellness Programs in PURPLE Activities w/ an asterisk (*) require advance registration. Call us at 452-3005 to register.	Note: NO PILATES CLASS: April 15—April 26 New! Zumba Toning times No Pat Shaw Classes Through May