Sierra 2 Senior Center • January 2020 Calendar

MON	TUE	WED	THURS	FRI
All classes are in Room 12 unless otherwise noted. **SAY HELLO:** (916) 455-6339 seniorcenter@sierra2.org	Activities w/ an asterisk (*) require advance registration. Call us at 455-6339 to register.			**Wellness Program Classes in Pink** Location changes are highlighted in **yellow.**
6 9-10 Bellyfit Sage / St 3 10-12 **Mahjong** 10- 11 Beginning Tai Chi / St 2 11– 12 Intermediate Tai Chi / St 3 1-4 **My Story Project**	**7** 10-11 Feel Good Yoga 11:30 Strength & Balance 1-2 **Drumming** / St 1 1-3 **My Story Project**	**8** 10-11 Zumba Toning / St 3 10-11:15 **Gentle Yoga** 11 **Women's Group** / Rm 11 1-4 **Life History Writing**	**9** 10-11 Tai Chi 11:30 Strength & Balance /Rm 9 1-4 **Fun Bridge** 2-4 Stitcher's Circle / Rm 9	**10** 9:30 ~~Reiki Clinic*~~ *canceled* 10-11 Zumba Toning / St 3 12:30-3 **Open Art** / Rm 11 12:30-4 **Pinochle**
13 9-10 Bellyfit Sage / St 3 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	**14** 10-11 Feel Good Yoga 10-11 Mat Pilates / St 2 11:30 Strength & Balance 1-2 **Drumming** / St 1 1-3 **My Story Project**	**15** 10-11 Zumba Toning / St 3 10-11:15 **Gentle Yoga** 1-4 **Life History Writing**	**16** 10-11 Tai Chi 11:30 Strength & Balance /Rm 11 11:30 Nonfiction Book Club 1-4 **Fun Bridge**	**17** 10-11 Zumba Toning / St 3 10-11 Mat Pilates / St 2 12:30-3 **Open Art** / Rm 11 12:30-4 **Pinochle**
20 **CLOSED for MLK Jr Day**	**21** 10-11 Feel Good Yoga 10-11 Mat Pilates / St 2 11:30 Strength & Balance 1-2 **Drumming** / St 1 1:30 –4 Film Club	**22** 10-11 Zumba Toning / St 3 10-11:15 **Gentle Yoga** 11 **Women's Group** / Rm 11 1-4 **Life History Writing**	**23** 10-11 Tai Chi 11:30 Strength & Balance /Rm 11 1-4 **Fun Bridge**	**24** 10-11 Zumba Toning / St 3 10-11 Mat Pilates / St 2 10:30– 12 / Head Space 12:30-3 **Open Art** / Rm 11 12:30-4 **Pinochle**
27 9-10 Bellyfit Sage / St 3 10-12 **Mahjong** 10-11 Beginning Tai Chi / St 2 11-12 Intermediate Tai Chi / St 3 2-4 Stitcher's Circle	**28** 10-11 ~~Feel Good Yoga~~ *canceled* 10-11 Mat Pilates / St 2 11:30 Strength & Balance 1-2 **Drumming** / St 1 1-3 **My Story Project**	**29** 10-11 Zumba Toning / St 3 10-11:15 **Gentle Yoga** 1-4 **Life History Writing**	**30** 10-11 Tai Chi 11:30 Strength & Balance /Rm 11 1-4 **Fun Bridge**	**31** 10-11 Zumba Toning / St 3 10-11 Mat Pilates / St 2 12-2 POTLUCK / Rm 12 12:30-4 **Pinochle**