

# September 2024

MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> <li>• 10-12 Mahjong (RM 12)</li> <li>• 11:30 -12:30 Book Club (2nd Monday) September Book: September 9 - "All the Sinners Bleed", by S.A. Cosby,</li> <li>• 1-3 My Story Project (2nd Monday)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>10-11 Strength &amp; Balance (RM S1)</b></li> <li>• <b>11-12 Gentle Yoga / RM 12 (Senior Center)</b></li> <li>• <b>1-2 Line Dancing Bliss (RM S2)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>10 - 11 Tai Chi (RM S1)</b></li> <li>• 11-12:30 Women's Friendship Group <b>RM 11 (2nd &amp; 4th Wed)</b></li> <li>• 1-3 Life History Writing (RM 12)</li> </ul>	<ul style="list-style-type: none"> <li>• 11-12 Nonfiction Book Club <b>(3rd Thursday)</b> September Book: "Season of the Witch" by David Talbot</li> <li>• 1-3 Fun Bridge (RM 12)</li> </ul>	<ul style="list-style-type: none"> <li>• 12-3 Open Art / (RM 11)</li> <li>• 1-3 Pinochle (RM 12)</li> </ul> <p><b>SATURDAY: Zumba Gold 8:30-9:30 (Studio 2)</b></p>
<p><b>WELLNESS PROGRAM IN BLUE. ALL CLASSES ARE HELD IN THE STUDIOS UNLESS NOTED.</b> ALL CLASSES IN ROOM 12 UNLESS NOTED. 916-455-6339 SENIORCENTER@SIERRA2.ORG</p>				