

## MON

- **10-11 ZUMBA Gold**
- 10-12 Mahjong
- 11:30 -12:30 Book Club  
(2nd Mondays)
- 1-3 My Story Project  
(2nd Mondays)

## TUE

- **10-11 Strength & Balance**
- **11-12 Gentle Yoga**
- **1-2 Line Dancing Bliss**

## WED

- **10-11 ZUMBA Gold**
- **10 - 11 Tai Chi**
- 11-12:30 Women's  
Friendship Group/RM  
11 (2nd & 4th Wed)
- 1-3 Life History Writing

## THU

- 11-12 Nonfiction Book  
Club (3rd Thursdays)
- 1-3 Fun Bridge

## FRI

- 10-12 Bits & Bobs Art  
Club in the Learnery
- 12-3 Open Art / RM 11
- 1-3 Pinochle

**WELLNESS PROGRAM IN BLUE. ALL CLASSES  
ARE IN THE STUDIOS.**

ALL CLASSES IN ROOM 12 UNLESS NOTED.

916-455-6339

SENIORCENTER@SIERRA2.ORG

Special Events:

New weekly class: Bits & Bobs Upcycled Art Club starts  
Friday, January 12, 2024 from 10am-12pm in the Learnery.