

# April 2024

MON

## WED

FRI

- 10-11 ZUMBA Gold
- 10-12 Mahjong
- 11:30 -12:30 Book Club (2nd Monday)

April book: Cold Sassy Tree,
Olive Ann Burns

1-3 My Story Project
 (2nd Monday)

10-11 Strength & Balance

TUE

- 11-12 Gentle Yoga / RM 12
- 1-2 Line Dancing Bliss

- 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

• 11-12 Nonfiction Book Club (**3rd Thursday**) April book: The Book of

THU

- Animal Secrets, David Argus
  - 1-3 Fun Bridge

- 12-3 Open Art / RM 11
- 1-3 Pinochle

## SATURDAY

8am-9am - ZUMBA
 GOLD in Studio 2

WELLNESS PROGRAM IN BLUE. ALL CLASSES ARE HELD IN THE STUDIOS UNLESS NOTED.

ALL CLASSES IN ROOM 12 UNLESS NOTED.
916-455-6339
SENIORCENTER@SIERRA2.ORG

Special Events: